



COURAGE

Maternity Mental Health

POSTPARTUM PLAN SUPPORT

This resource is aimed at increasing your confidence, helping you prepare, learn and advocate for yourself throughout your postpartum journey. Make sure to discuss these questions and your preferences with your practitioner and support team ahead of time.

Congratulations, welcome to the parenting club!

1. Parental Leave

Let's be honest maternity & paternity leave are not vacations, but rather the private and sacred bonding time needed for family and baby. It's a special time for learning from one another.

How long is your parental leave from work?
Any concerns or fears about this aspect of your life?

2. Visitors

Everyone wants to meet the new baby! Pre-covid we would visit in the hospital but since then all visits are when baby returns home!

How long do you want your visits to last?
How would you like to be notified of a visit or are you alright with unplanned visits?
Preference for days of the week?
What help would you request from visitors (dishes, laundry, food, sibling care, etc.)?

3. Parenting Roles

Let's talk about it! Becoming a team as parents is more important than ever. How will the tasks and new responsibilities be divided up shared or assigned?

- diapers
- feeding the baby
- bathing the baby
- burping the baby

- food shopping
- washing bottles, sterilizing breast pump
- breast pump management
- housekeeping

4. Recovery & Sleep Support

Sleep becomes like chasing a ghost! Sleep means rest and it's needed to be present for your new baby. Let's strategize on what your sleep support looks like, need volunteers for these.

- Who can help in the morning time?
- Who can help in the afternoons/evenings?
- And who can help overnight?
- May need "move-in" for a week or two for extra support

Name & Contact information:

5. Food & Hydration

Baby is on the way! Let's think of meals that you can prepare beforehand and store in your freezer. This will allow you to have some delicious and nutritious meals ready.

- Breakfast options:
- Lunch options:
- Dinner options:
- Dietary restrictions? What are your favorite meals? Any snacks that are comforting? It would be great to have volunteers to help support this.

Name & Contact:

6. Breastfeeding/ Bottle-Feeding Support

It's a time when you and baby figure how what works best for you

- breastfeeding
- bottle-feeding
- formula
- pumping
- all of the above.

You can do a combination of them all. It's all about doing what works best for you and your child. Here are some resources for Lactation support:

- DONA.org
- CAPPANet.org
- ILCA.org

- La Leche League groups (LLLl.org)
- DoulaMatch.net

7. Sibling Support

Who will entertain them, make sure their meals are prepared, take them to school, etc.? Of course, you will want to do some of the activities yourself. However, you will need help since you will also be caring for a newborn.

Write a list of people who are familiar with your older child or children or find a sibling doula who can come over while you are in labor. Whoever you choose, write out your child's routine and any needs they may have. There will be so much change for the older siblings. Having them stay on their routine will provide some familiarity and consistency and a better transition for the whole family.

Preparing the sibling for the arrival of their brother or sister is important, what are a few options to do so:

- Reading about welcoming a new sibling
- Discussing new role, responsibility as an elder sibling
- Enjoying the baby
- Setting aside one on one time after baby arrives, reminding the sibling how much they are loved too, love is limitless
- Include sibling in taking care of the baby

8. Me Time

Mental Well-Being and Physical care are equally important for feeling balanced! Creating regular "me time" is valuable. The goal is to incorporate this in way that feels easy non stressful.

Choose 2 activities that resonate or add your own!

- Go out to lunch or a coffee shop ALL BY YOURSELF or with FRIENDS. Bring a book or a magazine or take time to make that phone call to your friend that you keep putting off.
- Go window shopping or go try on some pretty dresses. You don't have to buy anything!
- Get a manicure or pedicure. Splurge on a massage.
- Go for a walk with your headphones and nothing else. Listen to your favorite (non-Disney) music and let your mind wander.
- Take a bubble bath
- Get up early in the morning (before the kids get up), read, engage in religious or spiritual practice, study, or write in your journal.

- TV & Baby Naps (*we promise, the laundry & dishes will still be there later 😊*)
- Arts & Crafts, try something new?
- Physical Health: Try **Yoga** or attending work out class?
- New haircut maybe
- *Utilize Vital Start VR for relaxation*

9. Community Support

Who is in your community? Mom & Baby playdates are fun for everyone?

- Local Mommy groups
- PSI – Postpartum Support International
- Postpartum Men
- Postpartum Progress
- PSI: Chat with an Expert
- Perinatal Therapy support
- Maternal Health Hotline: 1-833-9-HELP4MOMS (1-833-9435746)

10. What's Next

- *Do you have a plan regarding work, will you be returning to work soon or do you plan to take a break?*
- *Are there any Physical conditions you need to address, for instance, if you were diagnosed with Gestational Diabetes, how do you plan to keep an eye it does not lead to Diabetes*
- *Family Planning*
- *Be self-aware, speak with your partner, support system and reach out for help if you feel you are crying a lot, highly anxious, having mood swings, feeling depressed or having suicidal thoughts.*
- *What are some activities to enjoy the baby -- walking in the park, playing and bonding with the baby, new foods and tastes, celebrating motherhood!*

You can lean on us, check us out at:

www.vitalstarthealth.com



COURAGE

Maternity Mental Health



Screening

Experiential Practice

Personalized treatment with Well Being Profile™



Low-Cost
VR Headset
Included



Empowering Moms to feel better, faster

Experience the first award-winning digital platform using Virtual Reality for the well-being of pregnant, trying to be pregnant and postpartum moms.



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