



SLEEPING
Little Angels

CONCIERGE POSTPARTUM DOULA
NEURO-PLAY DEVELOPMENT CONSULTANT
& NEWBORN CARE SPECIALIST

postpartum planning

PLANNING FOR A HEALTHY
AND RESTORATIVE POSTPARTUM

SLEEPING LITTLE ANGELS LLC

www.sleepinglittleangels.com



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BRINGING BABY HOME IS WHEN THINGS GET REAL.

There is so much to consider about the postpartum period, and yet it's often the forgotten piece of planning for a baby. "We'll just wing it!" or "my mom will be around to help," are common sentiments with the best of intentions. But winging it in postpartum can be the biggest detriment to your confidence as a parent, whether it's your first baby or your fifth. It can lead to feelings of anxiety, overwhelm, and stress, and prevent you from fully enjoying the early days with your baby.

A postpartum plan involves deciding ahead of time with your partner what postpartum and early parenting might look like and how you and your partner handle differences of opinion. Who will be in charge of the household chores? What do each of you expect your partner to do? Where will your baby sleep? When should visitors plan to come? Who will walk the dog? How will you feed your baby? Having these conversations with your partner, family, and friends now will help you have a more enjoyable postpartum experience.

Like your birth plan, your postpartum plan is a flexible, fluid document. What you expect to do may not be what ends up working best for your family, and that's perfectly okay. But having a plan to serve as your guidelines will be a tool you appreciate for those first six weeks and beyond. This guide will help you make decisions about how you'd like your postpartum period to feel. Make sure to ask questions about topics you're unclear on, and remember to listen to your instincts. By making a postpartum plan, you're giving your future self one of the most important resources for life with a new baby. Let's get started!



WHAT TO EXPECT DURING postpartum recovery

SORENESS & SWELLING

Postpartum swelling and soreness are common after giving birth. Swelling may be particularly noticeable in the feet and ankles, and may be exacerbated by long periods of sitting or standing. Expect soreness and swelling in the perineal area, particularly if you have had a vaginal birth or an episiotomy. Ice packs, pain relief medications, hydration, and gentle exercise can all help alleviate swelling and soreness.

BLEEDING

For the first few days after birth, bleeding is often heavy and may include clots. The bleeding will gradually become lighter. It's important to use pads instead of tampons during this time, and to change them frequently to prevent infection. Monitor the amount of bleeding and contact a healthcare provider if it becomes heavier. Postpartum bleeding can last up to 6 weeks, although the length of time varies.

SWEATING

Hormonal changes and the body's adjustment after birth can lead to increased sweating, particularly at night. Though this is frustrating, it's also a normal part of the postpartum recovery process, and can be managed by staying hydrated, wearing breathable clothing, and using fans or air conditioning to keep the environment cool. Postpartum sweating usually resolves within a few weeks of birth.

ENGORGEMENT

Engorgement occurs 2-5 days after giving birth, when breasts become swollen, firm, and painful as they fill with milk. It's important to breastfeed or pump frequently to help relieve pressure. Applying warm compresses or taking a warm shower before feeding can help facilitate milk flow. If engorgement is accompanied by fever or flu-like feeling, be sure to talk to a lactation consultant or doctor ASAP.

HORMONES

Your body's hormones will change rapidly as you recover. This can lead to a range of emotional experiences and feelings of fatigue, mood swings, irritability, and anxiety. It's also common for new parents to experience "baby blues" in the first few weeks after giving birth, which can include feelings of sadness, weepiness, and worry. These symptoms typically improve on their own within a few weeks as your body readjusts.

FATIGUE & EXHAUSTION

The significant physical and hormonal changes during childbirth and recovery can lead to feelings of exhaustion and weakness. To cope, prioritize rest and self-care above all else. This may mean taking naps, readjusting your expectations of yourself, and asking for help from family and friends. Staying hydrated, light exercise (when you're ready), and getting outside for fresh air can also help boost energy.

Your Need for Rest

The reality is that after giving birth, most people feel pretty rough for at least a few days (and, more realistically, a few weeks). Not only are you recovering from the physical feats of nine months of pregnancy and giving birth (which may or may not include surgery), but you're also establishing a milk supply, adjusting your own hormone, fluid, and nutrient levels, caring for your newborn around the clock, and healing. During this time, it's critical that you rest to allow your body to begin to heal from everything that it's been through. When you take on too much physical activity too soon, you put yourself at risk of increased bleeding, hemorrhage, infection, reduced milk supply, postpartum mood disorders, difficulty bonding with your baby, and so much more. Prioritizing your healing (both physical and emotional) will allow you to be a healthier, happier, and more present parent to your baby.

In most cases, it takes about 4-6 weeks for that wound to be mostly healed. If you feel great sooner than that, amazing! Celebrate that, and then go right back to resting. Time really does speed up once you're a parent. You really won't look back on this time and wish that you'd rested less—promise. Soon enough, you'll be ready to get up and take on a little more. For now, you and your baby both need a ton of sleep, healing, and downtime. There's no rush to find a schedule, to start "getting things done", or to do anything more than sleep, cuddle your baby, and rest. In most cases, this quiet, slow postpartum period doesn't just happen: it's designed. Modern lives are busy and it may seem difficult or downright impossible

to plan for a 4-6 week time-out from real life. Creating a postpartum plan is the best way to plan for this huge adjustment, figure out how you'll keep the household running, make the best use of the many offers of help from friends and family, all while making your rest and healing a top priority.

The 5-5-5 rule is a popular concept in postpartum recovery that encourages newly postpartum parents to rest for 5 days in bed, followed by 5 days on the bed, and then 5 days around the bed. This guideline is based on the traditional postpartum "lying in" custom, which was practiced in many cultures around the world for centuries. The idea was that new parents needed a period of rest and recovery after giving birth, and that they should be cared for by their family and community during this time. During the lying in period (which was often up to 40 days long), parents would focus on rest and healing while their loved ones took over cooking, cleaning, caring for older siblings, household management, and everything else.

The 5-5-5 rule was created as a modern adaptation of this tradition, recognizing that new parents may not be able to fully embrace the "lying in" custom, but still need to prioritize rest and self-care in the first few weeks after giving birth. The rule encourages new parents to prioritize rest for the first 5 days, to stay close to home and limit visitors for the next 5 days, and to gradually start to reintegrate into their normal routines in the final 5 days.



the 5-5-5 rule

FOR POSTPARTUM RECOVERY

Allowing your body adequate rest after giving birth is critically important for your wellbeing and long-term health. Most new parents underestimate their body's need for recovery. Aim for at least 15 days of focused and dedicated recovery time after your birth. Here's how to divide it up!

what to do

what not to do

partner's role

FIRST FIVE DAYS:

in the bed

- Spend 100% of your time resting in bed or on the couch
- Nap or sleep as much as you can
- Focus on feeding and bonding
- Lots of skin to skin sessions
- Limit (or avoid altogether) visitors
- Sitz baths for perineal healing
- Lots of water and healthy meals

- Invite lots of visitors/host visits longer than 30 minutes
- Household chores, laundry, cooking, pet care
- Walks around the block/store
- Be in a rush to wean off post-birth medications
- Make plans for more than 3 days in advance

- Provide meals, snacks, and water bottle refills
- Take care of household chores, pet care, and older siblings
- Run errands
- Diaper changes and burping
- Remind partner to take pain relief medication
- Ask visitors to leave when time

NEXT FIVE DAYS:

on the bed

- Spend 75% of your time resting in bed or on the couch (90 minutes of rest for 30 minutes of activity)
- Stay in your pajamas to keep yourself in "rest mode"
- Sit outside for fresh air
- Begin inviting visitors if you're ready

- Rush your recovery. If you're starting to feel better, it means resting is working- keep doing it
- Housework, chores, cooking
- Long drives/outings
- Limit skin-to-skin access
- Feel pressured to have visitors

- Remind your partner to continue resting
- Provide meals and snacks
- Give your partner time to process/debrief from the birth
- Provide emotional support
- Help your partner get to/from doctor's appointments

LAST FIVE DAYS:

near the bed

- Spend 50% of your time resting in bed or on the couch (60 minutes of rest for 60 minutes of activity)
- Short walks around the block are okay, but stay near your bed
- Craft projects, reading, movie marathons, puzzles, etc
- Limit chores to things like folding laundry from the couch

- Over-exert yourself (more bleeding means too much activity)
- Long drives/outings
- Walking around the store or mall (nowhere to rest if necessary)
- Housework, chores, pet care, errands
- Visiting at other people's homes (let them come to you)

- Meal and snack prep for when you return to work
- Make sure your partner is getting at least 2 hours uninterrupted sleep at a time
- Ensure your partner doesn't take on too much activity too soon
- Accompany your partner on walks and outings



our plan for rest

WAYS TO REST (EVEN IF I CAN'T SLEEP):

1. _____
2. _____
3. _____

PEOPLE THAT CAN HELP DURING THE DAY

1. _____
2. _____
3. _____

PEOPLE THAT CAN HELP DURING THE NIGHT

1. _____
2. _____
3. _____

STRATEGIES FOR EXTRA SLEEP

(talk about tag-teaming, naps, doula support, sleep programs)

1. _____
2. _____
3. _____

the importance of nutrition

Proper nutrition is critical for new postpartum parents as they recover from childbirth and care for their newborn. A balanced diet that includes plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats can help new parents maintain their energy levels, promote healing, and support breastfeeding.

New parents can make healthy meals easier to accomplish in the early weeks after birth by preparing meals ahead of time, freezing meals, or relying on healthy takeout or delivery options. This is a great area to rely on your support network for help with. Many of your friends, family members, neighbors, co-workers, and acquaintances would likely be thrilled to drop off a meal to a family with a new baby. You may want to consider asking a close friend to organize a "meal train", where several people sign up to prepare and deliver meals after baby arrives.

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HEALING FOODS FOR RECOVERY



IRON-RICH
PROTEINS



HEALTHY FATS



COMPLEX CARBS



PROBIOTICS



FRUITS AND
VEGGIES



WARM FOODS



our plan for meals

MEALS TO PREP & FREEZE IN ADVANCE

1. _____
2. _____
3. _____

GROCERY STORES THAT DELIVER

1. _____
2. _____
3. _____

BEST TAKEOUT OPTIONS

1. _____
2. _____
3. _____

PEOPLE THAT CAN BRING MEALS:

1. _____
2. _____
3. _____

feeding your baby

Feeding a new baby is a full-time job. The initial weeks can be especially challenging as parents and baby figure out what works and how to meet their goals and needs. Feeding choices do not have to be exclusive, nor do they need to be permanent. Some parents prefer one technique; others choose a hybrid-approach- a combination of breastfeeding, pumping, and formula-feeding- and re-evaluate as necessary. It's important to remember that your plan may change as time goes by. Your goals, preferences, or your baby's needs will all influence how you approach feeding your baby.

Breastfeeding is a natural process, but it does not always come naturally. Rarely, if ever, will a new parent have a completely complication-free breastfeeding journey. For a successful breastfeeding experience, parents need a community of knowledgeable people to provide education, support, screening, and guidance on breastfeeding during the time it takes to establish good habits. However, the absence of these important people may lead to breastfeeding difficulties: painful nipples, inadequate (or perceived) milk supply, slow weight gain for baby, fussiness, and a sense of isolation and overwhelm. These problems do not have to be part of early breastfeeding; appropriate support can prevent most difficulties. Take steps to ensure feeding gets off to a good start: identify and line up support!

Bottle feeding is also a learned skill and has many aspects, including what water to use, what bottles are best, how to maintain vigilance regarding safety matters, what formula is best, how to ensure correct latch, what holding positions are best, how to time (or not time) feedings, how much to feed, how to store both pumped milk and formula, what methods of making up feeds while traveling are best... and many other aspects that may arise due to individual health, medical, social and emotional matters.

A hybrid-approach to feeding can be a great option for many families. Pumping can help to increase milk supply and allow for others to participate in feeding, while formula can provide a backup option when needed. However, pumping itself is often a huge undertaking, requiring time to pump, clean supplies, and handle safe storage of expressed milk.

In addition to the physical aspects of feeding, it is also important to prioritize the emotional well-being of both baby and parent. Feeding can be a bonding experience, but it can also be stressful and overwhelming. Seeking support from family, friends, or a lactation consultant can make all the difference in establishing good feeding habits and enjoying the feeding experience.



our plan for feeding

WE PLAN TO:

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Breastfeed | <input type="checkbox"/> Bottle feed |
| <input type="checkbox"/> Pump and bottle feed | <input type="checkbox"/> Combo feed |

THESE PEOPLE SUPPORT OUR CHOICES:

1. _____
2. _____
3. _____

RESOURCES FOR INFANT FEEDING: *(Doctor/midwife, public health, support groups)*

1. _____
2. _____
3. _____

FEEDING SPECIALISTS IN MY AREA:

1. _____
2. _____
3. _____

supporting older children

Welcoming a new baby into the family is an exciting and joyous event, but it is also almost always a time of major adjustment for siblings. Children of all ages may experience a range of emotions, including excitement, jealousy, confusion, and anxiety. Planning in advance for this can ease the transition for siblings and create a positive environment for everyone in the family.

One of the most important things that parents can do is to involve their children in the pregnancy and preparation for the new baby. This can include talking to them about what is happening, showing them ultrasound pictures, and allowing them to help choose baby items or decorate the nursery. To minimize your child's stress when the new baby arrives, plan ahead. If your child will need to move to a different room or give up their crib to the new baby, try to make those changes before the baby arrives. This will give your child time to adapt to the new arrangements before dealing with additional changes associated with the newborn. Involving siblings in this way can help them feel included and excited about the new addition to the family.

As the due date approaches, parents should also talk to their children in an age-appropriate way about what to expect when the baby arrives. This can include explaining how babies communicate, how they need to be held and cared for, and what kind of changes the family may experience. For example, you

might explain to your older child that the baby will spend most of their time sleeping, crying, and eating and won't be a playmate right away. Reading books about new siblings or watching videos about babies can also be helpful in preparing children for the new arrival.

When the baby arrives, you can make an effort to involve siblings in caring for the new baby, such as feeding, changing diapers, and bathing. This not only helps siblings feel included and important, but it also helps them develop a sense of responsibility and caretaking. However, it is also important for parents to carve out one-on-one time with their older children to make them feel valued and loved.

Parents should be aware that some regression in behavior or emotions is common in siblings after the arrival of a new baby. Children may become clingy, have trouble sleeping, or have tantrums. This is a normal part of the adjustment process and should be met with patience, understanding, and a lot of extra love and attention. To ease the transition even further, parents can create special rituals or traditions for the family that involve everyone. This can include family game nights, weekly movie nights, or even simple things like taking a walk together every day after dinner. These rituals help to create a sense of unity and togetherness in the family and can help everyone adjust to the new changes.



our plan for our big kids

PEOPLE THAT CAN CARE FOR OUR BIG KIDS
(SCHOOL DROPOFF, FUN OUTINGS, ETC):

1. _____
2. _____
3. _____

PEOPLE THAT CAN CARE FOR BABY WHILE
WE SPEND TIME WITH THE BIG KIDS:

1. _____
2. _____
3. _____

SPECIAL ROUTINES OR NEEDS:

1. _____
2. _____
3. _____

SPECIFIC STRATEGIES TO HELP:

1. _____
2. _____
3. _____

caring for our mental health

Postpartum mental health is an important aspect of maternal and family health that is often overlooked. After childbirth, many parents experience a range of emotions that can include feelings of sadness, anxiety, and exhaustion, commonly referred to as the "baby blues". This is a normal part of the postpartum period and is typically resolved within a few weeks. However, some parents may experience more severe and long-lasting symptoms, such as postpartum depression or anxiety. Postpartum depression affects approximately 1 in 7 parents and is characterized by persistent feelings of sadness, hopelessness, guilt, and worthlessness. Symptoms may also include a loss of interest in activities, changes in appetite and sleep patterns, and difficulty bonding with the baby. Postpartum anxiety, on the other hand, is characterized by excessive worry and fear, racing thoughts, and physical symptoms such as heart palpitations and sweating.

It is important for expecting parents to be aware of the potential for postpartum mental health issues and to prepare accordingly. This can include discussing the topic with their healthcare provider during prenatal care, creating a postpartum plan that includes emotional support, and knowing the signs and symptoms of postpartum depression and anxiety. One way to prepare for postpartum mental health is to build a strong support system. This can include family, friends, or a postpartum doula who can provide practical and emotional support during the postpartum period. Parents should also be aware of resources in their community, such as support groups or therapy, that can provide additional support. Your professional support network plays an important role in assisting with your mental health.

This may include an obstetrician, gynecologist, family practitioner, midwife, and doula. These people can help rule out underlying medical conditions – such as thyroid changes and anemia – that can occur following pregnancy.

It is important for parents to communicate openly with each other and to seek help if needed. Postpartum mental health issues can affect not only the parents that gave birth, but the entire family. Partners should be aware of the signs and symptoms of postpartum depression and anxiety and should encourage their partner to seek help if necessary.

Self-care practices can help promote your postpartum mental health. Getting enough rest is essential, but it can be challenging with a new baby. Exercise has also been shown to be beneficial for postpartum mental health. Even a short walk outside can help boost mood and reduce stress. Another important aspect of postpartum mental health is taking the time to bond with the baby. This can be challenging if the parent is experiencing postpartum depression or anxiety, but it is important to prioritize bonding as much as possible. Skin-to-skin contact, talking or singing to the baby, and reading to the baby are all ways to promote bonding.

Remember that postpartum mental health issues are not a sign of weakness or a failure as a parent. They are a common and treatable condition that can affect anyone. Seeking help and support is a sign of strength and a proactive step towards better mental health.



postpartum mental health

Postpartum mood disorders don't always look like sadness, crying, or generalized depression. Sometimes, other signs like anger or rage, having a hard time bonding with your baby, food aversion, or scary or intrusive thoughts can indicate that something isn't quite right. In the haze of having a new baby, it can be difficult to recognize symptoms of postpartum mood disorders. Here's what your support team can look out for.

	stable mood	baby blues	mood disorders
SLEEP DEPRIVATION	makes you tired	makes you emotional	makes you mad/angry
BONDING WITH BABY	happens at birth or within a few days	takes time, but happens by 2-3 weeks postpartum	doesn't happen
GOING OUT	is different now, but still enjoyable	feels hard/overwhelming, but is still a good idea	feels totally not worth it/way too stressful
FOOD	tastes good and nourishing	is sometimes okay	food aversion or overeating
YOU CRY	tears of joy and love	tears of sadness/overwhelm	tears of anger/hopelessness
YOU WORRY	about baby's diapers, feedings, etc	about baby's breathing and physical wellbeing	that you're a bad parent
YOUR MIND IS	forgetful and distracted	foggy and unclear	full of scary, intrusive thoughts
AFTER A FEW WEEKS	you're feeling positive about parenting	you start to come out of the haze and find a routine	nothing changes and/or you feel worse



our plan for mental health

SPECIFIC STRATEGIES TO HELP:

- I have talked with my team about perinatal mood and anxiety disorders.
- I have talked with my partner about perinatal mood and anxiety disorders.
- I know how to be aware of my mood and will ask for help if I need it.

PEOPLE I CAN TALK TO:

1. _____
2. _____
3. _____

LOCAL POSTPARTUM GROUPS:

1. _____
2. _____
3. _____

MENTAL HEALTH PROFESSIONALS:

1. _____
2. _____
3. _____

alone time and couple care

Taking time for self-care and alone time is crucial for new parents, as it helps to prevent burnout and exhaustion. Just like on an airplane, where parents are instructed to put on their own oxygen masks before assisting their children, caring for oneself is critical for the well-being of the baby. This is because if a parent is exhausted or burnt out, they may have a harder time bonding with the baby, responding to their needs, or making good decisions. Eventually, finding time for exercise and activities that bring joy and fulfillment can help parents feel more energized and refreshed.

One of the most difficult realities for new parents to accept is the lack of freedom over their time. Whereas you may have previously had an afternoon or entire weekend day to devote to self-care, these opportunities may come in unplanned 15-minute increments (or not at all). Taking advantage of small moments throughout the day to do something that brings joy or relaxation- even if you only have a few minutes- can help you feel more balanced. This might include things like taking a quick walk around the block while baby naps in a stroller, reading a few pages of a book while baby naps, or doing a quick yoga routine. Don't be afraid to ask friends or family members to take care of the baby for a few hours in order to create opportunities for self-care and so that you can have a longer period of time to focus on self-care.

Try to set realistic expectations for yourself and incorporate self-care into your everyday tasks. For example, taking a warm bath or shower can be a

relaxing and rejuvenating way to care for oneself. Eating nourishing and healthy meals can also be a form of self-care, as it helps to fuel the body and promote overall well-being. Practicing deep breathing exercises, listening to calming music, or simply taking a few minutes to sit quietly and reflect are all valid methods of self-care while you're also caring for a newborn.

In addition to prioritizing self-care, it's important for couples to make time for each other and prioritize their relationship. This is, of course, challenging, but finding ways to connect and support each other can help strengthen the relationship and make the transition to parenthood smoother. One of the best ways to support each other is to communicate openly and honestly about your feelings and needs. This can be challenging for many people as talking about how you're feeling can be awkward or uncomfortable, but finding time to talk and check in with each other can help prevent misunderstandings and build trust.

Before baby is born, try to plan ways to reconnect with your partner once baby is here. This can include things like writing love notes, planning surprise gestures, or simply sitting together quietly. You may wish to explore one another's "love language" and learn how each of you best give and receive love from one another. It's important for couples to be patient with each other and give each other time to adjust to the changes that come with a new baby. Keeping a sense of humor and finding ways to laugh together can also be helpful in reducing stress and building intimacy.



our plan for couple care

WAYS I FEEL CALM AND BALANCED:

1. _____
2. _____
3. _____

WAYS THAT I FEEL LOVED BY MY PARTNER:

1. _____
2. _____
3. _____

WAYS WE FEEL CONNECTED TO EACH OTHER:

1. _____
2. _____
3. _____

OPTIONS FOR OCCASSIONAL CHILDCARE:

1. _____
2. _____
3. _____

managing friends and family

You'll probably be overwhelmed with requests for visits from your friends and family after your baby arrives and offer their congratulations and well-wishes. The postpartum period is a critical time for new parents to receive support and care, both physically and emotionally. While friends and family members may be eager to visit the new baby, it is important to differentiate between visitors and helpers during this time.

Visitors are those who primarily come to see the new baby and spend time with the family. They may bring gifts or meals, and offer congratulations and well-wishes to the new parents. Visitors usually want to sit on your couch, hold your baby, drink a cup of coffee, and small chat for an hour or more. While their presence can be appreciated, visitors may not necessarily be equipped or prepared to offer practical support to new parents during the challenging postpartum period.

On the other hand, helpers are individuals who come to offer tangible support to new parents during the postpartum period. Helpers may offer to cook meals, clean the house, run errands, or take care of older children while the parents rest or attend to other tasks. Helpers aren't there just to see the baby- in fact, they may not even see the baby at all. Instead, they are there to *help* and to take care of the tasks that aren't possible for you and your partner right now. Helpers are often family members or close friends who are willing and able to provide practical support during a time when new parents may be feeling overwhelmed and exhausted.

It is important to differentiate between visitors and helpers, and to prioritize practical support during this time. Even though visitors can certainly offer support, it is typically more important to have helpers while you are adjusting to new roles and responsibilities, recovering from the physical demands of childbirth, and adjusting to a new sleep schedule. Having helpers who can offer practical support can be invaluable in allowing new parents to focus on rest and recovery, and easing the transition into parenthood.

Creating and maintaining boundaries about visits with friends and family will likely be essential for your well-being. It can be challenging to balance the desire for support and the need for privacy and rest. Setting clear boundaries from the beginning can help prevent misunderstandings and ensure that everyone is on the same page. Communicate your expectations and needs with your loved ones. Let them know what kind of support you would like, when you would like it, and how long they can stay. Be clear about what is and isn't helpful for you during this time.

It's also important to learn how to say no when necessary. If you feel overwhelmed or need time to rest, it's okay to decline visitors or ask them to come back at a later time. Remember, taking care of yourself and your baby is the top priority. Maintaining boundaries can be challenging, especially if friends and family have different expectations or opinions. By creating and maintaining boundaries, you can create a safe and supportive environment for your new family.



our plan for visitors

OPTIONS FOR OCCASSIONAL CHILDCARE:

WE WILL BEGIN WELCOMING VISITORS WHEN:

VISITS SHOULD BE NO LONGER THAN:

OUR CODEWORD FOR ENDING A VISIT IS:

WE ARE OKAY WITH THESE VISITORS IN THE FIRST TWO WEEKS:

1. _____
2. _____
3. _____

WE CAN ASK FOR HELP FROM:

1. _____
2. _____
3. _____

TASKS THAT VISITORS CAN HELP WITH:

1. _____
2. _____
3. _____

making connections

After having a baby, and once you're feeling ready, finding community connection and people who are in a similar stage of life is crucial for the well-being of new parents and their baby. Isolation and loneliness are common challenges faced by new parents, and connecting with others who are going through similar experiences can provide a sense of belonging, support, and understanding.

There are many support groups available for new parents, including breastfeeding support groups, postpartum depression support groups, and general new parent support groups. These groups provide a space to connect with others, share experiences, and receive guidance and support. Similarly, many new parents find connection in online communities, such as social media groups and parenting forums. These can be a convenient way to connect with other parents from the comfort of your own home. These communities provide a platform to ask questions, share experiences, and build relationships.

Parenting classes, such as infant massage or baby sign language, can be a great way to meet other parents who have babies around the same age as yours. These classes provide an opportunity to learn new skills while also building connections with others. Playgroups are a fun way for parents and babies to socialize and play together. Look for local playgroups in your community or consider starting your own with a group of friends.

Building connections with other parents can provide many benefits for both the parent and the baby, such as emotional support. Connecting with other parents who are going through similar experiences can provide emotional support and reduce feelings of isolation and loneliness. Building relationships with other parents can provide a platform to share information and learn from each other's experiences and can create opportunities to learn new parenting skills and strategies, such as sleep training or feeding tips.

Babies benefit from socialization and interacting with other babies. Playgroups, classes, and spending time with other parents can provide opportunities for babies to interact, experience new and stimulating environments, and develop social skills. Many babies will nap much better after a busy morning at a playgroup!

Building connections takes time, so be patient and persistent. Keep attending events and classes and continue to engage with other parents. Don't wait for others to reach out to you! Take the initiative to attend events and classes, introduce yourself to other parents, and be open to making new connections. Be open to connecting with parents who may have different parenting styles or backgrounds. You may find that you have more in common than you initially thought.



our plan for community

OTHER FAMILIES WITH YOUNG CHILDREN:

1. _____
2. _____
3. _____

STRATEGIES FOR CONNECTING WITH OTHER FAMILIES:

1. _____
2. _____
3. _____

GROUPS, CLUBS, AND PROGRAMS:

1. _____
2. _____
3. _____

POSSIBLE GAPS IN OUR CARE ARE:

1. _____
2. _____
3. _____



helpful resources

Use this space to make personalized or local recommendations for your clients to help them prepare for pregnancy, birth, and postpartum.

recommended reading

- *BOOK TITLE, Author name*
- *BOOK TITLE, Author name*
- *BOOK TITLE, Author name*

online resources

- *WEBSITE NAME, Link*
- *WEBSITE NAME, Link*
- *WEBSITE NAME, Link*

community resources

- *GROUP NAME, Contact info*
- *GROUP NAME, Contact info*
- *GROUP NAME, Contact info*