

POSTNATAL PLANNING INFORMATION BOOKLET

Don't leave your postnatal experience to chance.
It's far too important!



POSTNATAL PLANNING

Why a Postnatal Plan is important

By Sophie Messenger, doula, antenatal teacher and babywearing educator and author of 'Why Postnatal Recovery Matters':-

"If you're pregnant or have ever had a baby, you've heard of birth plans, I'm sure, but have you heard of writing a postnatal plan? I doubt it. As a doula, antenatal teacher and babywearing educator, I've been working with expectant and new parents since 2010, so I have met quite a few pregnant and new families and their babies (I think it's something like close to a thousand now). So you see I thought I kind of knew quite a bit about postnatal recovery. Except I had missed something crucial in the mix.

When I attended the Doula UK conference in 2016, Mia Scotland (a Clinical Psychologist and Doula, and Author of the awesome "Why Perinatal Depression Matters"-the best book I have read about depression and perinatal mental health) gave a talk about postpartum practises from around the world and the dire lack of them in the West. I kind of knew all of this - I bang on about it in my antenatal classes - my friends from China, Africa, India or South America tell me stories of spending a month in bed with their babies whilst family members rally round to take care of chores, or people fighting over who is going to cook them delicious, nourishing food, or daily full body massages etc. Heck I even teach a postpartum massage from Ecuador called closing the bones.

What do we get in the UK? Two weeks leave for the partner, and we get told to "leave the chores" and "sleep when the baby sleeps". But chores need doing eventually (you need to eat, at least, and some clothes to wear for you and your baby!), and what if- your baby only power naps in 40 min batches? When do you rest then? Also most mums have no family nearby, and the majority of them find themselves alone at home all day with their new baby - with no social network because their friends are at work. So you get an exhausted and lonely new mother, with no support. Feeling guilty because she isn't feeling serene and fulfilled by new motherhood. Ah! This isn't what we were supposed to get as a species. This isn't right, and deep down, we know it.

So yeah I've been rabbiting on about all this to pregnant couples. But that wasn't enough. What Mia suggested is that we encourage expectant couples to write a postnatal plan. This was new to me. I think this is a genius idea! It's quite revolutionary when you think about it. A postnatal recovery plan. Just like a birth plan - I guess we could call it 'a postnatal recovery preference plan'. It's a lot more focused than just talking about what's missing in our culture. It is encouraging parents to think about what is missing and what they can do about it. BEFORE they have their baby."

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# POSTNATAL PLANNING

## About this booklet



This Postnatal Planning Information Booklet 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.

This booklet has been designed to provide useful discussion points and tips on each of the main aspects of postnatal planning:

1. The first few days and visitors
2. Sleep, rest, recovery and self care
3. Nutrition
4. Feeding choices
5. Practical and emotional support
6. Siblings
7. Relationships
8. Planning Ahead Checklist

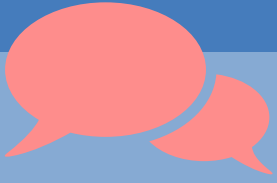
There is a section at the end which you may like to print off and complete to create your own postnatal plan with your partner or indeed use your preferred method of planning in a notebook or even get a little creative! This is your plan so you decide!

If you have any questions please do not hesitate to get in touch.

# FIRST FEW DAYS AND VISITORS



# FIRST FEW DAYS AND VISITORS



## Discussion Points:

How would you both like the first few days at home to feel? What are your hopes, worries, concerns and challenges?

Can you limit visitors so you can focus on healing, resting, and getting to know your little one?

Think about who will truly be helpful and who will need to be entertained.

Surround yourself with positive people.



Set expectations / boundaries with friends and family now so you do not have to worry about it later.

Think about who you might like to visit straight away and who might visit in 2 weeks, 2 months etc.

Think about setting rules for visitors (e.g. only visit during certain times / do something to help around the house / bring food etc).

## TIPS

### **Doula Tips for when visitors come:**

You can ask for the baby back whenever you want – especially if you are breastfeeding.

Get them to bring food and / or do some chores when they come.

If you need a break from baby you could ask the visitor to hold baby whilst you nap, take a short walk / some time for yourself.

Remember that you are the one who's just had a baby and are recovering – you wouldn't be jumping up and down making cups of tea etc. if you'd just been in hospital for any other reason – even if you had a home birth, the same applies.

Don't be afraid to have certain rules for one person and different ones for another. You might be happy for one to stay for 2 hours but this might not apply to another person who you'd only want to visit for 20 minutes.



Remember that you can change your mind at any time.

Put your partner in charge of any visitors. They can act like the bouncer. Possibly even have a code word to use when you'd like people to leave.

Make the most of technology. You can always face time people if you are not ready to see anyone in person.

You might be inundated with requests to visit but alternatively you might feel that you're not seeing anyone and you'd like to. People may assume you are otherwise engaged so don't be afraid to tell people you need company.



## A note about the second night

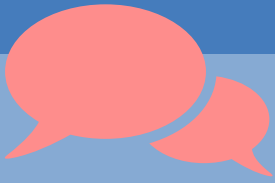
For some reason the second night phenomenon is missing from many baby care books. For many the second night with baby is your first night home and suddenly baby cries lots, feeds non-stop and doesn't want to be put down. This is normal. Think of it from your baby's perspective. Inside your womb they were cosy, snug, had unlimited supply of food on tap, swayed with your movements, could hear your heartbeat / voice etc. Then birth happened. They need to reclaim their safe place and by holding them close you will reassure them that you are there. The outside world is very different to the womb which was dark, aquatic, a confined space, they were constantly held, heard only muffled sounds, all surroundings were soft and warm and they were naked and warm and constantly nourished. Try to recreate the womb environment by using motion, touch, noise (white noise) and creating a calm safe space.



# SLEEP, REST, RECOVERY AND SELF CARE







## Discussion Points:

The first few days and weeks after baby arrives are a time for extreme rest. Your body has just grown and given birth to an amazing baby!

Turn your focus to simply: Sleep, healthy food and bonding.

You might like to explore postnatal treatments, like massage, pelvic health physiotherapy, reflexology, or yoga to help you take control of your recovery.

Or think about products you might need to buy that can help, e.g. valley cushion, sitz bath, peri bottle, pads or bath herbs.

Newborn babies have extremely small stomachs, so they need to eat frequently around the clock. Can you prepare a cosy comfy nest for this time to bond with baby and put all the things you might need there eg, snacks, water, lip balm, book, music, remote etc.

Think about the best time of day for you to sleep. Do you prefer to sleep in late? Nap in the afternoon? Go to bed early? Who can care for baby at that time of day?

Who can help you rest?

If not sleep, what helps you to feel rested?



What does self care look like for you? How do you fill your cup? How can you fit this in with baby? Can you make a list now to refer back to later?

## TIPS

### Doula Tips:

Try to rest and do something for yourself when the baby sleeps, even if you can't sleep yourself.

Sleep deprivation is no joke and this is a long haul. It is important to build a nap into your daily routine so that you get ahead of the lack of night-time sleep.

What can you put in place to enable you to rest after birth?



Perhaps your partner can leave later for work so that they can get some catch-up sleep to compensate for their disturbed night?

Perhaps you could divide the night into 'shifts' between you? Take it in turns to have a lie in – even if it's just at the weekend?

Jealousy and resentment can build up if one partner feels the other is getting more sleep so try to keep the lines of communication open about this subject and workout practical ways you can help each other.

Improving your sleep hygiene can lead to overall improvement in the quality and quantity of your sleep. This is related to the habits and behaviours you have around bedtime and the associations you have. e.g. is your bedroom pitch black and a comfortable temperature? Do you have a bedtime routine and set boundaries about screen use in the evening? Do you drink caffeine or alcohol in the hour or two before bedtime?

Regarding self care – can you make a list of things you enjoy doing now and work out how you can still fit some of these in – at least one each day – they don't need to take hours.



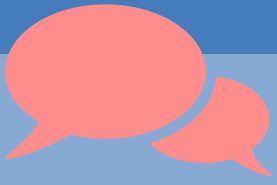
## Ways to rest and practice self care

- Take 3 deep breaths.
- Practice mindfulness, relaxations, meditation or yoga.
- Develop some positive mantras to calm you in the moment.
- Check your posture and stretch regularly / shoulder rolls.
- Relax in a warm bath.
- Self massage / partner massage.
- Seek out nature -even if just outside your front door / garden.
- Get moving - walk, dance, stretch, yoga, just jiggle.
- Quiet time on your own.
- Listen to your favourite music, podcast, audio book.
- A craft / creative activity - mindful colouring / knitting.
- A phone call / face to face meet up with family or friend.
- Find someone to hug and raise those oxytocin levels.
- Talk to yourself as you would your best friend.
- Laughter - funny movie, show, anything that makes you laugh.
- Write a 'what makes me feel good list'.
- Write a list of self care habits that last 1 minute, 5 minutes, 30 minutes so you can easily refer to it postnatally when you can't necessarily think clearly.



# NUTRITION





## Discussion Points:

Eating healthy, nourishing meals is of vital importance in the postnatal period as well as drinking plenty of fluids. Yet, it's really hard to cook when there's a new baby in the house!

Your body is working hard during these first few days and weeks. Eat foods that are warm, nourishing, packed with nutrition and easy to digest.

Who might be able to bring you a nourishing meal in the early weeks after birth? Family, friends?

Who would be happy to help if you asked?

What are some of your favourite meals - breakfast, lunch, dinner, snacks?



Are there any healthy take out options available?

Can you buy some healthy snack options in advance so that your cupboards aren't full of the wrong foods when you have no time / are sleep deprived?

Do you have a heated flask to keep drinks warm?

Do you have a water bottle to keep with you around the house so you drink plenty of fluids?

## TIPS

### Doula Tips:

Stock your freezer with easy to reheat, healthy options while you are pregnant.

Ask a friend to set up a meal train for you and give them a list of your favourite meals.

Create a 2-week meal plan for quick healthy lunch and dinners.

Organise online shops weeks in advance.

Ask visitors to bring a meal, or cook for you.

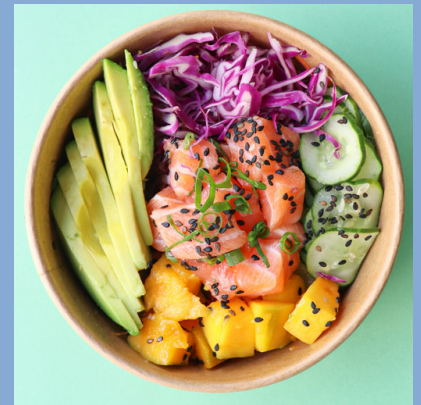
Rather than baby presents, ask for vouchers to local healthy take away establishments.

Prepare a healthy breakfast the night before.

Stock up on healthy snacks and store cupboard essentials.

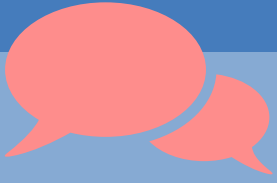
Fuelling snacks include fresh fruit, flapjacks, peanut butter, seeds, dried fruit and nut mix, energy bites / balls, houmous and breadsticks.

Prepare snack pots around the house at your feeding stations so that you never go hungry / get hungry in the night whilst feeding. Dried fruit and nuts are perfect for this.



# FEEDING CHOICES





## Discussion Points:

Whilst pregnant your body is getting ready to make breastmilk for your baby and there are many benefits that breastfeeding can give to you and your baby that goes beyond just milk. Babies need to feed frequently and feeding isn't just about food for babies, it's about so much more. However, you do have a choice in how you feed your baby that works best for you and your family. Here are a few questions that may help you to explore your feelings about feeding your baby.

- How do you feel about breastfeeding?
- What's your experience of breastfeeding – have you seen friends family breastfeed?
- What stories have you heard of breastfeeding – positive and negative?
- How does your partner feel about breastfeeding?
- How do you feel about feeding in public or around family?
- Are you confident your feeding choices will be supported by your family / friends?
- How do you feel about bottle feeding?
- What does mixed feeding mean to you?
- Do you understand responsive feeding?
- Have you heard of paced bottle feeding?





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## Breastfeeding Discussion Points

Breastfeeding is a natural process, but it does not always come naturally! Throughout history, women have been surrounded and supported by other women while learning to feed their babies. Finding friends and relatives who are supportive of breastfeeding is helpful.

- Can you do some research, read, watch videos, do a course on breastfeeding prior to your birth?
- Do you understand how breastfeeding works and how to tell that your baby is getting enough?
- Do you have any breastfeeding friends / relatives you can call with questions?
- Do you know if there are any local breastfeeding support groups? e.g. hospital, La Leche League Group etc?
- Are there any other local support groups for mums that you could investigate?
- Do you know the free charity line numbers you can call for breastfeeding advice?
- Is there a local IBCLC that you can call on if you're struggling?



## TIPS

### Doula Tips on Breastfeeding:

- You will probably hear that breastfeeding is meant to hurt at the start. It really isn't. It might feel like a very new and quite powerful sensation, but pain is not 'normal'.
- Babies need to feed frequently and feeding isn't just about food for babies, it's about so much more.
- Frequent breastfeeding helps stimulate a better milk supply. Simply put, the more you feed, the more milk you make and vice versa.
- Create a feeding nest or nests around your home that are cosy, comfortable and have everything you need to hand - water, snacks, music, book, remote etc.
- The main thing is to follow your baby's lead and let them feed whenever they want - known as 'responsive feeding'. All babies are different and will feed at different frequencies.
- Find out who the local breastfeeding experts you can call are.
- Have the infant feeding support lines and websites to hand.
- Seek help from a trained professional immediately if you are unsure that your latch is correct.
- Do your research on all things breastfeeding if you are serious about wanting to achieve your breastfeeding goals.
- Watch correct latch and positioning videos, explore common concerns and problems and work out where you can get answers. See the back of this plan for breastfeeding support lines and websites. There is so much information available so study up whilst you're pregnant.

#### Great books to read on breastfeeding include:

- The Positive Breastfeeding Book - Amy Brown
- You've Got It in You: A Positive Guide to Breastfeeding - Emma Pickett
- The Womanly Art of Breastfeeding - La Leche League
- The Mindful Breastfeeding Book - Anna Le Grange





## Bottle Feeding Discussion Points

If you do decide to bottle feed your baby here are some questions to consider and research:

- Do you want to give the odd bottle of expressed milk whilst still breastfeeding or do you want to exclusively bottle feed expressed milk?
- Do you want to give the odd bottle of formula milk whilst still breastfeeding or do you want to exclusively bottle feed formula milk?
- Do you want to do a combination of any of the above?
- What do you know about formula milk?
- Have you heard of paced bottle feeding?
- Have you heard of responsive feeding?
- Do you know how to make up formula bottles safely?
- Do you know about safe storage of breastmilk?
- What do you know about expressing / using a pump?
- Do you have any bottle feeding friends / relatives you can call with questions?



## TIPS

### Doula Tips on Bottle feeding:

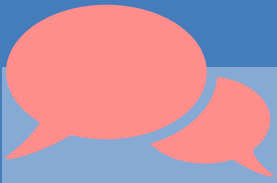
- Watch some paced feeding videos – Lyndsey Hookway has a great IGTV showing an example of this.
- Investigate responsive feeding – follow your baby's natural feeding cues, feeding them when they are hungry and stopping when they are full.
- You don't need to try and make your baby wait until a certain time on the clock; feed them whenever they start showing signs of hunger.
- Unicef Baby Friendly has a guide on their website about how to make sure that all bottles and utensils are properly sterilised.
- Did you know that there is no one brand of formula milk that is better than any other despite the varying cost of each so pick the one that suits your budget.
- Your baby only needs 'first stage' milk. These milks are designed for babies up to one year old and are the only formula milk your baby needs. Once they are 12 months old, they can move onto cows' milk as a drink.
- There is very little difference in ingredients between first stage milks. All of them have to meet certain minimum and maximum nutrient requirements by law.
- If you want to learn more about different formulas you could watch the Channel 4 *Dispatches* episode 'The Great Formula Milk Scandal' available on demand.
- 'Follow-on' milks are not necessary and in fact have slightly less nutrition for your baby than first stage milks. First stage formula has everything your baby needs.
- Check out the new Infant Milk info website designed by the infant feeding charity First Steps Nutrition Trust. [www.infantmilkinfo.org](http://www.infantmilkinfo.org).



**NB: We won't go into combining breast and formula feeding or expressing here but if you would like further information on this subject let me know. There is a great section in Amy Brown's book, 'Let's talk about the first year of parenting' that talks more on this subject and another book called 'Mixed Up' written by an IBCLC.**

# PRACTICAL AND EMOTIONAL SUPPORT





## Discussion Points

Having friends who are also parents of young babies is necessary. Having good emotional support can have a positive impact on parents' mental health 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? Who will offer support, guidance and a listening ear without any judgement. Who are the people that you are comfortable with seeing you at your most vulnerable and how can they help?

Make a list of your local friends with babies that you can connect with in person or via phone / text.

Who can truly provide you with a listening ear, someone you can offload to who will be there for you and listen with no judgement or advice?

What practical support would really help you during the first few weeks and who can help?

For example, we could prepare meals, help with your baby, offer practical support, help with shopping or housework, gardening, school runs or running errands?

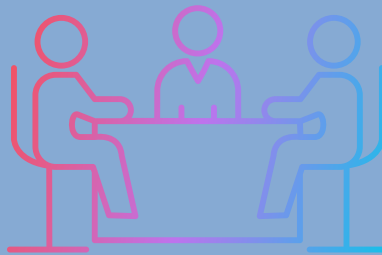
What are your priorities? What has to get done and who can help you do it?



## TIPS

### Doula Tips

- If you don't have any friends with babies now, make a plan to meet some!
- Join an antenatal class, prenatal / postnatal fitness class, breastfeeding support group, any mummy / baby groups or local cafes.
- Meeting other parents who have a baby of a similar age is priceless! See the back of this plan for websites that can help you meet local mums.
- Learn to trust your own instinct, you are the expert of your baby.
- Know the symptoms of postnatal depression and make people within your circle aware of the signs. Then you will be in the best place to ensure your own mental well-being.
- See the back of this plan for organisations you can reach out to and where to find help.



# SIBLINGS







## Discussion Points

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. It's important to consider and make a plan for who will look after your firstborn and other children whilst you're giving birth as well as thinking about the postnatal period.

Older children thrive when they know what to expect. What are your family's daily rituals and activities that you would like to preserve once baby arrives? What can you let go of?

What might you need help with regarding siblings (e.g. school / nursery run, taking them on playdates, looking after the baby so you can spend time with your older child).

Can you arrange people you trust to spend quality time with your older children and help with driving them to school / activities / walks etc?

Older children still need time with each of you, how can you ensure you give them your undivided attention at some point during the day?

How will you cope with bedtime for each of your children - can you take it in turns? Can you get someone in to help in those first few days / weeks?



## TIPS

### Doula Tips



- Help prepare your first born by reading suitable books about being a big brother / sister during your pregnancy. Just little and often so as not to overwhelm.
- Is there anything you can put in place now that will help you after baby arrives - current bedtime routine need changing / partner to be involved / can you help them learn to dress or do their shoes?
- You might want to write a 'while I'm giving birth plan' for your firstborn. This is a way to write down anything that is important to you or your child so that the adult looking after them has all the information they need without having to ask you.
- Feeling guilty is common, it is normal and it doesn't make you a bad or ungrateful parent.
- Postnatal healing is more of a challenge second time around but try to resist the temptation to be super mum. Taking time to heal and rest is important. Can some things just wait until later?
- Whilst feeding or holding your baby, snuggle on the sofa with older siblings watch movies.
- Audiobooks can be a good way to listen to their favourite stories whilst they sit / lay with you feeding.
- Talk about how you did all these same things when they were a little baby.
- Have a special box of suitable toys and books that only come out when you are feeding to keep siblings engaged.
- Include siblings in baby care asking them to be your 'helper'.
- Older siblings need reassurance that you still love them and love to them means time with you. Try and spend a little time each day giving them your undivided attention.
- Try and take it in turns to put older siblings to bed so that they don't lose out on that special time with either of you. It can be helpful to keep bedtimes separate for each child. In the early days at least.
- Baby wearing can be a game changer for having hands free to play with older siblings or go for walks together. Perhaps investigate different slings at your local sling library.

# RELATIONSHIPS





## Discussion Points

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.

Discuss what parental leave might look like for you both and think about support that you might need when they go back to work.

Make time to check in with each other daily (what have we learned in the last 24 hours?). Rethink date night.

What is said between the hours of midnight and 6am do not count!

How can your partner help in practical ways whilst on parental leave and beyond?

What do you need to feel happy and relaxed and does that differ to your partner's needs?

Who can your partner turn to for help, who can they confide in?

How can you still make time for each other when there is a baby / another child in the mix?



## TIPS

### Doula Tips

- Tag team your sleep and lie-ins, work out how you can take it in turns to get a bit more sleep.
- Do not bottle up your feelings, keep finding a way to communicate with one another. Try and understand things from your partner's perspective.
- Divvy up the chores. Save yourself the age-old argument of who is not pulling their weight. Work as a team, you are in this together.
- Date night - spending time as a couple after you have had a baby is very important. This might not be possible straight away but after the first few months try and carve out that special time together.
- Order a takeaway or cook up an easy meal and crack out the board / card games as a way to spend some 'couple time' at home.
- Be in the same room when you can. If one of you is cooking for example, go and be with them. It is so easy to feel like ships that pass in the night.
- Give each other a massage. There are plenty of you tube vids for instructions. Touch releases oxytocin, the love hormone.
- Be kind to each other - this is a learning curve for you both.

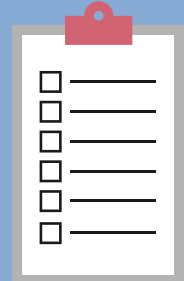


# PLANNING AHEAD



# PLAN AHEAD - ITEMS NEEDED CHECKLIST

There can be lots of things to think about once baby arrives so the list below might prove useful for keeping track of everything that needs doing. Make a list of anything else you can think of.



## **Must haves:**

1. Maternity pads, disposable underwear, big pants.
2. Breast pads (if breastfeeding).
3. Pain killers such as paracetamol or ibuprofen which are both safe to take if breastfeeding.
4. Lots of snacks / meals in freezer.
5. A non-spill water bottle, especially if you are breastfeeding as it is thirsty work.
6. Baby clothes, nappies, wipes, muslin cloths.
7. Somewhere safe for baby to sleep.
8. Consider purchasing a sling / wrap / baby carrier.

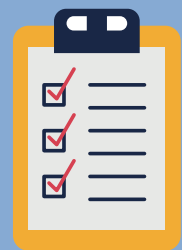
## **Would be good to consider having:**

1. Witch hazel pads for perineum.
2. Ice packs for perineum (use with caution) – you can make your own inexpensive version with some maternity pads and a jug of chamomile tea!
3. Cabbage leaves or breast gel packs.
4. Squirty bottle for keeping stitches clean after going to the toilet.
5. Sitz bath ingredients (Epsom salts. Chamomile tea, lavender essential oil).
6. Feeding station set up with useful items for baby and mum (carry round bag / box or one at each station).

# PLAN AHEAD - TASK LIST

## First 2 months task list:

1. Register baby's birth; must be done within 42 days of baby being born in the UK and will give you a birth certificate (N.B: You can ask for more than one copy of the birth certificate).
2. Check GP practice have received notification of birth and register baby at the practice.
3. Book mum and baby's 6-8 week check up at GP.
4. Consider making an appointment to be reviewed by a women's health physio. You have to live with your body for the rest of your life. If it is not functioning well, then that affects the quality of your life both now, and when your little ones have grown up.
5. Book baby's first immunisations (further information can be found in the red child health record book or via NHS website).
6. Apply for Child Benefit if eligible.
7. Your tax and benefits may be affected by having a child, further information can be found at [www.gov.uk](http://www.gov.uk).
8. Inform partners workplace to activate paternity leave.
9. Write down your birth story before you forget the details! You will find it harder to remember everything once sleep deprivation kicks in.
10. Start a keepsake box for all the baby things you want to save.
11. Start a memory / baby's first album for all the dates of important milestones you want to remember.





# MAKING YOUR OWN PLAN PAGES TO PRINT AND COMPLETE



# SUPPORT FOR ME AND MY BABY



It can be useful to write the names and contact details for each of the following:

Midwives:

Health Visitor:

Doctor / GP:

Local Breastfeeding  
Support:

Lactation  
Consultant:

Postnatal Doula

Various charities, organisations, helplines and websites that may help support your journey:

## **Feeding**

National Breastfeeding Helpline: 0300 100 0212 / [www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

NCT Breastfeeding Helpline – 0300 330 0700 / [www.nct.org.uk](http://www.nct.org.uk)

La Leche League Helpline: 0345 120 2918 / [www.laleche.org.uk](http://www.laleche.org.uk)

Association of Breastfeeding Mothers: 0300 330 5453 / [www.abm.me.uk](http://www.abm.me.uk)

KellyMom – [www.kellymom.com](http://www.kellymom.com)

Dr Jack Newman – [www.ibconline.ca](http://www.ibconline.ca)

Global Health Media – [www.globalhealthmedia.org/videos/breastfeeding](http://www.globalhealthmedia.org/videos/breastfeeding)

Biological Nurturing – [www.biologicalnurturing.com](http://www.biologicalnurturing.com)

Unicef UK Baby Friendly Initiative – [www.unicef.org.uk/babyfriendly](http://www.unicef.org.uk/babyfriendly)

Association of Tongue Tie Practitioners: [www.tongue-tie.org.uk](http://www.tongue-tie.org.uk)

Lactation Consultants of Great Britain: [www.lcgb.org](http://www.lcgb.org)

First Steps Nutrition Trust: <https://www.firststepsnutrition.org/>

## **Mental Health**

Pandas Helpline – pre and postnatal depression advice and support: 0843 289 8401

/ [www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

Tommy's Charity: <https://www.tommys.org/our-organisation/help-and-support>

The Birth Trauma Association: [www.birthtraumaassociation.org.uk](http://www.birthtraumaassociation.org.uk)

## **Safe Sleep:**

Lullaby Trust: [www.lullabytrust.org.uk/safer-sleep-advice](http://www.lullabytrust.org.uk/safer-sleep-advice)

The Baby Sleep Information Source: <https://www.basisonline.org.uk/>

Finding other local mums:

[www.letsmush.com](http://www.letsmush.com)

[www.meetup.com](http://www.meetup.com)

[www.mumstheword.online](http://www.mumstheword.online)

[www.peanut-app.io](http://www.peanut-app.io)

# MY POSTNATAL PLAN

Now's your chance, grab your partner and get planning  
How do you want to feel during your first few months with baby?  
Who and what will help you to feel this way?

## THE FIRST FEW DAYS AND VISITORS

ACTION PLAN

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## SLEEP / REST / RECOVERY / SELF CARE

ACTION PLAN

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## NUTRITION AND FOOD

ACTION PLAN

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# MY POSTNATAL PLAN

## FEEDING CHOICES

ACTION PLAN

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## PRACTICAL AND EMOTIONAL SUPPORT

ACTION PLAN

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## SIBLINGS

ACTION PLAN

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# MY POSTNATAL PLAN

## RELATIONSHIPS

ACTION PLAN

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## OTHER NOTES

ACTION PLAN

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## OTHER NOTES

ACTION PLAN

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# POSTNATAL PLANNING INFORMATION BOOKLET

That's all from me for now. I hope you have found this booklet useful and informative and you have managed to create a helpful postnatal plan.

