

Bringing Home Baby: Worksheet

Use this worksheet to think through your plan for making your adjustment home with your baby(ies) as smooth as possible. Then, add the highlights/key points and resources to your "Plan" for quick reference.

REST & RECOVERY

People available to help during the day (especially evening/mealtime support):

People available to help overnight (or stay short/long term):

Strategies for getting sufficient rest, sleep, time in bed (also, are there any special considerations regarding recovery or rest/sleep for parent(s):

NOURISHMENT

Meals to prep for fridge/freezer in advance: (consider "double batching" leading up to birth)

Online grocery options (for store pickup and/or grocery delivery):

Go-to take-out options:

People who can help with meal prep, meal delivery, setting up a mealtrain.com calendar:

INFANT FEEDING SUPPORT

What are your feeding goals? Which friends/family can you count on for supporting your goals:

Professional infant-feeding resources (IBCLC, LLL, postpartum doulas, pediatrician etc.)

Local in-person or online support groups (facebook groups, LLL, etc.)

SIBLING SUPPORT

Needs of older children: (include activities/routines you may need help keeping)

People available to help spend time with siblings, keep them on their routines:

SELF CARE

Who can help with occasional child care (friends, family, professionals):

Activities/rituals that will help the parent(s) feel rested and nurtured:

Friends/family/neighbors who also have young children and/or babies (or other groups that could provide social support network):

MENTAL HEALTH SUPPORT

People available to call/text any time for judgement-free support and a listening ear:

PMAD and/or new parent support groups:

Knowledgeable mental health providers: (go to www.postpartum.net and click "local resources" for help locating a local highly qualified provider.)

RETURNING TO "NORMAL"

Childcare options to research (or childcare plan for returning to work):

How will household chores (cooking, cleaning, daily schedules) be handled:

What are parent(s) concerns about moving beyond the first few weeks home with baby(ies):

BRINGING HOME BABY

The _____ family plan for adjusting to life with a new baby(ies).

REST

NOURISHMENT

INFANT FEEDING

SIBLING SUPPORT

SELF CARE

MENTAL HEALTH

**RETURNING TO
"NORMAL"**
