



# Postpartum Plan

Planning for the fourth trimester



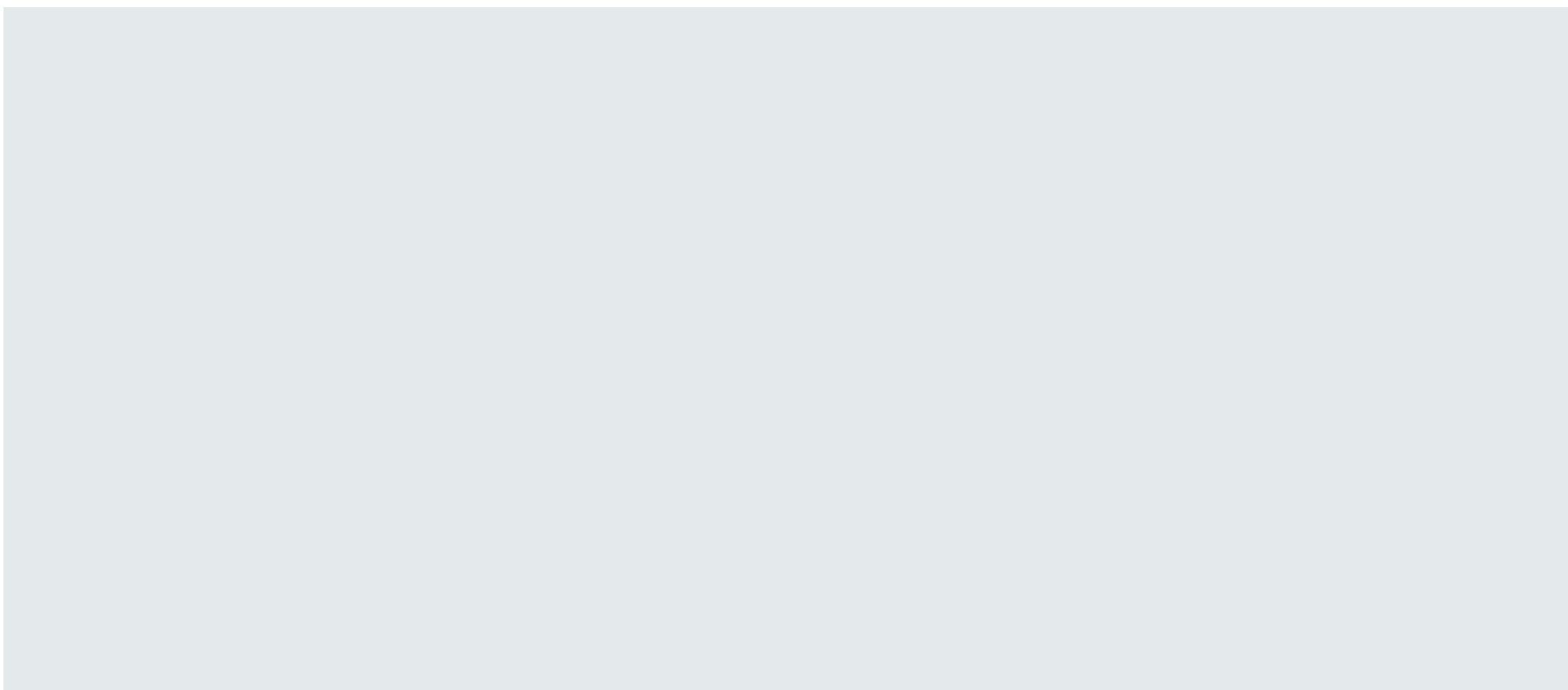
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ANTENATAL AND BABY



## *Why plan for your postpartum?*

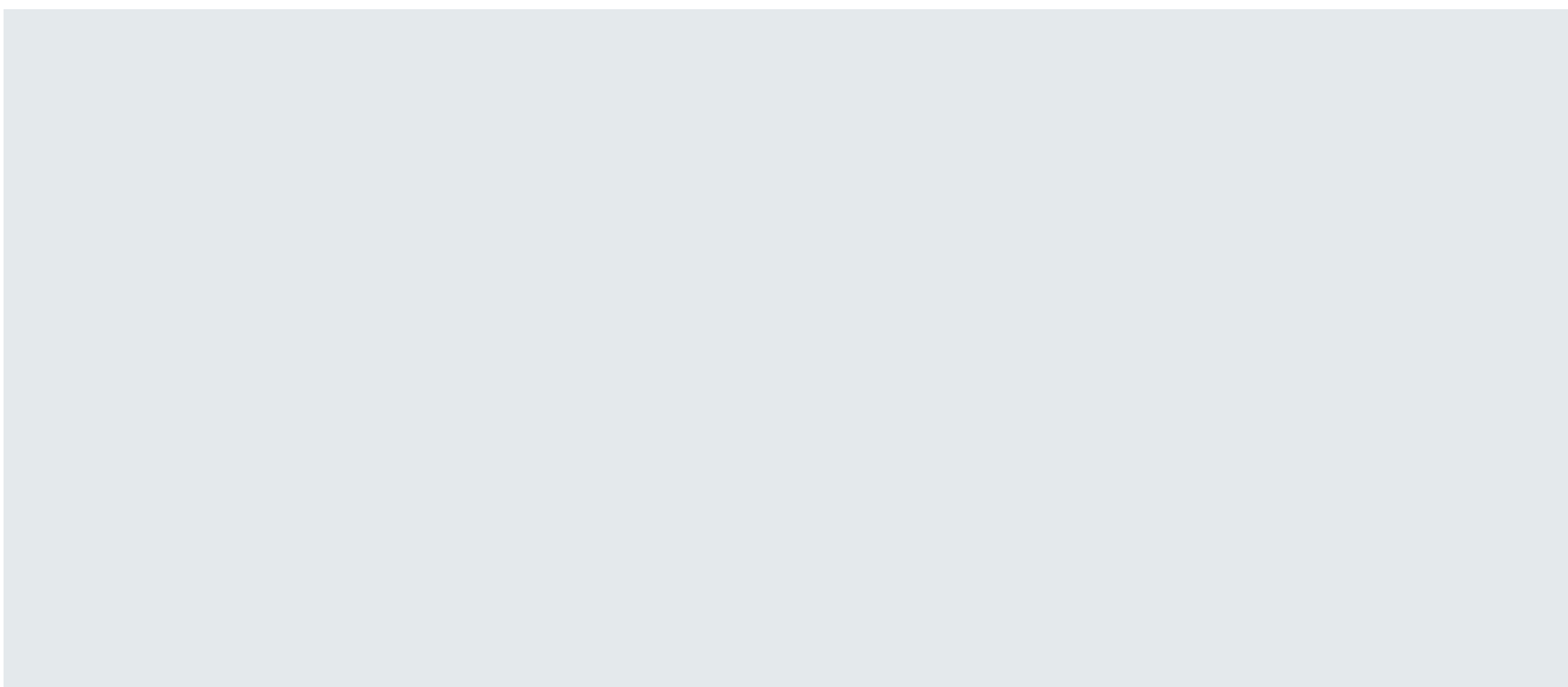
How do you feel when you think about the fourth trimester. What is it about the fourth trimester that makes you feel this way?

Take a few moments to jot down feelings that arise - it might be sentences or just words.



## *Nurturing yourself through the fourth trimester.*

How do you nurture yourself now or before you were pregnant - what are things you do for yourself and why do they feel nurturing. What do others do for you? What kinds of things do you look forward to?





# My ideal fourth trimester

Think about how you envisage the first weeks of being home with your new baby. How would you like to spend your time? What will your priorities be? Who would you like to see?

COMING HOME

FIRST WEEK



# My ideal fourth trimester

WEEKS 2 - 3

WEEKS 4 - 6

WEEKS 7+



# Things we'd like to arrange now, for later

Childcare, meal deliveries, click and collect or home delivery shopping (with some essentials) already in the basket).

## TASK

1.

2.

3.

4.

5.

6.

7.

## WHO IS GOING TO ARRANGE THIS

1.

2.

3.

4.

5.

6.

7.



# Helper Schedule

These are the people you can call on for help, what can they do, and when they are generally available.

NAME

HELP  
PROVIDED

DAY / TIME



# Guidance for Visitors

Take some time to think about any times and days that you'd particularly like to, or not like to have visitors around, and if there are any rules you'd like visitors to be aware of.

Then you can send this to them.

BEST TIMES TO VISIT

TIMES TO AVOID VISITS

PLEASE REMEMBER



# Things I need help with

Washing the dishes, hanging the washing, taking older children out, preparing meals or batch cooking, taking baby while you rest or shower... what could your visitors do to help take some of the load? Stick this on your fridge and ask visitors to have a look.

PLEASE PICK A TASK WHILE YOU'RE HERE



# Things I need from the shop

Make a list here of nice treats, healthy snacks, daily essentials and anything else that you could give others as a list of things to grab when they're coming over, then if they say they're coming, just send them a picture of this.

PLEASE PICK ME UP SOMETHING(S)  
FROM THIS LIST...



# Nourishment

How can you make sure you stay nourished during the first few weeks. Name some staples that you can turn to when you're tired, or not feeling inspired.

FILLING  
BREAKFASTS

NOURISHING  
LUNCHES

QUICK DINNERS

ENERGY BOOSTING  
SNACKS



# Meal plan

Print this one out a few times, and sit down at the end of each week to make a plan. Don't forget to include some freezer meals and any food promised by friends or family.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# Relationships

Take some time to think about your relationships.

Listing some of the things that makes your relationship with your partner special can help you when you're feeling disconnected. Your answers may be the same or different, but keep this handy so you can refer to it if you're not feeling like you're on the same page.

WHAT MAKES ME  
FEEL CONNECTED  
TO YOU - MUM?

WHAT MAKES ME  
FEEL CONNECTED  
TO YOU - PARTNER?



# Relationships

If you have other children already, then do the same exercise now for them. If they are younger, you'll need to do this yourself, but if they are old enough to tell you, why not ask them what their favourite things are, to do with you.

WHAT MAKES ME  
FEEL CONNECTED  
TO MY CHILD?

WHAT MAKES MY  
CHILD FEEL  
CONNECTED TO ME?



# *Additional notes*

Just a little extra space for you to write down any other thoughts you have about how best to prepare for and navigate through life with a new baby.

