



CHERISHED BOND

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Your Postpartum Plan

Cherishedbonddoula.com | [@cherishedbonddoula](https://www.instagram.com/cherishedbonddoula)

Why a postpartum plan?

A postpartum plan can help lay a foundation on how to navigate life once your baby is here. Often, so much thought is put into the birth experience, that the postpartum period gets over looked.

Creating a postpartum plan before baby arrives will take some of the mental load off of making decisions while also navigating the physical, emotional, and mental changes that often come with having a baby.

Caring for yourself while caring for a newborn can often fall down the priority list, but if you can build your support team and lean on them during this time, it can feel less isolating.





"Birth isn't the end of the journey
it's the beginning"

~ERIKA DAVIS

Postpartum Plan

Taking care of the birther



Things to consider:

Take the time to recognize what fills your bucket. Prioritizing the birthers nourishment, rest, and healing should be the primary focus of this part of the plan. Think of baby care and snack/hydration stations, freezer meals, adding food delivery gift cards to your registry, or leaning on your community for a meal train. It is ok to not have all the answers in caring for you baby, even if this isn't your first birth. Think about having items on hand for sitz baths and padsicles.

Taking Care of the birther

For my physical recovery after birth it is important that I:

My partner/friends/family can help me by:

Taking Care of Baby

I/We plan do the following (check all that apply):

- Care for the baby, older siblings and take care of the house on our own
- Have help from family and friends
- Hire a professional Postpartum Doula
- Hire a Mother's Helper to assist in taking care of older siblings

It truly does take a village...

the following members of our village are available to support our growing family:



Bonding with baby.

Things to consider:

You can not spoil your baby and skin to skin is one of the most recommended ways to bond with your baby throughout infancy. It is also ok to need a break and utilize time to yourself as time for your support person to bond with baby.

Bonding with Baby.

I/We plan to bond with baby in the following ways (check all that apply):

- | | |
|--|---|
| <input type="checkbox"/> Staying in bed | <input type="checkbox"/> Snuggling |
| <input type="checkbox"/> Limiting visitors/outings | <input type="checkbox"/> Nursing/bottle feeding |
| <input type="checkbox"/> Playing/reading/singing to baby | <input type="checkbox"/> Baby wearing |
| <input type="checkbox"/> Skin to skin time | <input type="checkbox"/> Bath time/Bed-time rituals |
| <input type="checkbox"/> Bed sharing | <input type="checkbox"/> Co-sleeping 9 |
| <input type="checkbox"/> Newborn photos | <input type="checkbox"/> Family walks |

I/We plan to help older sibling(s) bond with baby in the following ways (check all that apply):

- | | |
|--|--|
| <input type="checkbox"/> Playing/reading/singing to baby | <input type="checkbox"/> Assisting with diaper changes |
| <input type="checkbox"/> Family walks | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Snuggling | |



Navigating visitors/guests

Things to consider:

Protecting space and allowing time to bond with your baby can be tough to navigate in the earlier weeks of postpartum. This is not a time to be a host in your home but to be the one having food brought to them, checking in on your mental health, or dropping off meals at your door step instead of coming inside.

Visitors/Guests

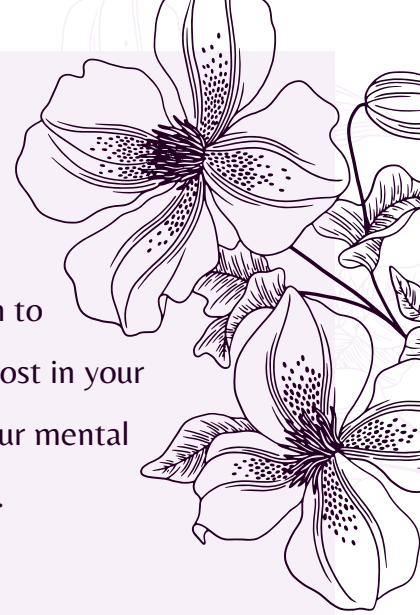
Do you want to have specific visiting times?

How many visitors will you welcome at a time?

When will you be having visitors? How long are your visitors staying?

How can your guests help you?

Are they bringing food?



Redifining of roles

Redefining of Roles

Who will care for the baby at night?

Who will care for the baby during the day?

Who will do grocery shopping and other errands?

Who will care for older siblings?

Who will do the laundry and other light housework?

Who will cook meals and prepare snacks?

Who will take mom and baby to appointments?

Who will be going back to work and when?

Who will look after baby?

Birther – I expect my support person to:

Support person – I expect the birther to:



Developing a self-care routine

Things to consider:

Think about the things that are relaxing to you and bring a sense of calm to life. It can include checking in with or establishing care with a mental health professional. What fills your emotional nourishment bucket and who are the people in your life that keep you grounded?

Birthier Self-Care Routine

The following activities relax and uplift me:

- Napping
- Talking to a friend
- Reading
- Taking a shower/bath
- Other:
- Going for a walk
- 10-20 min of alone time
- Exercise
- Meditating

I commit to doing at least one of these activities _____ times/week.

The following childcare is in place while I take care of me:



Developing a self-care routine cont.

Things to consider:

Think about the things that are relaxing to you and bring a sense of calm to life. It can include checking in with or establishing care with a mental health professional. What fills your emotional nourishment bucket and who are the people in your life that keep you grounded?

Support Person Self-Care Routine

The following activities relax and uplift me:

- Napping
- Going for a walk
- Talking to a friend
- 10-20 min of alone time
- Reading
- Exercise
- Taking a shower/bath
- Meditating
- Other:

I commit to doing at least one of these activities _____ times/week.

The following childcare is in place while I take care of me:

Sleeping arrangements

Things to consider:

Prioritizing rest can be the one of the more challenging goals to achieve in the postpartum period. If there you have a support person, think about taking the night in shifts or utilizing someone to do all the care for your baby in between feeds. If you are exploring bed sharing, La Leche League has a book called “The Safe Sleep 7” that can be a great resource.

Sleeping Arrangements

I/We plan to:

- Bed share
- Co-sleep - Have baby sleep in parent’s room in a bassinet or crib beside the bed
- Have baby sleep in a crib in his/her own room

While baby sleeps, I plan to:

- Shower
- Connect with friends
- Spend time with older children
- Other:
- Sleep/rest
- Read
- Do housework



Nourishment planning

Things to consider:

One handed snacks and easy to heat and eat meals are great options for postpartum nourishment. Lean on your community for a meal train, doorstep drop off meals, or food delivery gift cards to help support your postpartum nourishment. Some days planning ahead will be hard, and some food and water is better than no food at all.

Meal Planning, Preparation and Postpartum Nutrition

I/We understand the importance of nourishing mom so she can heal and nourish baby.

I/We plan to do the following to optimize our family's nutrition

(check all that apply):

- Have pre-made snacks in the fridge/freezer that mom can eat one handed (i.e. high protein muffins, granola bars, chopped veggies and fruit)
- Have days worth of prepared meals in the freezer before baby is born
- Cook meals times per week
- Have family/friends cook meals times per week
- Order take-out/delivery times per week
- Using a meal delivery service times per week
- Have my placenta encapsulated by (name) to promote healing and wellness I have the following supplements ready to maximize my nutrition during the postpartum period:

(Always consult with a qualified practitioner before starting any new supplement regimen)

Processing the birth experience

Things to consider:

Even the most ideal birthing experiences can still have sticky parts to process through. For the birther and support person, it is important to make sure everyone has an outlet to talk through your feelings surrounding your birth.

Processing the Birth Experience

I/We will do the following to process the birth experience:

- Write or hire someone to write the birth story
- Look at photos/videos from labor/birth
- Speak with friends/family
- Speak with a counselor
- Other:

Lactation Support

Prenatal Infant Feeding Class: Yes, with _____

No

Contact for local La Leche League or other Breastfeeding Support Group is:

Friends and family I can ask for help:

My support person can support a positive feeding experience in the following ways:

- Bring baby to birther while they get comfortable and ready to nurse
- Change baby's diaper before or after nursing
- Bring birther an easy to eat snack and a glass of water
- Tell birther what a great job they are doing
- Once breastfeeding is established, bottle feed baby every _____
- Other:



Building community resources

Things to consider:

Researching community resources prenatally can help alleviate some of the stress when additional support is needed during the postpartum period. It can also help to get to know your resources before baby comes so that you are more comfortable reaching out to someone during such a vulnerable time.

Community Resources

The following are some local resources I can contact should I need them:

- Professional Lactation Support Person:

- Postpartum Support Group:

- Postpartum Doula:

- Safe postnatal Fitness Options:

- Baby Sleep Professional or Resources:

- Parent and Baby Activity Groups (library, early years center, etc.):

- Health Practitioners (Nutritionist, Naturopath, Chiropractor, etc.):

- Counselor:

- Pelvic Floor Physiotherapist:

- Other:

(In the midst of all the planning, do try to pause once in a while to be in the moment and enjoy the ride)

