

# Postpartum Plan

**A lying-in period (lochia)** consists of staying in bed with baby, bonding, resting, nursing, and getting to know this new little person while giving yourself a period of time to rest. While the idea of lying in is not common in Western Culture, some form of it is still necessary and beneficial for women who have just given birth. This postpartum plan is designed to help you create a healthy, supportive, encouraging environment for you and your baby to bond and flourish.

## Support:

Parents need extra help the first few weeks after a new baby is born, especially during the early days. Have a few lists ready with daily tasks that mom and dad will need help with.

- 1.
- 2.
- 3.
- 4.

## Nutrition:

It is important to have people who can help make meals, coordinate meals, grocery shop, etc. It could be helpful to have a few lists of household staples ready.

- 1.
- 2.
- 3.
- 4.

## Mother Care:

Think of people who can help make sure mom gets a shower, a walk, rest, etc.

- 1.
- 2.
- 3.
- 4.

## Support for Older Children:

If you have older children, have people on hand who can help care for them (babysitting, spending time with them, etc.).

- 1.
- 2.
- 3.
- 4.

## ..... • Tips: ..... •

- Think about your village and community and who you can ask to help during this important time in your and your baby's lives.
- Reach out to those people who you know will be supportive of your decisions and will not add stress to your home.
- Make sure you discuss expectations with your core support team ahead of time.
- Visitors should not expect to be waited on by parents. They should expect to help pick up, do a few dishes, assist in any way they can.