



Questions to Ask Yourself When Making a Postnatal Plan

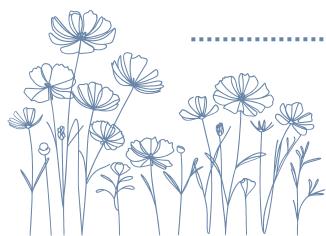
For Single Parents

Who can you rely on in your circle of friends and family for practical support?

Who can you rely on in your circle of friends and family for emotional support?

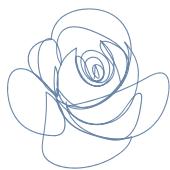
Do you have a clear idea of what your priorities are for your household tasks? What can you let slide? Is there anything you need to make plans to delegate or outsource?

What are your thoughts and feelings about how you were parented? Do you plan to parent the same way or differently?

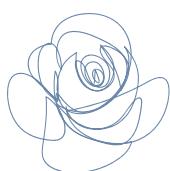


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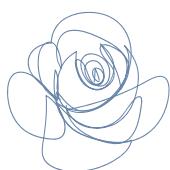
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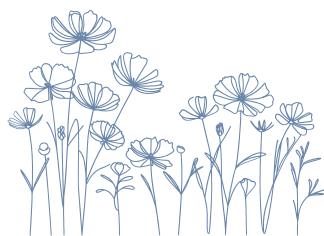
Who are your friends who also have babies of a similar age? If you don't have any where can you meet people?



What are your coping mechanisms when things get tough or you feel overwhelmed? Do you need to learn more about self-compassion, self-care, calming techniques?



Who will you feel comfortable having in your space? How will you set boundaries with your support team? Name each person and list what you're comfortable with from each one. Holding your baby (at what age), doing chores, baby care tasks, giving advice, dropping off meals but not coming in, etc.



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.