



POSTPARTUM PLANNER

STEPS TO PLANNING YOUR POSTPARTUM

1.

Laying-In Rules. Set Boundaries around who (if anyone) is welcome to visit, and for how long. Be clear about your expectations by letting people know on Social Media, your answering machine, in text messages, or emails .

2.

When people ask/offer to help, let them know HOW! Make a list of ways (chores/tasks) your guests and surrounding village can help out with. A new mom is NOT a hostess and there should be no expectation for her to "entertain" or care for her guests. Guests should be aware that you might be breastfeeding or pumping, and THAT'S OK! If that makes them uncomfortable, there is no obligation for them to visit.

3.

Being off work does not mean you should be doing more cooking or cleaning with your "extra time". Newborns feed for 8 hours a day on average. Between changing, showering, sleeping and eating, there really isn't much time for anything else. Make a list of tasks and who will be responsible for them. Hiring a cleaning service may be a good idea.

4.

Bringing home a newborn is stressful for relationships! Home dates, holding hands, cuddling, laughing, speaking gently and kindly to each other are great ways to nurture your relationship in the postpartum period.

5.

Make a list of friends and family members who you can call for support, relief or just company. These people should be those you find encouraging and supportive of how you want to be supported. Post that list on the fridge or somewhere else that's visible.

6.

Create a list of all your providers like your OB/midwife, pediatrician, postpartum Doula, breastfeeding consultant, public health, health link, chiropractor, naturopath, massage therapist etc. Post it in a visible place with your Postpartum Mental Health sheet for quick reference.

7.

Create a list of local places and groups you can attend if you feel isolated and need to get out of the house. Breastfeeding friendly coffee shops or rec centers, mom and baby groups, friends/families homes, library programs, and names and numbers of people you may have met during prenatal classes.

8.

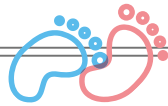
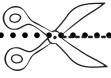
Create a short list of people you trust with your baby for days when you need a break, either outside your home, some time alone with your partner, or just a short nap/shower. This does not have to be a long list and if it makes you nervous, its ok to have just one or two people to call if you need a hand.

9.

Create a list of your favorite things that you find help you feel your best. If that's soaps, yummy food, cozy socks/clothing, hot beverages, baths/showers, yoga sessions, a good book or movie. Include them so people can make sure you have them



BABYMOON RULES DOOR SIGN



Dearest Friends and Family,

Thank you so much for all the love and attention you have showered on us as we have welcomed our newest family member! We welcome and appreciate your continued support as we rest, recover and get to know our newborn! Here is how you can best support us during this time!

We ask that visits be made in groups of no more than _____ and be limited to _____ minutes long.

We hope you understand if this visit needs to be short as we may not have a whole lot of energy (what with the lack of sleep and all!)

Please do not visit if you are sick (this includes bringing sick little ones to visit)! Kindly help me keep my little one healthy by washing your hands and refraining from kissing/putting your face/mouth on baby.

We have been very busy caring for our newborn and adjusting to our new life! Please excuse the mess!

We may need to breastfeed or pump during our visit. I apologize if this makes you uncomfortable, however this is our home and baby needs to eat so it can not be avoided.

We really appreciate your support of my parenting choices and ask that you not offer any advice or anecdotes unless we ask.

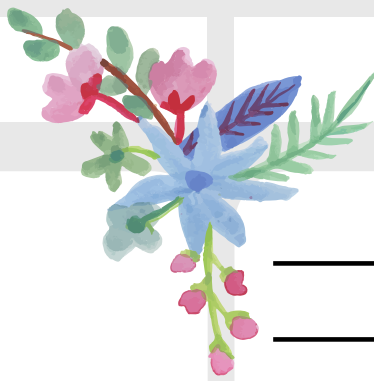
Thank you so much for your visit and for all your love and support!



MEALS

TASKS

WHO



Sun:

_____	_____
_____	_____

Mon:

_____	_____
_____	_____

Tues:

_____	_____
_____	_____

Wed:

_____	_____
_____	_____

Thu:

APPOINTMENTS

Fri:

Sat:



THESE ARE A FEW OF MY FAVORITE THINGS...



...To EAT

...To DRINK

...To SMELL

...To FEEL

...To READ

...To WATCH

...To LISTEN TO

...To Do

Are you worried something might be off about your mood?

Did You Know?

Postpartum Mood Disorders affect birth parents, adoptive parents and surrogates

Sometimes, it can be hard to tell if what you're experiencing is normal or a sign that something is wrong. If you aren't sure, it's OK to ask for help! A professional can help you create a support plan regardless of a diagnosis.



FACT:

10% to 15% of new parents will be affected by a postpartum mood disorder. They are common, treatable, temporary and in no way determine whether you are a good parent!.

Signs and Timelines

Exhaustion



- Mood swings
- Irritability
- Sadness
- Trouble making decisions
- Changes in appetite
- Weepiness
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

Improves as you get longer stretches of sleep

Baby Blues



- Mood swings
- Irritability
- Sadness
- Trouble making decisions
- Changes in appetite
- Weepiness
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

Improves within 2 weeks

Postpartum mood disorders



- Mood swings
- Irritability
- Sadness
- Trouble making decisions
- Changes in appetite
- Weepiness
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

Improves with professional support

- Hopelessness
- apathy/inertia
- lack of joy
- racing thoughts
- panic attacks
- extreme crying
- Don't want to be alone with baby
- Visions or extreme fear of harm coming to baby
- Obsessive thoughts or actions



Postpartum Depression and anxiety are the most common Postpartum Mood Disorders and Can Occur any time within the first 2 years postpartum. However, you can be suffering from other PPMDs such as OCD, PTSD, Panic Disorder, Mania or Psychosis.

*If you are experiencing mood swings, irritability, sadness, are having trouble making decisions, changes in your appetite, "weepiness", are feeling like you can't cope, extreme fatigue or an inability to sleep that don't improve after 2 weeks, please reach out to someone you trust for help as these can be symptoms of a postpartum mood disorder and require attention and care!