

# POSTPARTUM PLAN

## VISITORS

**How long do you want to wait until you have visitors?  
Who will likely be more/less helpful?**

## CHORES

**What will you need help with? What are your  
priorities? Do you need to hire help?**

# POSTPARTUM PLAN

## FOOD

**Who'll be doing the cooking? Can you bulk cook or meal plan? Who'll collect the groceries?**

## SUPPORT NETWORK

**Who's around that you can ask for support and what can they help you with?**

# POSTPARTUM PLAN

## PROFESSIONAL SUPPORT

What do you need to do to look after yourself? Are there any treatments or classes you'd like to do?

## OTHER NOTES

Anything else that is relevant or would like to note down to keep you all on the same page?