

Preparing for postpartum worksheet

I encourage you to print this worksheet, fill it out and post it on your refrigerator (or somewhere that is easily accessible). For more information and suggestions on preparing for postpartum visit my website: www.themotherhoodjourney.com

MEALS PLANNED:

- Freeze meals (make extras in the weeks before your due date)
- set up meal train www.mealtrain.com
- Tell friends and family about Meal Train
- get menus and phone numbers of places that deliver in your area
- Create a binder to store and organize ideas, worksheets, receipts, brochures, etc.
- Buy snacks that are easy to eat and can be accessible in bed

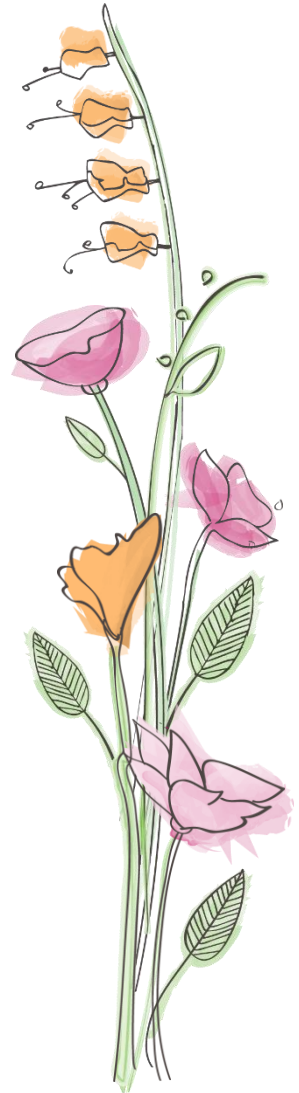
Here' s some ideas: string cheese, craisins/raisins, rolled up deli meat, sliced fruit, and meal replacement bars. More ideas can be found on megonthego.com and paulakathlyn.com.

SUPPORT PEOPLE:

- Choose a postpartum doula.
- Partner will be off:
- family member _____ will be visiting

- postpartum doula: _____

phone number: _____



BREASTFEEDING:

- Prepare a basket with breastfeeding essentials

Some ideas include water bottle, nursing pads, snacks, a breastfeeding book (see my website for recommendations), nipple cream, and burp cloths.

- Contact information for lactation consultant

Name: _____

Phone number: _____

- Breastfeeding help hotline



YOUR POSTPARTUM DOULA CAN ANSWER QUESTIONS ABOUT BREASTFEEDING AND MAKE SURE THAT YOU ARE COMFORTABLE NURSING IN PUBLIC

OTHER CHILDREN:

- Childcare

Name _____

Phone number _____

Dates scheduled _____

- Activities (for example, breastfeeding box)

COMFORT:

- Comfortable clothes
- You'll want minimal clothes to encourage you to stay in bed and for skin to skin. I recommend open cardigans or a robe if you need some coverage.

CHORES:

The mom should not do chores for at least two weeks.

- Write out a list of chores for partner, postpartum doula, family and other visitors. Post it on the fridge.