



Planning for the Fourth Trimester

-Your Postpartum Plan-

Postpartum Plan for:

Here's a guide to think through ideas for support after childbirth.

Make this yours! Fill it out and share with other people. Update as your needs change..

Contact Information

The best person to check in with about this plan:

Contact them through:

Communication

People have different feelings about how they want to be contacted, what news others are welcomed to share, and what they would like to hear after birth.

Outreach to me is welcomed / not welcomed right now.

I would like to receive messages from loved ones through:

- Social media. If yes, which platform:
- Email. If yes, address:
- Text. If yes, number:

If welcomed, I would like to hear:

- That people care about us.
- Resources that might be helpful.
- Topics around self-care
- Topics around baby care.
- Topics around family care.
- Positive affirmations.
- Empathy with challenges.
- Stories from others' own experiences.
- Questions about how we feel.
- Questions about what we are doing.
- Questions about sleep.
- Questions about baby feeding.
- Questions about school or work.
- Other (specify):

Sharing news about us is welcomed/ not welcomed right now.

If welcomed, I will share / others may share:

- Birth story.
- Birth location.
- Baby's name.
- Details about baby (weight, height).
- Photos.
- Other (specify):
- Might we share information with some people and not others? If so, please specify (ex., not from the public accounts, showing baby's face):

Visitors

Some people feel good with loved ones around them in-person and others do better with some space at first.

Important safety check for all visitors:

Check which should apply to visitors:

- Wash your hands.
- Share your vaccination history.
- Children are welcome.
- If a visitor is a smoker, bring a fresh shirt to wear in the house.

Are visitors permitted at the hospital/birthing facility?

If yes:

- Would a visit be nice?
- Who can be there and at what times?
- How long might I want them to stay?

Might I want visitors once I get home?

If yes:

- Do I want someone to come by outside?
- Do I want someone to come by inside?
- Are there times that might be better than others for people to visit?
- Do I want visitors to stop by or to come multiple times? If multiple times, might this be:
daily / weekly / overnight
- I think that (specify length of time): might be the best visit for someone to stay.
- Take off shoes at the door.

When visitors are with me, they are welcomed to:

- Bring groceries or supplies.
- Collect dishes to return from meal drop-offs.
- Hold the baby.
- Take pictures.
- Make my bed.
- Offer me a meal.
- Chop fruits/vegetables for a snack.
- Load/unload the dishes.
- Load/unload the laundry.
- Take out/bring in the trash,
- Water plants.
- Offer attention to others in the household (specify how):

Examples:

- Read books to other children.
- Play outside/walk with other children.
- Offer attention to pets (specify how):

- Other (specify):

Food/Groceries

Everybody needs to eat! Providing snacks, meals, and/or groceries can be very helpful after birth.

Food to freeze before baby arrives:

Food to have within reach and to eat with one hand:

Some of our favorite dishes include:

Support for Me

Support isn't one size fits all. Things are helpful and needed. Sometimes what helps the most is being listened to. Sharing your needs and preferences to those you love can help everyone.

Here is a list of common postpartum supplies to consider:

newmomhealth.com/buildingmyvillage/postpartum-supplies

I feel cared for when someone helps me by:

Activities that help me reduce stress might be:

Some things that might trigger stress, anger, or anxiety to me might include:

I do not like the following foods:

Allergies/intolerances:

I would be happy to accept meal/snack drop-off.

Do I have a MealTrain set up?
Preferences are shared at my Mealtrain.

Contact person:

Please notify (specify person) by (specify method) when you have dropped off:

I would prefer food brought in disposable dishes.

I would be happy to accept gift cards.

Types of supplies I welcome might include:

Products of supplies that I would love to have at home include:

I would welcome a ride to an appointment.

I would welcome someone to go with me to an appointment.

I would welcome someone watching my baby during an appointment.

I would welcome someone doing school drop-off or pick-up.

I would welcome support with chores around the house.

Errands that would help our family (specify):

Support & Care for You



Support for your mental health is very important.

If you're feeling these more than half the days or nearly every day, be sure to tell someone you trust.

In the last two weeks, how often have you felt:

Little interest or pleasure in doing things

- | | |
|---|--|
| <input type="radio"/> Not at all | <input type="radio"/> Several days |
| <input type="radio"/> More than half the days | <input type="radio"/> Nearly every day |

Feeling down, depressed, or helpless

- | | |
|---|--|
| <input type="radio"/> Not at all | <input type="radio"/> Several days |
| <input type="radio"/> More than half the days | <input type="radio"/> Nearly every day |

Feeling nervous, anxious, or on edge

- | | |
|---|--|
| <input type="radio"/> Not at all | <input type="radio"/> Several days |
| <input type="radio"/> More than half the days | <input type="radio"/> Nearly every day |

Not being able to stop or control worrying

- | | |
|---|--|
| <input type="radio"/> Not at all | <input type="radio"/> Several days |
| <input type="radio"/> More than half the days | <input type="radio"/> Nearly every day |

Postpartum Support International

offers free mental health information and support.
Text 800-944-4773 (English)
or 971-203-7773 (Spanish).

National Maternal Mental Health Hotline

is free, confidential, and here to help, 24/7.
833-852-6262

988 Suicide and Crisis Lifeline

provides 24/7, free and confidential support for you and your loved ones.
988

Want more information?

Mother & Baby Program

Phone: (918)-758-5112

Visit creekhealth.org to learn more about the Mother & Baby Program

Pediatric clinics:

Okmulgee Indian Health Center

Phone: (918)-591-5700

Koweta Indian Health Center

Phone: (918)-279-3200

Sapulpa Indian Health Center

Phone: (918)-224-9310

Council Oak Comprehensive Healthcare

Phone: (918)-233-9550

