

## New Beginning,

Welcome to, “New Beginning”, your guide on crafting a thoughtful and personalized postpartum plan. This guide is to prompt and inspire expecting parents to consider various aspects of their postpartum journey.

From emotional well-being to practical arrangements, these prompts aim to help you build a plan that suits your unique needs and preferences.

Crafting your postpartum plan is an exciting and important step in preparing for the arrival of your little one. Use these prompts as a starting point to tailor your plan to suit your family’s unique dynamics and needs.

Happy planning!



## 1. Emotional Well-Being

### *Reflecting on Expectations*

What are your emotional well-being goals for the postpartum period? Consider discussing and aligning expectations with your partner.

### *Communication Strategies*

How do you plan to maintain open communication about your emotions with your partner? Are there specific strategies you’d like to implement? What are your emotional well-being goals for the postpartum period? Consider discussing and aligning expectations with your partner.

### *Support Systems*

Who are the individuals in your support system? How can they provide emotional support during the postpartum period?



## 2. Physical Well-Being

### *Recovery Expectations*

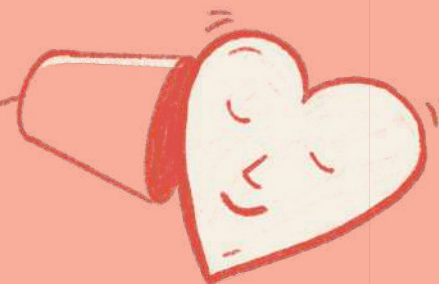
What are your expectations for the physical recovery process for the birthing parent? How can both partners contribute to a healthy postpartum recovery?

### *Nutrition and Hydration*

What meal plans or strategies will ensure proper nutrition and hydration for both parents during the postpartum period?

### *Sleep Schedule*

How do you plan to manage sleep schedules and ensure both partners get adequate rest?



## 3. Parenting Responsibilities

### *Division of Tasks*

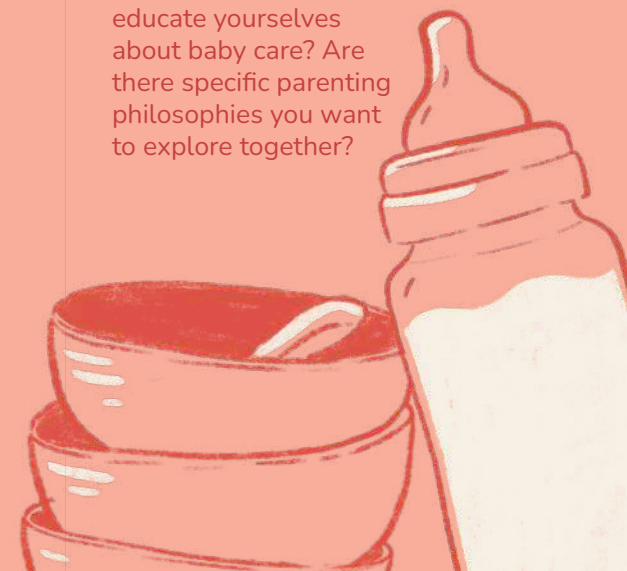
Outline specific responsibilities for both partners, covering childcare, household chores, and other daily tasks. How flexible are these roles?

### *Feeding Plan*

What is your plan for feeding the baby? How will you navigate and support each other in this aspect of parenting?

### *Baby Care Education*

How do you plan to educate yourselves about baby care? Are there specific parenting philosophies you want to explore together?



## 4. Social and Community Engagement

### *Visitors and Boundaries*

How will you set clear guidelines for visitors during the postpartum period? What are your expectations regarding privacy and rest time?

### *Support Systems*

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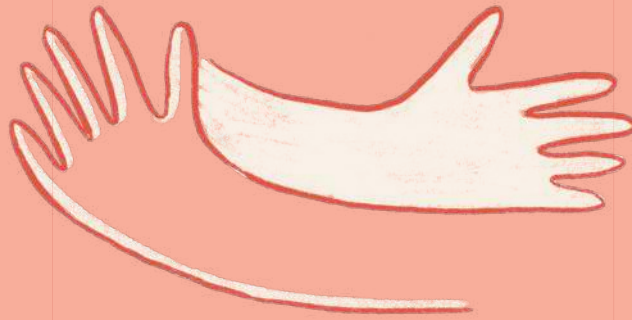
## 5. Self-Care and Leisure

### *Self-Care Practices*

Identify individual self-care practices that contribute to emotional well-being. How can you ensure both partners have dedicated self-care time?

### *Leisure and Recreation*

What enjoyable activities can you plan for relaxation and leisure, individually and as a couple?



### *Monthly Check-Ins*

Schedule regular check-ins to discuss the postpartum plan's effectiveness. How will you adjust the plan based on changing needs and circumstances?

## 6. Emergency Preparedness

### *Emergency Contacts*

Compile a list of emergency contacts, including neighbors, friends, and family. What emergency plans and procedures do you need to discuss?

### *Healthcare Provider Contacts*

Compile contact information for the birthing parent's healthcare provider and pediatrician. How often do you plan to schedule postpartum check-ups? What mental health resources and professionals specializing in postpartum care will you be aware of?

### *Health Insurance Review*

Have you reviewed health insurance coverage for postpartum care? Are all necessary documents and information easily accessible?



# New Beginning

A Postpartum  
Plan Roadmap

