

A newborn baby is lying in a woven basket, wearing a light blue patterned onesie and a matching hat. The baby is positioned diagonally across the frame. A small, light blue stuffed animal is visible in the lower left corner. The basket is lined with a light-colored fabric. The overall tone is warm and cozy.

# Postpartum Planning Workbook

A step by step guide to planning your  
postpartum journey





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# The Importance of Postpartum Preparation

WHY it matters

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*Welcome! I'm so glad you're here.*

The goal of creating a postpartum plan is to create realistic expectations for yourself and your family while setting up the necessary support systems prenatally.

Typically, folks spend a lot of time planning their birth, and focus very little on how they will adjust afterward! Use this workbook to help you create a plan that will improve your postpartum experience and help you feel confident and supported as a parent!

with love,  
Janae



# QUICK CHECKLIST

THE DOWN-AND-DIRTY MUST-HAVES

**Here is a quick list of all the must haves before your baby arrives!**

- ☐ RECOVERY PRODUCTS
- ☐ FOOD AND SNACKS PREPPED
- ☐ SUPPORT IN PLACE FOR FIRST WEEKS (OR MORE)
- ☐ SIBLING SUPPORT (IF APPLICABLE)
- ☐ TALK ABOUT SLEEPING SITUATIONS
- ☐ GATHER YOUR PROVIDER LIST
- ☐ DISCUSS FINANCIALS
- ☐ DELEGATE HOME RESPONSIBILITIES
- ☐ DISCUSS CHILDCARE
- ☐ DISCUSS RETURN TO WORK OPTIONS
- ☐ FEEDING BABY

## RECOVERY PRODUCTS

# *Postpartum Recovery Checklist*

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- Local honey
- Witch hazel
- Aloe vera
- Tucks/Motherlove Roid balm
- Epsom salts
- Frida Mom Peri bottle
- Maxi pads in multiple sizes (Rael, Honey Pot, VIV)
- Period Panties (knix, thinx, kindred bravely)
- Disposable diapers (in the early days I preferred these to the super maxi pads)
- Baobei postpartum bloomer
- Motherlove sitz bath spray
- Candles for relaxing
- Arnica oil
- Motherlove c-section cream
- Belly band Many cultures use a belly binder after birth to help provide stability to the core, and encourage healing from pelvic/pubic separation. It can also reduce fluid and air retention in your abdomen, and reduces the strange empty feeling in you belly after birth.



MOM & INFANT

# *Feeding Checklist*

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- Nursing bras
- Nursing camis
- Nursing sleep bras
- Nursing night gowns (anything with buttons at the top!)
- Haakaa
- Haakaa collectors cups
- Reusable and disposable nursing pads
- EarthMama nipple cream
- Nursing pillow
- Lansinoh breast therapy packs for engorgement
- Large straw bottle for one handed drinking, nursing makes you THIRSTY
- Baby bottles
- Bottle drying racks
- Bottle cleaning supplies
- Burp cloths
- Formula, if using

# NURSING CART & BATHROOM BASKET

## *BONUS Checklist*

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### **BATHROOM BASKET:**

- Tucks
- Frida Mom Postpartum Kit
- Disposable nursing pads
- Arnica Oil
- Dyna-hex and/or C-Section cream
- Herbs/epsom salts
- Candle
- Sitz bath
- Maxi pads/period panties
- Perineal spray

### **NURSING CART:**

- Rolling Cart
- Pump (haakaa, collector cups, spectra, etc)
- Baby essentials: blanket, burp cloth, diapers, wipes, dishwashing basket
- Nipple Cream
- Extra nursing bra
- Nursing pads
- Snacks + water
- Entertainment (remote control, iPad, reading book, magazines, etc)

## RETURN TO WORK

# *Pumping Checklist*

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### Return to Work/Pumping Products:

- Hands free pumping bra
- Spectra S2 Pump or Freemie pump
- Disposable nursing pads
- Dishwashing basket
- Bottle rack, bottle brush, bottle soap
- Freezer milk storage bags
- Extra pump parts
- Pump Bag
- Dry/wet bag
- Coolers (small and portable ones)

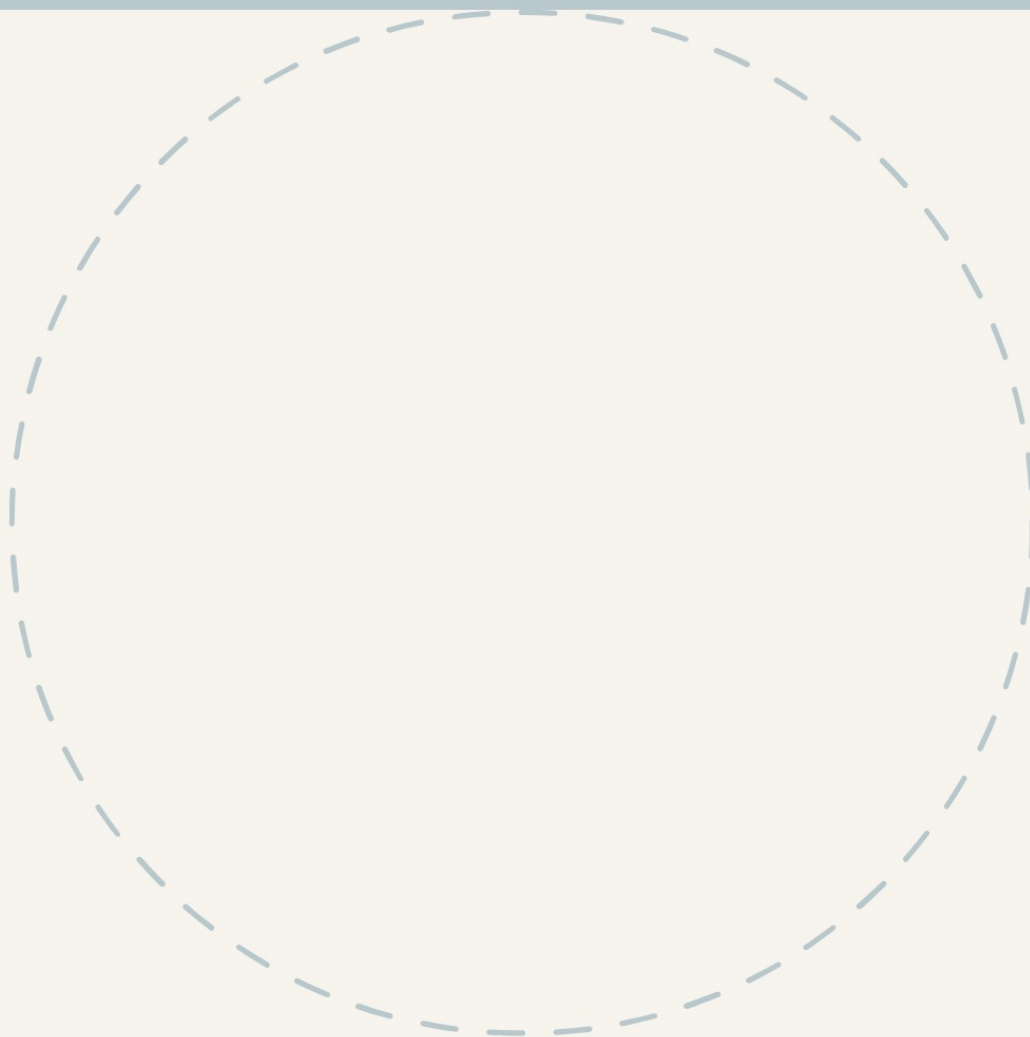




## YOUR IDEAL POSTPARTUM

**Complete this first as you begin this journey,** take some time to write out what your big dream is for your postpartum: for yourself, your baby, and your family. What is the vision you want to make a reality?

HOW DO YOU WANT TO FEEL POSTPARTUM?





## YOUR IDEAL POSTPARTUM

**What are your current and projected challenges?** Take some time to fill in the spaces below with all the things you can think of.

MY BIGGEST CHALLENGES

SOLUTIONS TO THESE CHALLENGES



## YOUR IDEAL POSTPARTUM

**Here, we create your deepest desires for postpartum.** Fill in the spaces below with what themes you want to experience (joy, peace, confidence, rested), what kind of parent you want to be (attentive, attached, independent) and what kind of recovery you crave.

WHAT THEMES DO I WANT TO HOLD AFTER BABY ARRIVES?

WHAT KIND OF PARENT DO I WANT TO BE?

WHAT KIND OF RECOVERY DO I WANT TO EXPERIENCE?





## MAJOR TOPICS TO CONSIDER

**This is a great space to discuss your family goals for each topic.** Setting up rules around your "laying in" period will help you avoid having to have uncomfortable or stressful conversations and interactions in the weeks following your baby's arrival.

**The earlier it is talked about, the more easy the transition will be.**

WHO, IF ANYONE, IS WELCOME TO VISIT? HOW LONG SHOULD VISITS BE?

HOW DO YOU PLAN ON LETTING PEOPLE KNOW THESE BOUNDARIES?

WHAT KIND OF SUPPORT DO WE WANT & NEED THE FIRST WEEKS?



## MAJOR TOPICS TO CONSIDER

**This is a great space to discuss your family goals for each topic.** The earlier it is talked about, the more easy the transition will be.

### WHERE WILL BABY SLEEP?

Sleep schedule with partner?  
Who sleeps best when?  
Overnight doula or night nurse?  
Can family or friends help during the day for naps for the nighttime parent?

### LIST SOME KEY TASKS YOU MAY NEED HELP WITH

Have your visitors complete some to be especially helpful and supportive (maybe a "complete a task, get newborn snuggles" arrangement could be applied!)  
What are some that may need to be hired out?

### CHILDCARE OPTIONS



## MAJOR TOPICS TO CONSIDER

**Having a new baby can put significant strain on your relationships! If you have a partner it's a good idea to have a conversation before baby arrives about how your relationship might change, and how you can both adapt to ensure that both of your relational needs are being met in the postpartum period.**

### WHAT ARE YOUR LOVE LANGUAGES?

Each of you might hear "I love you" differently! Write down how you and your partner can show each other extra love and support in specific ways. HINT: Love languages can be words of affirmation, physical touch, acts of service, quality time, or gift giving!

### WHAT ARE SOME UNIQUE "DATE NIGHT IN" IDEAS?

TAKE SOME TIME TO REFLECT ON THE THINGS YOU CURRENTLY DO TO SUPPORT YOUR PARTNER WHEN THEY EXPERIENCE FATIGUE, DISCOMFORT OR CHANGES TO THEIR EMOTIONAL WELLBEING. WHAT ARE SOME THINGS YOU MIGHT TRY IN THE POSTPARTUM PERIOD TO SUPPORT THEM THROUGH THESE CHANGES?





## YOUR PROVIDERS & SUPPORT

**Your support team, created in pregnancy** to print off and have on hand once baby arrives. Make sure to write name and numbers in the boxes below.

CHIROPRACTOR

THERAPISTS

LACTATION CONSULTANT

DOULAS

CRAINAL SACRAL

MARRIAGE COUNSELINC

PELVIC FLOOR PT

FINANCIAL ADVISOR



## YOUR PROVIDERS & SUPPORT

**Your support team, created in pregnancy** to print off and have on hand once baby arrives.  
Make sure to write name and numbers in the boxes below.

PEDIATRICIAN

FAMILY SUPPORT

MASSAGE THERAPIST

FRIEND SUPPORT

FUNCTIONAL MED PRAC.

COMMUNITY SUPPORT

ACCUPUNCTURE

PARENT GROUPS

POSTPARTUM PLAN TEMPLATE:

## *Additional Notes*



# Resources



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## **Kellymom.com**

This is a great place to go when you are tempted to start down the google rabbit hole. Kellymom provides evidence based information in an easy to understand way

## **Fussy Baby Network**

Infant specialists will answer your call Mon - Fri 9 - 5 if you need to talk to someone about your babies frequent crying

## **Postpartum Support International**

Online support groups for anxiety disorders, NICU parents, parents of multiples, black parents, queer parents, and more

## **Postpartum Support International Warm Line:**

(800) 944-4773 leave a message and a trained volunteer will call you back within 24 hours

## **La Leche League**

La Leche League helps breastfeeding mothers & parents worldwide with support, education, and encouragement.

# MEET THE Doula



As a mother of 2 children who struggled through her own postpartum period, Janae found support for new parents to be nearly non-existent, and knew there had to be a better way. She found a passion in caring, and advocating for new parents, and helping ease the transition into their new life. Serving families in those intimate times as they navigate the early days and weeks of postpartum is truly her dream job.

Janae lives in the SF Bay Area with her two children, and cats, and spends most of her free time reading fiction.

*“You birthed a baby, and you birthed yourself into a new phase of life. There is no more pronounced shift in body, mind, and spirit than becoming a mother.”*

-Kimberly Ann Johnson

