

# Postpartum Support Plan

Postpartum (after pregnancy) can be a wonderful time as you bond with your baby. It can also be stressful because your body is going through many changes. To make time for your body to heal and to care for your baby, it's helpful to get support from your community. **This worksheet will help you plan for the kind of support you may need.**

## Rest

During the days and early weeks after the birth of a baby, new parents need extra help to make sure they can meet their needs for sleep. Support during the night, naps, and "tag team" parenting can all be helpful. **These people are available to help me (and my support person) rest:**

When you need help:	Names of people who can help:
Help during the day	
Help during the evening	
Help during the night	

## Meals

Healthy meals are important for you and your baby feeling healthy. You can list what kinds of foods you prefer. You can also list places where you can get healthy take-out and delivery. **These people will be willing to bring me/us food if we ask.**

When you need help	What foods you would like	Names of people who can help	Restaurants and other places
Breakfast			
Lunch			
Dinner			



## Other Support

You may need other kinds of support. These people can help me with:

What kind of help you may need	Names of people who can help
Feeding the baby	
Grocery shopping	
Cleaning	
Laundry	
Caring for other children	
Caring for pets	
Other: _____	
Other: _____	

## Support from Other Parents with Young Babies

Having someone to talk to who is going through similar things can be helpful. These people (friends, neighbors, family) with babies are here for me to talk to:

How they can help	Names of people/groups
Parents you can call	
Parents you can text	
Parents you can meet in-person	
In-person support groups/classes	
Online parent groups/discussion groups	
Other: _____	

**Talk with a CHN Health Educator or Prenatal Coordinator if you have more questions!**

Adapted from Dona International