



It is just as important to take the time to plan for how you will prioritize your own mental health and wellness postpartum as it is to prepare for baby's arrival. This plan is a starting point to think about the areas you and your partner can prioritize for your mental health.

I will share my postpartum plan with: _____

Sleep

Sleep is foundational to your overall mental health and wellbeing. Preparing is key to having practical expectations and a good sleep plan in place before baby arrives.

My sleep goals are:

1. _____
2. _____
3. _____

What I can do to prepare for night feedings:

- _____
- _____
- _____

3 people who can help with night support are:

1. _____
2. _____
3. _____

What can they help you with:

- _____
- _____
- _____

I can protect my sleep by:

1. _____
2. _____
3. _____

A realistic bedtime routine for me looks like:

- _____
- _____
- _____

Things I can do during feedings:

1. _____
2. _____
3. _____

Encouraging moms to discuss sleep issues w:

- _____
- _____
- _____

Self Care + Support

We believe in holistic support! Think about what you do regularly for self care to support the areas below. Are there activities you engage in that are helpful and/or quick (10-15 min) and provide quality relief?

Mental support:

1. _____
2. _____
3. _____

Physical support:

1. _____
2. _____
3. _____

Spiritual support:

1. _____
2. _____
3. _____

Social support:

1. _____
2. _____
3. _____

Professional support:

1. _____
2. _____
3. _____

Today, what do I need to:

Do: _____
Delegate: _____
Ditch: _____

I want my partner to support me by:

1. _____
2. _____
3. _____

Nutritional support includes:

1. _____
2. _____
3. _____

Mental Wellbeing

Warning signs for myself are:

1. _____
2. _____
3. _____

Who can I reach out to for help:

1. _____
2. _____
3. _____

Coping skills:

1. _____
2. _____
3. _____

4. _____
5. _____
6. _____

Positive affirmation prompts:

I am _____

I realize that _____

I'm capable of _____

Today is better because _____

I'm proud of myself because _____

I give myself permission to _____

Today's truth _____

Partner Plan

Partners need care and support too! Think about what you do regularly for self care to support the areas below. Are there activities you engage in that are helpful and provide quality relief?

Mental support:

1. _____
2. _____
3. _____

Physical support:

1. _____
2. _____
3. _____

Spiritual support:

1. _____
2. _____
3. _____

Social support:

1. _____
2. _____
3. _____

Professional support:

1. _____
2. _____
3. _____

Warning signs for myself include:

1. _____
2. _____
3. _____

I want my partner to support me by:

1. _____
2. _____
3. _____

My sleep goals include:

1. _____
2. _____
3. _____

Couples Questions

- What would you like to accomplish, learn or experience together before baby comes?
- What are your expectations of your partner during labor and first few weeks postpartum?
- What role do you envision extended family having in your support system? How might you set and communicate boundaries?
- How might you share roles and responsibilities (given your unique work situations, feeding choices, sleep needs, etc.)?
- How will you ask for help or renegotiate with one another when something isn't working how you expected? (For example, one partner feels over burdened or exhausted)
- How do you plan to prioritize the mental health of both parents?
- What fears do you have about our relationship after baby comes?
- What fears do you have about becoming a mom or dad? How can you support or encourage each other?
- What are your family of origin or cultural differences and how may they influence your perspectives as a parent? How will you bridge that divide as partners?
- Discuss setting up a check in time each week to assess how each of you are doing. Consider taking turns sharing 1 way that your partner has been helpful that week and ask how you can support your partner better. Check in on sleep, support, and mental wellbeing.

Need therapeutic support? Email info@mend-counseling.com or call 469.801.9055.

Let's tend it to MEND it, together!