

DELIVERY AND 4TH TRIMESTER PLAN | 1

SIGNS TO MYSELF THAT I AM IN NEED OF SUPPORT:

- Tearful
- Easily Frustrated
- Heart Racing
- Too Angry or Short Tempered
- Panic Attacks (can't breathe or think clearly)
- Feeling Unmotivated or not making plans
- Scared or too tired to complete usual task
- Physical Complaints
- Limited Interest In The Things That Usually Keep Me Going
 - Time With People
 - Making Plans

SUPPORT PEOPLE:

- Validate the job I'm doing
- Reassure me that I will feel normal again
- Offer assistance if I have a medical or pain concern
- Avoid Criticism
- Give Specific Compliments and Specific "Thank You's"
- Identify two supports that you will reach out to for support and validation for the job you're doing inside and outside the home:

Formal Support

Natural Support

What type of help do you need from them?

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PLANS TO MONITOR AND PLAN FOR SLEEP:

- Person can take the late shift
- Person can take the early shift
- Person will alternate who wakes up in a given night
- Person will alternate who wakes up on given days of the week

A person that can help if you need to catch up on sleep

GENERAL IDEAS TO STRENGTHEN RELATIONSHIP BONDS:

- Small Things Done Often
- Notice Small Things
- 5 Positives for Every Negative
- Identify Two Qualities About Your Partner That You Admire and Notice When They Are Doing Things In Line With Those Qualities:

Funny	Generous	Calm	Intelligent	Interesting	Talented
Kind	Thoughtful	Spontaneous	Loving	Considerate	Affectionate
Adventurous	Fun-Loving	Perceptive	Brave	Dependable	Competent
Creative	Wise	Attractive	Astute	Sensitive	Charming
Passionate	Intense	Playful	Open	Going	Flexible
Nurturing	Sexy	Curious	Easy	Supportive	Vivacious