



*Birthing Healthier Families™  
Your Positive Postpartum Plan*

Our family's plan is to have a smooth postpartum period. We know that we will be tired even when things go well, and we will need some additional support. This plan will help us to put together a list of friends, family, community, and professionals who will help our family succeed, despite the natural challenges that emerge in the postpartum period.

Our village (support people) with phone numbers: (friends, family, neighbors, religious community, babysitters, and professionals).

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People who will cook or coordinate healthy food: (such as getting take out gift cards, coordinating mealtrain or lots of helping hands.) Don't forget to have a couple of grocery lists available for people who want to shop, as well as round trip printed directions from your house to grocery stores available for those who ask!

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People who will specifically support the new mother (including times of day available) for rests, showers, walking partners, visits, phone/Skype chats, positive parenting support/advice, and anything else she needs. Great to organize at the shower or religious birth ritual.

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People who will specifically support the new partner/spouse/husband (including times of day available) for rests, showers, walking partners, visits, phone/Skype chats, positive parenting support/advice, and anything else he needs. Great to organize at the shower or religious birth ritual.

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People who will specifically support other child/ren and/or pets.

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Mom's self care plan (If you love to do it and it makes you happy, make time for it!)

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Partner/spouse/husband's self-care plan (If you love to do it and it makes you happy, make time for it!)

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*nourish. grow. thrive.*

Find nearby birth and postpartum doulas [www.dona.org](http://www.dona.org)  
Find nearby lactation professionals <http://www.ilca.org/i4a/pages/index.cfm?pageid=3901>  
Check out [www.postpartum.net](http://www.postpartum.net) for a full array of state-by-state resources.

*Developed by Mara Acel-Green, LICSW, who has a private practice in West Newton, MA where she sees adolescents and adults and offer speciality treatment for pregnant and postpartum women and their families.  
She can be found at [www.maragreen.com](http://www.maragreen.com) or [www.strongrootscounseling.com](http://www.strongrootscounseling.com)*