



mystri
MUMMA

POSTNATAL PLAN PROMPT SHEET

BABY CARE

Consider who will be doing what for the baby? How do you feel about others with the baby? Are you happy for others to hold or feed baby? How would you like to manage this?

ME-TIME

It is easy to get consumed in the role of a parent, however it is important to replenish yourself where possible. Start small and slowly increase time that allows you to put your own oxygen mask on first.

PHYSICAL

Managing everything takes time so be kind to yourself and ask for help. Consider who you could ask to help with the household chores or even help with doing your shop. It's even OK to ask if someone could cook meals or plan ahead for them.

EMOTIONAL

Being a parent can come with many unexpected challenges which can leave us feeling overwhelmed. Consider who you feel you can turn to when things become too much and you need to offload. It's OK to have a wobble- just know who could support you through it.

GROUPS

Have a look around for local baby groups, times and venues. If you can take a drive there so you know where it is. When baby is here you may feel overwhelmed or not know where to go. Do your research now and enjoy your time with baby.

VISITORS

This is definitely one to consider. When will you be happy to have visitors? What are your expectations and how will you let others know what they are. Sit down with your partner and discuss this now so you are on the same page for baby's arrival.