

# OUR FAMILY'S POSTPARTUM CARE PLAN



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SLEEP SOLUTIONS BY CHRISTINE

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Congratulations on your new little one! Whether this is your first baby or you have other children, a good plan about how you and your family will be cared for before baby arrives will make the transition less stressful and help everyone in the household to understand their role in the first few weeks of baby's life.

This guide is meant to be a conversation starter between you, your spouse/partner and any other household members. Start with the immediate members of the household (don't forget pets too!) and determine everyone's current roles and daily/weekly tasks. After determining tasks, discuss how and who will accomplish those tasks starting on day one when you bring baby home.

While you're planning tasks for everyone, determine the care and feeding of everyone and if additional support should be planned for, such as cleaning, meal trains, grocery delivery, errands etc.

One really important discussion should be around visitors and dealing with stress. Be honest with your household and discuss the best way to support each other during this exciting and new phase of life!

If you are experiencing more challenges that you think you can handle, ask for help! We have lots of resources for all kinds of situations.

We're here to help. Simply tell us how!

**Christine Stevens**  
**Certified Lactation Counselor, Postpartum Doula and**  
**Pediatric Sleep Coach**

# POSTPARTUM CARE PLAN

**HOUSEHOLD  
MEMBERS**

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**SIBLING  
NEEDS;  
DAY &  
NIGHT**

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**HOW LONG  
ARE YOU ON  
LEAVE AFTER  
BABY?**

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**PETS IN THE  
HOME & DAILY  
NEEDS**

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**OTHER  
FAMILY NEEDS**

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**WHAT IS YOUR  
EXPERIENCE  
WITH  
NEWBORNS?**

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**DAILY CHORES  
NOW- WHO  
DOES THEM?**

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# POSTPARTUM CARE PLAN

**HOUSEHOLD  
JOBS-- WHO  
WILL DO  
THEM?**

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**HANDING  
ERRANDS &  
GROCERIES**

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**WHO WILL  
HANDLE  
COOKING &  
MEALS**

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**ANY SUPPORT  
TO ORGANIZE?**

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**WHAT ARE YOUR  
BOUNDARIES  
AROUND  
VISITORS?**

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**HOW WILL YOU  
RECEIVE  
VISITORS/CALLS  
/SOCIAL MEDIA?**

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**WHO IS YOUR  
CIRCLE OF  
SUPPORT? WHO  
WOULD BE  
WILLING TO HELP?**

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# POSTPARTUM CARE PLAN

**WHERE WILL  
BABY SLEEP?**

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**HOW DO YOU  
PLAN TO FEED  
BABY?**

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**BABY CARE TO  
LEARN &  
RESEARCH**

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**EXPECTED  
POSTPARTUM  
PHYSICAL  
CHANGES**

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**WAYS YOU  
MANAGE WILL  
STRESS**

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**DAILY NEEDS  
OF BIRTH  
PARENT**

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**DAILY NEEDS  
OF SPOUSE/  
PARTNER**

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