

survive to thrive

THE ULTIMATE GUIDE TO POSTPARTUM
PLANNING!



My Postpartum Journey

ELEPHANT-BABY.COM

Mothers need just as much care as newborns because they too have just been born!

NAME

SUPPORT PERSON

DATE

ESTIMATED POSTPARTUM START DATE:

GETTING HELP!

WHO CAN SUPPORT ME DURING MY FIRST 6 WEEKS?

FAMILY & FRIENDS

- 1.
- 2.
- 3.
- 4.
- 5.

COMMUNITY

NEIGHBORS

- 1.
- 2.
- 3.
- 4.
- 5.

CHURCH FAMILY/OTHER

- 1.
- 2.
- 3.
- 4.
- 5.

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GETTING FED!

I'D LIKE TO HAVE:

- | | |
|--|--|
| <input type="checkbox"/> A MEAL TRAIN | <input type="checkbox"/> A MEAL PREP SERVICE |
| <input type="checkbox"/> A MEAL PREP PARTY | <input type="checkbox"/> A DINNER DELIVERY SERVICE |
| <input type="checkbox"/> WARM FOODS AND DRINKS ONLY
FOR FIRST 40 DAYS | <input type="checkbox"/> NUTRITIONAL GUIDANCE |

FEEDING BABY!

I'D LIKE MY BABY TO:

- NURSE EXCLUSIVELY
- USE ONLY FORMULA
- BOTTLE FEED WITH
BREASTMILK

I WILL CONSIDER:

- | | |
|--|--|
| <input type="checkbox"/> DONOR MILK | <input type="checkbox"/> SYRINGE FEEDING |
| <input type="checkbox"/> PUMPING EXCLUSIVELY | <input type="checkbox"/> SPOON FEEDING |
| <input type="checkbox"/> DAIRY-FREE FORMULA | |



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VISITOR PROTOCOL

I'D LIKE FOR MY GUESTS TO CONSIDER THE FOLLOWING

- | | |
|---|--|
| <input type="checkbox"/> • NO VISITORS UNTIL REQUESTED | <input type="checkbox"/> • ASK MOM TO HOLD BABY |
| <input type="checkbox"/> • NO POP-UP VISITS | <input type="checkbox"/> • COME WITH MEAL IN HAND |
| <input type="checkbox"/> • RESPECT MOM AND BABY'S NEED FOR REST | <input type="checkbox"/> • CHECK TO-DO LIST ON FRIDGE FOR WAYS TO HELP |
| <input type="checkbox"/> • REMOVE SHOES UPON ENTERING HOME | <input type="checkbox"/> • LIMIT VISITS TO ____ MINS |
| <input type="checkbox"/> • WASH HANDS | <input type="checkbox"/> • HELP MOM GET MEALS TOGETHER |
| <input type="checkbox"/> • KEEP OLDER CHILDREN OCCUPIED | <input type="checkbox"/> |

POSTPARTUM ESSENTIALS!

FOR ME:

- | | |
|---|--|
| <input type="checkbox"/> HERBS FOR INFUSIONS, TEA, & BATH | <input type="checkbox"/> COMFY CLOTHES |
| <input type="checkbox"/> POSTPARTUM UNDIES/ DEPENDS | <input type="checkbox"/> PERI BOTTLE |
| <input type="checkbox"/> WATER BOTTLE | <input type="checkbox"/> THICK SOCKS |
| <input type="checkbox"/> HEALING FOOD! | <input type="checkbox"/> PADS |
| | <input type="checkbox"/> BELLY WRAP |

FOR BREASTFEEDING:

- | | |
|---|--|
| <input type="checkbox"/> NIPPLE CREAM | <input type="checkbox"/> MILK CATCHER/PUMP |
| <input type="checkbox"/> NIPPLE PADS | <input type="checkbox"/> CO-SLEEPER |
| <input type="checkbox"/> NURSING PILLOW | <input type="checkbox"/> SUPPORT! |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |



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GETTING REST!

CREATE A SLEEP ROUTINE:

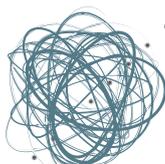
- TAKE A WARM BATH
- READ FROM YOUR FAVORITE BOOK
- MEDITATE
- PRAY
- TURN OFF ELECTRONICS 1-2 HOURS BEFORE BED
- HAVE A CUP OF HERBAL TEA--
LAVENDER AND CHAMOMILE ARE OUR
FAVES FOR SLEEP

PROMOTE ENVIRONMENT FOR SLEEP

- KEEP CLUTTER OUT OF THE BEDROOM
- SLEEP AWAY FROM YOUR PARTNER (IF NEEDED)
- DIFFUSE ESSENTIAL OILS
- SWADDLE BABY
- CO-SLEEP
- USE WHITE NOISE

FIND WAYS TO RESET:

- SKIN TO SKIN WITH BABY
- TAKE A SHOWER/BATH
- DEEP BREATHING
- TAKE A NAP
- SIT BY THE WINDOW
- GO FOR A WALK
- MEDITATION
- DO SOMETHING THAT YOU LOVE



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FAMILY ADJUSTMENT!

HOW CAN I ADJUST WITH MY PARTNER?

TALK IT OUT!

- WHO WILL WAKE WHEN BABY WAKES?
- WILL WE WORK TOGETHER TO ENSURE THAT EACH OF US IS GETTING REST AT NIGHT
- WILL YOU FULLY SUPPORT MY DECISION TO BREASTFEED?
- WILL YOU BRING ME WATER WHILE I NURSE?
- HERE ARE A FEW WAYS WHERE I NEED YOUR SUPPORT...
- HERE ARE A FEW WAYS OUR FAMILY WILL NEED TO BE SUPPORTED...
- LET'S HAVE A CONVO ABOUT MENTAL HEALTH!

HOW CAN I STAY CONNECTED WITH MY PARTNER?

- SCHEDULE DATE NIGHTS AT HOME!
- CUDDLE
- KISS
- HUG
- AFFIRM EACH OTHER
- TALK THROUGH FRUSTRATIONS
- BE TRANSPARENT
- HOLD SPACE FOR VULNERABILITY

HOW CAN I ADJUST WITH MY KIDS?

- INVOLVE THEM WITH POSTPARTUM PLANNING!
- EXPLAIN WHAT IS HAPPENING BIOLOGICALLY DURING PREGNANCY
- READ BOOKS THAT HELP WITH SIBLING ADJUSTMENT
- PREPARE SPECIAL ACTIVITIES FOR AFTER BABY ARRIVES!
- ENGAGE IN ONE ON ONE--EVEN IF IT'S JUST FOR 10-15 MINS A DAY!
- UTILIZE YOUR VILLAGE!

My Postpartum Journey

FAMILIARIZE

YOURSELF WITH:

BABY BLUES

POSTPARTUM DEPRESSION

POSTPARTUM ANXIETY

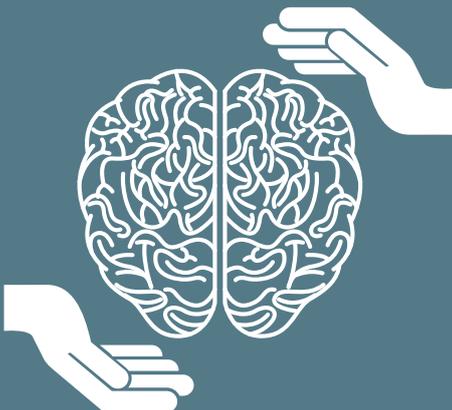
POSTPARTUM OCD

POSTPARTUM PSYCHOSIS

POSTPARTUM POST TRAUMATIC
STRESS DISORDER

- PSI HELPLINE: 1-800-944-4773
- NATIONAL SUICIDE PREVENTION
HOTLINE: 1-800-273-8255

Your mental health matters!



THE FOLLOWING COULD BE SIGNS OF A POSTPARTUM MOOD & ANXIETY DISORDER

PHYSICAL SIGNS:

- HEADACHES
- INSOMNIA
- SORE STOMACH
- NIGHT SWEATS
- CHANGES IN APPETITE
- SENSORY OVERLOAD
- POOR APPETITE
- DIFFICULTY BREATHING
- EXTREME EXHAUSTION
- NAUSEA
- POOR CONCENTRATION
- SHAKINESS
- HOT FLASHES
- NIGHTMARES

EMOTIONAL SIGNS

- FEELINGS OF ANGER/IRRITABILITY
- LACK OF INTEREST IN BABY
- CRYING/SADNESS
- GUILT/SHAME/HOPELESSNESS
- LOSS OF JOY IN THINGS YOU ONCE ENJOYED
- THOUGHTS OF HARMING YOURSELF OR YOUR
BABY
- CONSTANT WORRY
- RACING THOUGHTS
- INTRUSIVE THOUGHTS
- COMPULSIONS
- FEAR OF BEING LEFT ALONE WITH INFANT
- DELUSIONS
- HALLUCINATIONS
- PARANOIA
- RAPID MOOD SWINGS

