



HANDBOOK TO ME FOR POSTPARTUM CARE

Complete this form and send it to your postpartum care team or post it on your refrigerator.

People on your care team might include family members, friends, a doula or other postpartum care practitioners, and other community members. Your answers provide a simple way for everyone to understand your needs after your baby is born.

You may find your needs and desires change after your baby is born. That's okay! Complete this form and share it as many times as you need.

My care team

Think about who is already on your care team and who you might want to add and list them here. Make sure members of your care team know who they are the role that they play.

Partner/Support:

Doctor/Midwife:

Birth Doula:

Postpartum Doula:

Mental health therapist:

Healthcare specialists:

Family members:

Friends:

Other:



HANDBOOK TO ME FOR POSTPARTUM CARE

Name _____

Date _____

Address _____

Contact Phone _____

Email Address _____

I prefer check-ins via

- Text
- Phone Call
- E-mail
- In-person
- Other _____

How I feel about visitors

- Yes, anytime!
- Yes, but call first
- Only to drop something off
- No visitors, please.
- Other _____

How I feel about others holding my baby

- Yes, please! All the snuggles!
- Yes, but but ask first
- No, I'd rather you not
- Other _____

How I feel about hugs

- Yes, please!
- If we're close
- Nope Nope Nope

When things feel overwhelming, I like to

- Talk it out
- Have space
- Have regular check-ins
- Be distracted
- Other _____

My favorite way to spend quality time when I need it is

**some of my favorites may be inaccessible in early postpartum while I am healing*

- | | |
|---|---|
| <input type="checkbox"/> Going on a walk together | <input type="checkbox"/> Doing a puzzle together |
| <input type="checkbox"/> Sitting and chatting | <input type="checkbox"/> Getting out of the house |
| <input type="checkbox"/> Watching TV together | <input type="checkbox"/> Being errand friends |
| <input type="checkbox"/> Cooking together | <input type="checkbox"/> Gardening together |
| <input type="checkbox"/> Moving together | <input type="checkbox"/> Other _____ |





Stuff that would actually be really useful but I'd probably never ask for:

- | | |
|--|--|
| <input type="checkbox"/> Simple housekeeping | <input type="checkbox"/> Take my pet for a walk or give them attention |
| <input type="checkbox"/> Grocery shopping or medication pick-ups | <input type="checkbox"/> Handle pick-ups/drop-offs |
| <input type="checkbox"/> Food prep or cook a meal | <input type="checkbox"/> Laundry |
| <input type="checkbox"/> Hold baby so I can sleep, shower, etc. | <input type="checkbox"/> Doing my dishes |
| <input type="checkbox"/> Play with older siblings at my house | <input type="checkbox"/> Organizing a drawer, room, or closet |
| <input type="checkbox"/> Take older siblings elsewhere to play | <input type="checkbox"/> Other _____ |

The Food / Drink that would make me feel loved and make things easier

- | | |
|---|---|
| <input type="checkbox"/> Dropping off homemade meals | <input type="checkbox"/> Lactation Snacks |
| <input type="checkbox"/> Dropping off pre-made meals | <input type="checkbox"/> Energy bars |
| <input type="checkbox"/> Food delivery services (i.e. Doordash) | <input type="checkbox"/> Coffee |
| <input type="checkbox"/> Restaurant gift certificate | <input type="checkbox"/> Tea |
| <input type="checkbox"/> Desserts | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Savory Snacks | |

The *Very Specific* Meals/Foods That Make Me Feel Loved

(including the brand, the order from a specific restaurant, anything to make it right)

Things I'm allergic to or just really don't love





Things that always help when I'm stressed, but that I need to be reminded to do

The thing I'll probably need help with IMMEDIATELY

The things (internally, logistically, socially, etc.) I usually find the HARDEST are

What AFFIRMATIONS or REMINDERS (medication reminders, have you eaten today) are most useful to you? Do you like working towards solutions, or do you need someone to just listen and be there?

What's your favorite type of distraction?

(Sports, memes, weird TikToks, celebrity gossip, baby pictures, puppies, you name it)

