

Postpartum Game Plan



The Sleep Strategy

The Goal: How many hours of sleep did you need before the baby? _____



Division of Labor: Who Does What?

Assign a name to each task so Mama can focus on resting and bonding.

Meal Prep & Cooking: _____

Grocery Shopping: _____

Laundry & Linens: _____

Dishes & Kitchen: _____

Diaper Changes: _____

Pet Care/Walking: _____

Sibling Care/Transport: _____



Mama's Care & Nutrition

Daily Refresh: One small thing I need daily to feel like "myself" (e.g., a hot shower, 10 minutes of quiet): _____

Stocking the Freezer: List 3 easy meals to prep now:

Hydration: Place a large water bottle in every room Mama will be resting in.

Snack Stations: Keep "one-handed" snacks near the bed and the nursing chair.

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Visitor Boundaries

The Gatekeeper: Who will handle visitor requests so Mama doesn't have to?

The Time Limit: Visits will be limited to: _____

The "Helper" Request: We will ask visitors to help with one chore (e.g., taking out the trash or folding a load of towels).



Partner & Support Check-In

Mama's greatest concern: _____

Partner's greatest concern: _____

Role Expectation: As the mother, I expect my partner to handle:

Daily Connection: We will spend 10 minutes of "adult-talk" time together at: _____



Support Contacts (Save to Phone)

OBGYN/Midwife: _____

Pediatrician: _____

Lactation Consultant: _____

Postpartum-Informed Therapist: _____

Help Line: 1-800-944-4773 (Postpartum Support International)