

Postpartum Support Plan

This Postpartum Support Plan is designed to help you feel confident, prepared, and supported during the postpartum journey. It provides guidance for planning ahead, setting boundaries, and advocating for your needs with practitioners, family, and your support network.

Step 1: Understanding Postpartum Needs

1. What are my goals for postpartum recovery (Think about your personal physical, emotional, and mental wellbeing needs)?

2. What concerns me most about the postpartum period?

3. What kind of support do I think I'll need?

Step 2: Questions to Discuss with Your Practitioner

These questions help you prepare for postpartum care with your healthcare provider:

Physical Recovery:

- What should I expect during recovery (vaginal/cesarean)?
- Are there signs or symptoms that indicate I should call for help?
- Do you provide or can you recommend resources for breastfeeding support?
- Can you recommend resources for pelvic floor therapy or postpartum physical therapy?

Mental and Emotional Wellness:

- What are the warning signs of postpartum depression, anxiety and mood disorders?
- What mental health resources you recommend?
- How can I differentiate between normal baby blues and something more serious?

Infant Care:

- Can you refer a lactation consultant if I encounter challenges with feeding?
- What should I expect during newborn checkups?
- What resources can help me navigate sleep, feeding, and newborn care?

Step 3: Preferences to Discuss with Your Support Team

Partner/Family Preferences:

- Roles: Who will handle household tasks (e.g., cooking, cleaning, grocery shopping)?
- Boundaries: When is visiting allowed, and for how long?
- Emotional Support: What kind of encouragement or reassurance will be helpful to me?

Friends/Community Preferences:

- How can friends support you? (e.g., meal trains, errands, checking in)
- Do you prefer calls, texts, or brief visits?

Professional Support Team:

- Do I have a therapist or postpartum coach to help me navigate challenges?
- Who can I contact for mental and emotional support?
- What local resources (support groups, doulas) are available?

Step 4: Advocating for Yourself

Here are tips to ensure your needs are met:

- Use "I" statements: "I need rest right now. Can we revisit this later?"
- Ask for help: Don't try to do everything yourself. Delegate tasks so you can focus on recovery.
- Communicate clearly: Share your postpartum plan with your partner, family, and support team.

Step 5: Get Specific on Your Needs

Here's a concise format to use when sharing your preferences:

Physical Recovery:

- Priority: Adequate rest, hydration, and follow-ups with my provider
- Support needed: Help with physical tasks, healing-friendly meals

Emotional Health:

- Priority: Maintaining emotional balance and seeking support when needed
- Support needed: A check-in schedule with my partner or therapist

Household and Baby Care:

- Priority: Simplified routines
- Support needed: Pre-made meals, help with laundry, and errands

Social Boundaries:

- Priority: Protecting time for bonding and healing
- Support needed: Scheduled visits, no unannounced guests

6. Emergency Contacts and Resources

- Primary care provider:
- Pediatrician:
- Therapist:
- Lactation consultant:
- Emergency helpline:

This Postpartum Support Plan serves as a starting point. By planning ahead, you create a foundation for a smoother and more empowered postpartum experience. Share this resource with your team and continue to build and adapt it to meet your unique needs.

Vital Start Health is here to support you every baby step of the way.

Visit www.vitalstarthealth.com and schedule today!