

Postpartum Planning

Preparing for recovery before your baby arrives can make the transition into parenthood smoother and help you build the support you need.

1. Nourish Your Body

Recovery requires energy. Plan easy, nourishing meals and snacks, stay hydrated, and accept help with meal preparation when possible. If you are breastfeeding, adequate nutrition and hydration can also support your feeding goals.

2. Protect Your Sleep

Sleep may come in short stretches during the newborn period. Talk with your support team before birth about how nighttime responsibilities, naps, and household tasks will be shared so everyone gets as much restorative rest as possible.

3. Build Your Support Team

Postpartum recovery is not meant to be done alone. Identify family members, friends, neighbors, doulas, or community resources who can help with meals, older children, errands, emotional support, or household chores.

4. Plan for Feeding

Whether you plan to breastfeed, chestfeed, pump, formula feed, or use a combination, know where to find lactation support and discuss your feeding goals with your care team before birth.

5. Care for Your Emotional Health

Mood changes are common after birth. Make a plan for who you will call if you begin feeling overwhelmed, anxious, persistently sad, or unlike yourself. Early support can make a meaningful difference.

6. Prepare Your Home

Stock postpartum supplies, set up feeding and recovery stations, prepare freezer meals if possible, and keep frequently used baby items within easy reach.

7. Schedule Follow-Up Care

Know when your postpartum visits are scheduled for both you and your baby, and ask who to contact if questions arise before those appointments.

Remember

A postpartum plan is not about doing everything perfectly. It is about creating a flexible plan that supports your physical recovery, emotional wellbeing, and growing family.