

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.

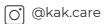
You may find your needs and desires change after your baby is born. That's okay! Complete this form and share it as many times as you need.

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:







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_____ Date ____

	ess ————		tact Phone ————
Emai	il Address —————		
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	I prefer check-ins via	How I feel about visitors	How I feel about others holding my baby
	Text Phone Call E-mail In-person Other	Yes, anytime! Yes, but call first Only to drop something off No visitors, please. Other	, ,
	How I feel about hugs	When things feel overwhelming, I like to	
	Yes, please! If we're close Nope Nope Nope	Talk it out Have space Have regular check-ins Be distracted Other	
		e way to spend quality time when I	
	Going on a walk together Sitting and chatting Watching TV together Cooking together Moving together	Doing a puzzle together Getting out of the house Being errand friends Gardening together Other	







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

	Simple housekeeping Grocery shopping or medication pick-ups Food prep or cook a meal Hold baby so I can sleep, shower, etc. Play with older siblings at my house Take older siblings elsewhere to play	Take my pet for a walk or give them attention Handle pick-ups/drop-offs Laundry Doing my dishes Organizing a drawer, room, or closet Other			
The Food / Drink that would make me feel loved and make things easier					
	Dropping off homemade meals Dropping off pre-made meals Food delivery services (i.e. Doordash) Restaurant gift certificate Desserts Savory Snacks	Lactation Snacks Energy bars Coffee Tea Other			
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					

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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)



