



Postpartum Plan

IMMEDIATE CARE

VACCINATIONS: ALL/NONE/SOME _____
EYE OINTMENT: _____
FIRST BATH: _____
DELAYED CORD CLAMPING: _____
MOTHER/FATHER/STAFF CUT THE CORD: _____
IMMEDIATE SKIN TO SKIN: _____
NURSING IN DELIVERY ROOM: _____

BABY CARE

ROOMING IN OR OUT: _____
EXCLUSIVE BREASTFEEDING/ EXCLUSIVE FORMULA FEEDING/ COMBINATION
FEEDING: _____
PACIFIERS PERMITTED: _____
INSTRUCTIONS ON DIAPERING: _____
INSTRUCTIONS ON BATHING: _____
CIRCUMCISION: _____
INSTRUCTION ON CIRCUMCISION CARE: _____
INSTRUCTIONS ON CORD STUB CARE: _____

SLEEPING:

CO-SLEEPING
BED-SHARING
SAME ROOM
OWN ROOM

SWADDLING:

ARMS OUT?
NO SWADDLING?

HOSPITAL

ON BACK/SIDE/TUMMY SLEEPING:_____

VISITORS

VISITORS WELCOME/NOT WELCOME AT HOSPITAL:_____

VISITORS WELCOME/NOT WELCOME AT HOME:_____

VISITING HOURS:_____

SANITIZER BEFORE TOUCHING BABY:_____

WAKE MOM FOR VISITORS/ALLOW HER TO SLEEP:_____

PLACENTA CARE

PLACENTA SAVED/ NOT SAVED:_____

KEPT IN FRIDGE/FREEZER:_____

ENCAPSULATION Y/N:_____

POSTPARTUM PROFESSIONAL CARE

POSTPARTUM DOULA:_____

LACTATION CONSULTANT IN HOSPITAL/OUT OF HOSPITAL:_____

TIPAT CHALAV:_____

PLACENTA ENCAPSULATION TECHNICIAN:_____

POSTPARTUM DEPRESSION SPECIALIST:_____

MEAL PLAN

FREEZER MEALS:_____

PERSON RESPONSIBLE FOR MEALTRAIN:_____

DELIVERY MEALS:_____

TAKEOUT GIFT CARDS REQUESTED:_____

FRESH COOKING:_____

HOUSEWORK

DISHES

LAUNDRY

GROCERY SHOPPING

CLEANING FLOORS

RUNNING ERRANDS

SIBLING CARE

SCHOOL PICK UP

SCHOOL DROP OFF

MORNING AND AFTERNOON ROUTINE CARE

WALKING DOGS

FEEDING OTHER ANIMALS

VETERINARY RUNS

EMOTIONAL/VERBAL SUPPORT DURING BREASTFEEDING

M DOULA/NIGHT

POSTPARTUM SUPPLIES

DO YOU HAVE:

- CAR SEAT TO BRING BABY HOME FROM THE HOSPITAL
- DIAPERS
- WIPES
- BURP CLOTHS
- EXTRA CLOTHES FOR BABY
- WINTER COAT
- EXTRA SHIRTS FOR MOM
- BREAST PADS
- NIPPLE CREAM
- ON-THE-GO SNACKS WHILE BREASTFEEDING
- WATER
- BREAST PUMP
- BOOKS/MAGAZINES
- CHARGED COMPUTER/TABLET/CELLPHONE
- TISSUES
- PEN AND PAPER FOR PEE/POO/FEEDING CHART IN FIRST DAYS
- DISPOSABLE UNDERWEAR
- BED PADS
- COMFORTABLE NURSING CLOTHES

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