

My Postnatal Plan

bare
faced
BIRTH



SUPPORT AT HOME

Who could help you in the house with house hold tasks? Who could help you with these, friends, family or even a doula?

VISITORS

Who would you like to visit? Visitor rules? Such as
No turning up, washing hands, not visiting if ill
etc

FOOD

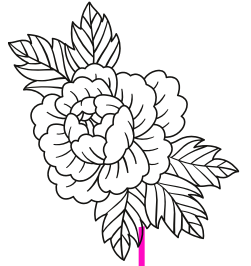
Will you be batch cooking? What foods will you want to eat/aid your recovery? Vouchers towards healthy prepared meals? Friends help make a meal?

My Postnatal Plan Continued

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PRODUCTS / SERVICES

Find out your local support network or services for postnatal support such as
IBCLC or breastfeeding support/ Weaning /Sleep/Doulas/health visitor/ Mummy MOT/
First aid/Perinatal support



LOCAL GROUPS

Local classes you might like to join such as breast/chest feeding classes,
baby classes such as massage/signing, your local community groups,
library baby groups, groups for you such as postnatal yoga?

