

Postpartum Plan

It won't be an easy adjustment, but you can do it and remember you are not alone!
Reach out to Sun River Health or the Poughkeepsie Mothers Project if you need help

My name:

My provider's name and contact information:

Name:

Phone:

Who will be my baby's pediatrician?

Name:

Phone:

Do I have a car seat (check one)?

- Yes
- Not yet

Do I have a crib (check one)?

- Yes
- Not yet

Do I have diapers (check one)?

- Yes
- Not yet

Do I have baby clothes (check one)?

- Yes
- Not yet

Do I have a breast pump or formula (check one)?

- Yes
- Not yet

Who can I rely on for extra support during the day?

Who can I rely on for extra support during the night?

Will anyone be moving in (temporarily or otherwise) to provide extra support (circle one)?

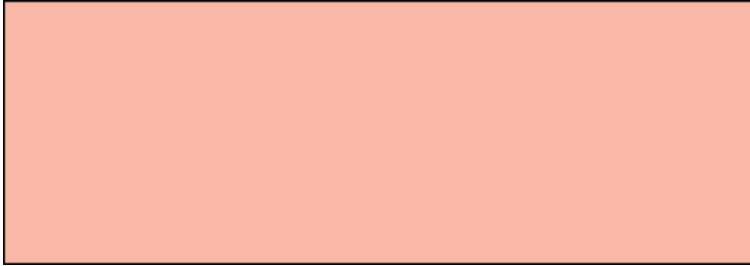
- Yes:

- No

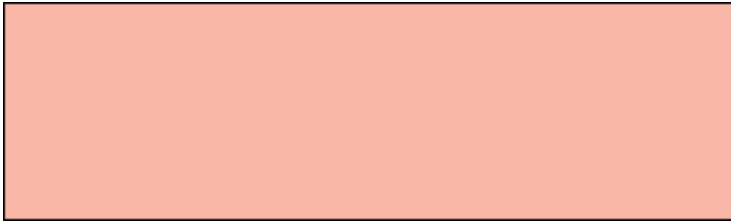
If I have older children, pets, or people who depend on me, who can I rely on to help care for them?

What are some nutritious meals I can prepare and freeze before the baby arrives?


What are some nutritious and affordable take-out options?

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Who are some people that can prepare and deliver nutritious meals after the baby arrives?

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What are some strategies I can use to get enough sleep?

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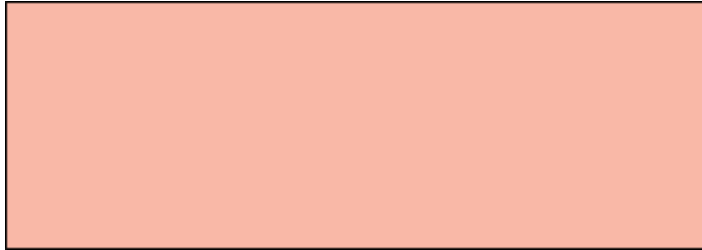
Will I breastfeed my baby (circle one)?

- Yes
- No


Who can I turn to if I'm having trouble breastfeeding?

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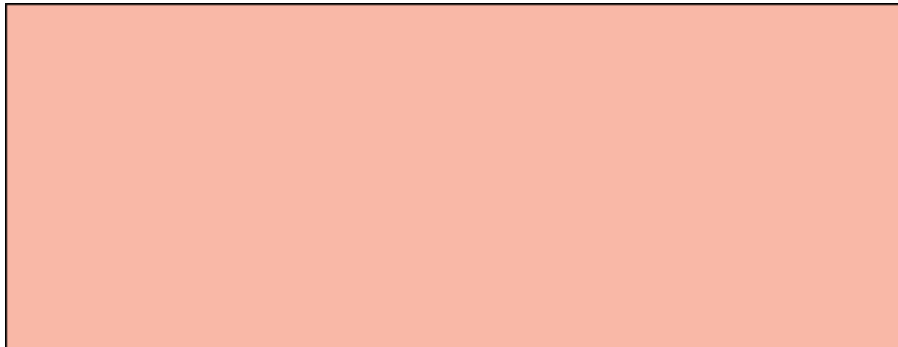
Who can I talk to if I'm feeling down or depressed?

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If I'm feeling down or stressed, what are some things I can do to relax?

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Any other concerns, ideas, or questions:

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If you are experiencing symptoms of **Post-Partum Depression** please reach out to your health care provider, OB/GYN, and/or a mental health professional. It is very common and you are not alone. There is help and support for you during this huge transition in life.

Some online resources:
<https://www.postpartum.net/>
<https://www.themotherhoodcenter.com/>
<https://www.pokmothersproject.org/>

*(symptoms including: depressed mood, excessive crying, severe mood swings, difficulty bonding with baby, loss of appetite or eating more than usual, insomnia, sleeping too much, fatigue, reduced interest in activities you enjoy, intense anger, hopelessness, severe anxiety, recurring thoughts of death or suicide etc.)

