



# POSTPARTUM PLANNING CHECKLIST

## PEOPLE WHO HAVE PLAYED A SIGNIFICANT ROLE IN MY PREGNANCY AND BIRTHING PROCESS

Obstetrician/gynecologist \_\_\_\_\_

Midwife \_\_\_\_\_

Childbirth assistant, labor doula, or birth companion \_\_\_\_\_

Childbirth educator \_\_\_\_\_

Pediatrician \_\_\_\_\_

## PEOPLE/SUPPORTS I MAY NEED AFTER THE BABY IS BORN

### Breastfeeding supports:

In-hospital support person \_\_\_\_\_

(This can be someone on staff or someone you have a private relationship with)

Local support group \_\_\_\_\_

(e.g., La Leche, NMA, local hospital group)

Lactation consultant \_\_\_\_\_

Lactation clinic warmline \_\_\_\_\_

New mothers support group \_\_\_\_\_

### Depression after delivery

National \_\_\_\_\_

Local \_\_\_\_\_

Four friend or relatives who can rotate coming into the home to help-watching older siblings, holding or watching the baby so Mom can sleep or shower, doing the laundry, changing sheets, preparing food, etc.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_





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These friends, local shops, and service providers may make my life easier at some point during the postpartum weeks:

Grocery that delivers\* \_\_\_\_\_

Pharmacy or drugstore that delivers (preferably late-night or all-night) \_\_\_\_\_

Local baby supply store \_\_\_\_\_

Restaurant that delivers \_\_\_\_\_

Laundry helper \_\_\_\_\_

Shopping helper \_\_\_\_\_

Meal helper (especially a casserole expert; casseroles are easy to prepare, can be frozen, and are cheap to make; they are, says Luz Garcia, "the new mother's best friend") \_\_\_\_\_

Neighbor with car for emergencies \_\_\_\_\_

Local cab service \_\_\_\_\_

\*If there is a grocery store that you feel comfortable with, some moms leave cash on deposit with the store so they can call in orders, and older children or neighbors can pick up small orders without having to carry money or an extra trip to collect the cash. \_\_\_\_\_

These people may be helpful to me with emotional support; baby basics information, experience, commiseration, note-comparing, outside-world contacts, nurturing:

Doula \_\_\_\_\_

Childbirth classmates \_\_\_\_\_

"Baby basics" friend \_\_\_\_\_

Special relative \_\_\_\_\_

Workplace contacts: \_\_\_\_\_

Official (human resources, benefits, etc.) \_\_\_\_\_

Unofficial (friend) \_\_\_\_\_

Shopping help for my needs (some of these items may be welcome as shower gifts)

Neighbor \_\_\_\_\_

Church, synagogue, community center, YM/YWCA, or YM/YWHA \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

