

POSTPARTUM *Points*



Starting points for thinking about your postpartum plan

MONEY MATTERS

What costs will we need to cover?

How will we handle my maternity leave?

SUPPORT FOR MYSELF

How can I allow myself time to rest and relax?

What are some resources for emotional support?

FEEDING TIME

What are some resources for help with feeding my baby?

Who are some people I trust to help with the baby?

MEAL SERVICE

How will we handle meals for our family during this time?

Is there anyone who can help with meals?

ACCEPTING HELP

Who can help with household tasks?

What are some tasks we can outsource to others?

SIBLING SUPPORT

What are some ways we can include our other child(ren) during this time?

Who is available to help with our child(ren)?