



Your Postnatal Plan

This Postnatal Plan provides a framework for you and your partner to explore your thoughts around parenting and about the people in your life who will help you the most when your baby is here. It will help you to set expectations for your needs after birth. When our needs are being met, we feel happy, secure and confident. So grab your partner and work together to create this plan.

First Few Days and Visitors

How would you like those first few days and weeks to feel? Do you want any visitors? Who will be truly helpful and supportive? Can you set expectations and boundaries now with friends and family? Can visitors bring meals and help in the house?

Sleep / Rest / Recovery / Self Care

The first few days and weeks after baby arrives are a time for extreme rest. What can you put in place to enable you to rest? Do you want to explore any postnatal treatments / local therapists? What makes you happy / joyful? How do you practice self-care now and how can this be adapted after baby?

Food

Eating healthy, nourishing meals is of vital importance in the postnatal period as well as drinking plenty of fluids. What are your favourite simple satisfying healthy snacks? Can you list some nutritious one-handed easy meals? Can you batch cook for the freezer now? Can you ask a friend to set up a meal train for you? Can visitors bring meals?

Feeding your baby

How do you intend to feed your baby? How do you feel about breastfeeding? How do you feel about bottle feeding? Do you feel fully informed with your choice? Can you undertake any antenatal education before baby arrives / borrow some books? Are you confident your feeding choices will be supported by your family / friends? Are there any local support groups / Facebook groups you can join?

Practical and Emotional Support

Having friends who are also parents of young babies is helpful. Having good emotional support can have a positive impact in the postnatal period. Also having the opportunity to talk about your birth experience if you want to is important. Think about who you trust for practical and emotional support. Who can you talk to about your feelings and who will offer the support you need? What practical support would really help you during the first few weeks and who can help?

Siblings

Older children will experience a time of transition with the arrival of a newborn. Plan ahead to ensure that siblings can welcome a new baby with love, but also still have special time with parents.

What might you need help with regarding siblings? Who can help? How can you ensure you are still able to spend special time with your older child/ children?

Relationships

Adjusting to life as a new family and becoming parents does not leave a lot of space to care for your relationship as a couple. It is important to have conversations now to discuss ways of sharing the responsibilities, realising you both have your own needs and thinking about how you can support each other and stay connected. What do you both need to feel happy and relax? How can you still make time for each other?

Support for me and my baby

Midwife / Health visitor / Lactation Consultant / GP / Local Groups / Local Friends / Therapists (massage, acupuncture etc)