



Questions to Ask Yourself When Making a Postnatal Plan

For Couples

Print two copies – one for each partner. Answer the questions by yourself and then come together to talk about your answers.

What will it be like to be a parent? Which practical tasks will I take on? Which practical tasks do I expect my partner to do?

What are your expectations for who does what in the first 24 hours, week, month, year, 18 years?

How do you feel about your experience of being parented? Do you want to be like your parents or different to them?

Who can you rely on for practical support? What about emotional support?



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When things get tough how can you best support each other?
How can your partner tell from your behaviour that you need more support?

What are the top five household tasks that need doing at least once a week? Which household tasks would you let slide if you didn't have time or energy?

Who do you feel comfortable having in your space? Who are you happy inviting to visit in the first week? Who would you trust to drop off a meal but not be invited in?



Practical Postnatal Planning



What will you do about food in the first few weeks? Freezer meals? Take away menus? Meal delivery from friends/family?

Set up a feeding station. Drinks and snacks, remote control, book, phone charger. What will you want in your space?

Plan to care for your postnatal perineum, jug by the toilet, do you want to use a herbal sitz bath? Make a shopping list.

Plan for sleep (or no sleep). Where will baby ideally sleep? Where will you sleep safely if baby wakes each time you put them down? Check out www.basisonline.org.uk/ and www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping/ for ideas.