

Fourth Trimester Plan

Your obstetrician or midwife: _____ at Women's Care 541-868-9700

Obstetrician or midwife appointment: _____

Lactation appointment: _____

Pediatrician name/ appointment: _____

As you plan to welcome your new baby to your household, this guide can help you organize the postpartum time. Its natural to feel overwhelmed after you have a new baby, so planning ahead during the latter part of pregnancy can help to minimize stress later. It's a great idea to sit down with your partner or family members to strategize answers to these questions. When you're done, place this on the refrigerator to refer to during the moments of stress!

Postpartum plans are **JUST** as important as birth plans!

Its a great idea to designate someone other than your spouse to let your community of family and friends know when you need support, meals, childcare or help around the house.

This care coordinator is _____.

List family and friends you consider supportive that you could go to in times of stress:

Your Strategies for Baby

Pediatrician name/phone number: _____

Planned feeding method/s: _____

Where will baby sleep? (Co-sleeping is not advised due to risk of Sudden Infant Death Syndrome. Baby should be on their back in a crib free from pillows or bumper pads. Please see infographic on page 4.)

Do you plan to pump? Do you have the supplies? We offer a breast pump prescription at 35 weeks. We recommend that you call your insurance company to see how they want to get it to you.

Bottle feeding supplies/where will they be kept? _____

Soothing methods for baby: _____

A lactation consultant is always available at Women's Care! Call 541-868-9700 for any breastfeeding questions or concerns.

Strategies for Household

Childcare options: _____

Friends or family members who could help with childcare or grocery shopping:

How will you let others know you need help: (Let the care coordinator know, send texts, ask partner to help):

What makes my partner feel better? What do they find restorative? List tips and ideas for their self care:

How will my partner let me or our community know if they need support:

List other kids in the home and their ages. What are their interests? What activities do they enjoy?

How will siblings be included in celebration of the new baby? _____

Ideas for family activities (play games, trip to the park, order favorite takeout, read books):

What will you do when the other kids become stressful or overwhelming (give to partner, call community of support, ask someone else to help read books or do activities, take deep breaths)?

Meals and Food

When someone offers to cook, say YES! It is nice if they can put meals in containers that can be frozen.

Food preferences (allergies in the household, dietary restrictions) _____

Where should meals be placed? Preferred time of delivery? (People could put a cooler outside the front door so your rest is not disturbed, or they can send a text before coming.)

What are your favorite takeout restaurants? _____

What food brings you comfort? (and who could cook that for you?) _____

What meals can you prepare quickly for the family? (List them now so that when you're sleep-deprived you can check here!)

Mental Health/Stress/Self Care

Having a baby is amazing, but it can be hard. Be prepared for a few moments of exasperation. Please let our practice know of ANY emotional concerns. It's normal to feel a little "up and down" the first two weeks. Focus on self care (which can be taking a shower, eating, staying hydrated or binging a show while breastfeeding), tell your support team how you are feeling so they can outsource meals, grocery shopping, etc., or contact WellMama. WellMama is a nonprofit that specializes in mental health in the childbearing years and offers several weekly support groups, a peer support phone line and Facebook support groups.

WellMama: www.wellmama.help • Text for support: 541-525-0495

What forms of self care do you enjoy? _____

Check any that apply:

- bath yoga meditation hot shower listening to podcast walking exercise journaling
 watching a favorite TV show pets talking to a friend listening to your favorite music gratitude hot tea

What can your community of support do to help if you feel stressed? _____

Check any that apply:

- take the baby so I can sleep offer to cook a meal offer to get groceries help me get outside for a walk
 hold baby so I can take a shower listen to me, try not to fix everything take the first feed at night so I can get more rest

Strategies for when you have stress: _____

Check any that apply:

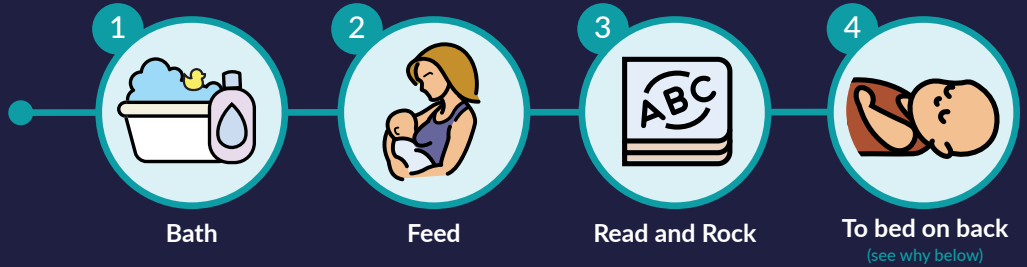
- self care walking asking for help texting WellMama getting outside getting sleep during the day
 having support people help having support people help with the other kids talking to my doctor or midwife
 talking to friends let people know how I feel eliminating negative self talk/thoughts deep breathing (in for 4, hold for 7, out for 8)
 meditating counseling not worry about having a clean house not worry about entertaining people who come to see the baby

Please let us at Women's Care know if the stress becomes overwhelming. We are here for you! **Women's Care: 541-868-9700**

Sleep routine for baby = peace of mind for you.

With a little practice, your baby can get into a sleep routine. That helps them know when it's time to get some zzzs and also helps them sleep safely. Here's help on making it happen.

Sleep routine



The safest way to put your baby to sleep - every nap, every night.

When babies sleep on soft surfaces, in bed with us, or surrounded by soft bedding and toys, they're at greater risk for Sudden Infant Death Syndrome (SIDS). Here are four ways to keep your baby's sleep space safe.

- 1 Put baby to bed on their back. When they're too young to turn themselves over, this is the safest way to sleep.
- 2 Put them to sleep in their own space.
- 3 Use a firm and flat mattress.
- 4 Keep the sleep surface clutter-free (skip the pillows, bumpers, blankets and toys).



Keeps baby safe



Helps you sleep more sound



Sets good habits now

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN
Learn more at healthychildren.org/safesleep



WellMama

Mental Support for Parents and Caregivers

How are you feeling today?

Sad or tearful?

Irritable or tense?

Anxious or panicky?

Overwhelmed?

Out of control?

*If any of this sounds like you, please reach out today. Know that these things are normal, but may indicate you need some extra support right now.

Remember you are not alone

Text "Support" to 541-525-0495

for free, non-judgemental support.

WellMama Peer support volunteers are ready and happy to talk to you about your fears, struggles, and joys.

Visit

www.wellmama.help

For more info