



postpartum plan

MY EDD:

How long I will stay in bed: ____ days

How long I will stay in my room: ____ days

How long I will stay at home: ____ days

MY "WHY" FOR RESTING

SOMETHING TO EAT

Freezer Meals (Prepare in Advance)

Meal Train

Will be set up by:

People to include (or places to post link):

SOMETHING TO STAY COMFY

- ✓ nursing bras or tanks
- ✓ pajama pants or leggings
- ✓ underwear that can get bloody
- ✓ breast pads (reusable or disposable)
- ✓ soft bedsheets (2 sets), pillows, blankets
- ✓ water bottle with straw

Favorite Snacks and Drinks to Keep On Hand

Shopper: _____

Please get (food that has protein, good fat, is portable and calorie dense, and yummy):

SOMETHING TO DO

Books/Magazines: _____

Journals/babybook: _____

Shows/Movies: _____

Handcraft?: _____

Podcasts/Audiobooks: _____

SOMEONE TO HELP names, contact info

- OB or Midwife : _____
- Lactation consultant or support group:

- Mama Support Group(s) on FB:

- Postpartum Doula: _____

SOMEONE TO BE WITH ME

3 available/willing friends or family:

- 1: _____
- 2: _____
- 3: _____