



Birthing Healthier Families™ Your Positive Postpartum Plan

Our family's plan is to have a smooth postpartum period. We know that we will be tired even when things go well, and we will need some additional support. This plan will help us to put together a list of friends, family, community, and professionals who will help our family succeed, despite the natural challenges that emerge in the postpartum period.

Our village (support people) with phone numbers: (friends, family, neighbors, religious community, babysitters, and professionals).

People who will cook or coordinate healthy food: (such as getting take out gift cards, coordinating mealtrain or lotsa helping hands). Don't forget to have a couple of grocery lists available for people who want to shop! Another good strategy is to take pictures of preferred brands and share the album with others.

People who will specifically support the new mother/birthing person (including times of day available) for rests, showers, walking partners, visits, phone/video chats, positive parenting support/advice, and anything else she needs. Great to organize at the shower or religious birth ritual.

People who will specifically support the new partner/spouse/husband (including times of day available) for rests, showers, walking partners, visits, phone/video chats, positive parenting support/advice, and anything else he needs. Great to organize at the shower or religious birth ritual.

People who will specifically support other child/ren and/or pets.

Mom/birthing person's maintenance-care plan (If you love to do it and it makes you happy, make time for it!)

Partner/spouse/husband's self-care plan (If you love to do it and it makes you happy, make time for it!)

nourish. **grow.** thrive.

Find nearby birth and postpartum doulas www.dona.org
Find nearby lactation professionals <http://www.iblce.org>
Check out www.postpartum.net for a full array of state-by-state resources.

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