YOUR FOURTH TRIMESTER

Before Baby Arrives

My Postpartum Recovery Plan

levata™

This plan is yours. Think through what you'll need after birth, then share it with the people who will support you.

There are no right or wrong answers. This is about what works best for you and your baby, and it's okay to change your mind.

My name: _____ Due date: _____

My night-time plan

Many moms feel they have to handle every night feeding themselves. You don't. Accepting help at night is part of recovering well.

What I think will be hardest about nights:

- ☐ Getting baby to sleep
- ☐ Frequent feedings
- ☐ Diaper changes
- ☐ Resettling after feeds
- ☐ Not enough sleep
- ☐ Feeling anxious
- ☐ Being alone with the baby at night

Night tasks I'd like help with:

- ☐ Diaper changes
- ☐ Burping
- ☐ Soothing back to sleep
- ☐ Bringing baby to me
- ☐ Bottle-feeding
- ☐ Washing pump parts
- ☐ Prepping night supplies
- ☐ Watching baby while I sleep

I'd like someone to take a feeding so I can sleep longer:

☐ Yes ☐ Not yet, but I'm open to it ☐ No

If I'm the only one who can feed, my support person can help by:

_____

The kind of overnight help I'd prefer:

- ☐ A few hours of help in the early evening
- ☐ Help in the middle of the night
- ☐ Help in the early morning
- ☐ Someone staying overnight to help as needed
- ☐ Someone taking a set shift with the baby
- ☐ Help only when I ask
- ☐ I'm not sure yet

Hours that would help most:

- ☐ 6–10 p.m.
- ☐ 10 p.m.–2 a.m.
- ☐ 2–6 a.m.
- ☐ 6–9 a.m.

Our night shifts: _____

My ideal night, with the support I need, looks like:

_____

_____

The ONE thing that would help most on a hard night:

_____

When nights feel overwhelming

What helps me most:

- ☐ Someone sitting with me
- ☐ Hearing that I'm doing a good job
- ☐ Someone taking over a task so I can rest
- ☐ Quiet time alone
- ☐ Talking through what I'm feeling

Asking for help feels:

- ☐ Easy for me
- ☐ Sometimes hard
- ☐ Really hard
- ☐ Please check in on me without waiting for me to ask

My support person's role

My support person is: _____

Jobs that are automatically theirs:

_____

Our code word for "I'm overwhelmed, take over now":

_____

Family involvement

Who I want with me in the first week:

_____

How my mom, in-laws or siblings can help most:

_____

My visitor wishes (how long, sick visitors, holding baby, photos):

_____

Things I'd rather do myself, or boundaries I'd like respected:

_____

My feeding plan

How I plan to feed my baby:

- ☐ Breastfeeding
- ☐ Formula
- ☐ Not sure yet
- ☐ Pumping breast milk
- ☐ A combination

Who I'll call for feeding help: _____

What would make feedings easier for me:

_____

My backup plan if feeding doesn't go as hoped:

_____

Help beyond baby care

Tasks I'd love someone else to take care of:

- ☐ Making snacks and meals
- ☐ Bringing me water while I feed
- ☐ Laundry
- ☐ Tidying the kitchen
- ☐ Restocking diapers and wipes
- ☐ Setting up for the next feeding
- ☐ Caring for older kids and pets

Other: _____

Taking care of me

The friend I can tell the real truth:

_____

Small things that help me feel like myself:

_____

Signs I want my support person to watch for, and call my doctor about:

_____

Our weekly check-in (day and time): _____

Anything else I want my support people to know

A reminder for you

You don't have to do everything yourself. You're recovering, learning, and caring for a new little person all at once. It's okay to need help. It's okay to rest. And it's okay if what you need changes from night to night.