



## The Postpartum Plan

List the household chores that need to be done and who will do them:

Daily: \_\_\_\_\_ Who? \_\_\_\_\_

Weekly: \_\_\_\_\_ Who? \_\_\_\_\_

Household tasks that can slide:

Household chores that friends/family can do:

What? \_\_\_\_\_ Who? \_\_\_\_\_

Person(s) or Community Resources to call for help and support:

\_\_\_\_\_ Phone # \_\_\_\_\_

\_\_\_\_\_ Phone # \_\_\_\_\_

\_\_\_\_\_ Phone # \_\_\_\_\_

\_\_\_\_\_ Phone # \_\_\_\_\_

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Visitors to see in the first few weeks:

Strategies to manage excessive visitors early on:

Things to soothe the baby when the baby is fussy:

List enjoyable activities that you look forward to as an individual, with your support person(s) and as a family with the baby:

Who could watch the baby when it's time to go out or a break is needed?