

MotherBaby Doula Services – Postpartum Plan

This is a list you can use after baby comes to get support fast when you need it. Fill it out and post it up on the refrigerator, or in another place where you can see it. By the way, don't forget that your doula's name can be on here too!

1. *You have questions about your recovery from the birth.*

Name: _____ Phone Number: _____

2. *You're exhausted! Who can come over so you can take a nap?*

Name: _____ Phone Number: _____

3. *It's been a tough day and you want to talk with someone who can be a listener who understands what its like to be home with a newborn.*

Name: _____ Phone Number: _____

4. *You never have time to do any housework and it's starting to bother you.*

Name: _____ Phone Number: _____

5. *You're not eating well and you don't know how to cook (and the thought of another pizza makes you cringe)*

Name: _____ Phone Number: _____

6. *You have concerns about the baby (is this normal? why is he doing that? etc.)*

Name: _____ Phone Number: _____

7. *You have breastfeeding questions (how can I tell if he's getting enough? how long should he be eating?)*

Name: _____ Phone Number: _____

8. *You're having serious difficulties with breastfeeding (baby won't latch, sore nipples, etc.)*

Name: _____ Phone Number: _____

SAMPLE