

Postnatal Plan



In the postnatal period, your body is recovering from pregnancy and birth as well as learning to navigate life with a new baby. This is an important time. Prepare to take things easy.

The common rule of early life after birth says:
Five days in the bed. Five days on the bed. Five days around the bed.

Meal Preparation

- Stock cupboards
- Freezer meals
- Food delivery options

Support Team and Roles

Postpartum Basket

Fill with items to have on hand that are easily accessible for yourself and baby

- Snacks
- Water bottle
- Hot drinks flask
- Phone and charger
- Breast pads/nipple cream
- Tissues
- Nappies
- Muslins
- Change of baby clothes

Wellbeing Tools

Practicalities to consider as you prepare for life after birth

- ⊙ What is your policy for visitors?
- ⊙ How will you share the duties of baby care?
- ⊙ If you are planning to breastfeed, do you have support lined up?
The early stages of breastfeeding can be tough. Its good to explore your support options.
- ⊙ How will you manage interrupted sleep?
- ⊙ How can you work together as a team?

What emotional and practical support do you feel you will you both need?



Postnatal Appointments & Support Groups