

Postpartum Care Plan

My Providers

My OB/Midwife:

My Doula:

My Lactation Support:

My Therapist:

Who can I call for support?

I can call at 2am for support:

I can call to come sit with me on hard days:

I can call to come hold the baby so I can shower:

I can call to come and take a walk with me:

I can call to come and help clean my house:

I can call to make/bring dinner:

Am I meeting my needs today?

Did I eat today?

Have I had water today?

Have I taken a shower in the last 2 days?

Have I gotten fresh air/sunshine today?

Have I gotten 6-8 hours of sleep in the last 24 hours?

Have I connected with another adult today?

Visitors

Do these visitors bring me joy or bring me stress?

What can these visitors do to help me?

What boundaries can I set with these visitors to protect my mental health?

What do I need from these visitors during their stay?