

Postpartum Secret Weapon Plan

What concerns do you have about the Postpartum Adjustment?

Breastfeeding, Postpartum Mood Disorder, Relationship adjustments, Physical Recovery, Isolation, etc

List below the people (and their numbers!) you will contact for these concerns:

Your midwife or Doctor:

Baby's Pediatrician:

Breastfeeding Support (Lactation Consultant):

Postpartum Mood Disorder/Depression (Therapist or Psychologist):

Relationship Support:

Physical Recovery (Physical Therapist, Specialized Personal Trainer, etc):

Friends to Come by:

An ear to listen:

Any others?

Support Group Options: (breastfeeding drop-ins, new parent groups, etc)

___ I have put the important numbers into my phone

___ My partner has put the numbers into their phone