



PREPARING FOR CHILDBIRTH

Postpartum Plan

Some questions to be answered when preparing your postpartum plan include:

- Who will help in the first week(s) after birth? (making meals, doing laundry, housekeeping)
- Who will be the baby's health care provider?
- Who will evaluate the baby at 3-4 days of age? When and where is the appointment?
- Will your baby be breastfed or formula fed? If breastfeeding supplies are needed, where would you go?
- What are your wishes and expectations about visitors in the hospital or at home? Whom will you want to see? Whom do you not want to see? How can you restrict visitors when you are tired and frazzled?
- Who could you ask to help if you need emotional help? Who could help if you need someone to care for the baby while you get more sleep?
- What preparations and equipment are needed for the baby? (car seat, crib or bassinet, baby's room, clothing, and so on)
- Will you work outside the home after the baby is born? If so, when will you go back to work? Who will provide child care when both parents are at work?

Personal Postpartum Resource List

Resource/Service	Name	Telephone
Friends & Family	1.	
	2.	
	3.	
Doctor/Midwife		
Birth Doula		
Childbirth Educator		
Hospital Childbirth Center		
Insurance Provider		
Baby's Health Care Provider		
Breastfeeding Counselor		
Postpartum Doula		
Support Groups		
Parenting Classes		
Breastfeeding Supplies		
Childcare Provider		
Postpartum Services		
Emergency Services		
Other		



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Newborn Care Plan

Newborn care preferences for the baby of: _____

Baby's name: _____

Baby's health care provider: _____

Infant feeding: Breast milk Formula

Newborn concerns, issues, wishes, and/or fears:

My previous experience with newborns:

Preferences regarding newborn examinations and procedures (immunization, circumcision, contact with baby, and routine procedures):

Preferences for unexpected problems for the baby:

Educational needs (infant care, feeding, and so on):