

You planned for the baby. Let's make a plan for you.

Take twenty minutes with this. Fill in what you know and leave the rest blank on purpose — the empty spaces are the most useful part of the whole thing.

How to use this. Most people finish this sheet and notice the same thing: there are two or three places where nobody's name is written down. That isn't a failure. That's just where the gaps are — and gaps are far easier to fill before the baby comes than after. Nothing here is a commitment. You can change every answer. Write in pencil if you want to.

A little about you

Your name _____ Due date or birthday _____

Partner or support person _____ Where you plan to give birth _____

Other children and their ages _____

ZIP code _____ Is this your first baby? ☐ Yes ☐ No

My biggest postpartum worry is...

Check as many as are true. There's no wrong number, and "I don't know yet" is a real answer.

- | | |
|--|--|
| ☐ Not getting enough sleep | ☐ Feeding the baby |
| ☐ Recovering after birth | ☐ Not having enough help |
| ☐ Keeping up with the house | ☐ Taking care of my other children |
| ☐ Feeling overwhelmed | ☐ Visitors and family boundaries |
| ☐ Going back to work | ☐ Relationship changes |
| ☐ Money and household expenses | ☐ I don't know what I'll need yet |
| ☐ Something else _____ | |

If one of those got taken care of tomorrow, which one would change your whole day?

And what's the thing you keep telling yourself you'll just handle on your own?

Fed, and rested.

Wherever you can, write down an actual name. "Family will help" is a hope. A name is a plan.

1 Food

Who will make sure *you* eat?

- | | |
|---|--|
| ☐ Meals are already made and in the freezer | ☐ Family or friends will bring meals |
| ☐ We plan to use delivery | ☐ My partner will cook |
| ☐ I will probably cook | ☐ We haven't talked about this yet |

THREE EASY MEALS I KNOW I'LL ACTUALLY EAT

1 _____ 2 _____ 3 _____

Foods I'd love people to bring _____ Allergies or foods to avoid _____

2 Sleep & rest

When I need uninterrupted rest, who can safely care for the baby?

Name _____ Backup person _____

Our plan for nighttime support is:

- | | |
|--|---|
| ☐ My partner and I will share nighttime care | ☐ Family will help at night |
| ☐ We are hiring overnight support | ☐ I expect to handle most nights myself |
| ☐ We haven't discussed it | |

What will need to happen for you to actually rest? Not try to rest. Actually rest.

3 Feeding support

However you feed your baby is the right way. This is only so the people around you know how to help.

Right now I'm considering:

- | | |
|--|---|
| ☐ Breastfeeding or chestfeeding | ☐ Pumping |
| ☐ Formula feeding | ☐ Combination feeding |
| ☐ Donor milk | ☐ I'm not sure yet |
| ☐ I'd rather not decide until baby is here | |

If feeding gets hard, who do I call? _____ Phone _____

How can the people around me support feeding without adding pressure?

Your house, your door.

The last two are the ones people skip. They're also the ones that decide how the first six weeks feel.

4 Household help

A name beside each one. Not a role, not a category — a person you could text today.

Laundry	_____	Cleaning	_____
Dishes	_____	Pet care	_____
Groceries	_____	School pickup	_____
Meal prep	_____	Errands	_____

If nobody's name is beside a task, who will probably end up doing it?

5 Visitors & boundaries

*"Visiting the baby and supporting the family
are not always the same thing."*

We're comfortable having visitors:

- ☐ Right away
 ☐ After a few days
 ☐ After one week
 ☐ After two weeks
 ☐ We'll decide once baby is here

VISITORS CAN

- ☐ Bring food
 ☐ Fold a load of laundry
 ☐ Wash the dishes
 ☐ Hold the baby while I shower
 ☐ Run an errand
 ☐ Spend time with my older children
 ☐ Check on me, not just the baby
 ☐ Other _____

VISITORS SHOULD NOT EXPECT ME TO

- ☐ Host
 ☐ Cook
 ☐ Clean before they arrive
 ☐ Pass the baby around
 ☐ Allow unannounced visits
 ☐ Let anyone stay longer than I want

Now look back at what you filled in.

Find the blanks. Find the places where you wrote "we haven't talked about this yet," or where the only name on the line was your own. Those two or three spots are your actual postpartum plan — everything else is already handled.

Bring this sheet to a Postpartum Planning Session and we'll fill those gaps together.

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