



My Postpartum Support Plan

A gentle plan for the days when you need a little more support.

Fill this in before or during postpartum. You do not have to complete everything at once - this is simply a place to gather the people, ideas, and support you may want nearby.

My support circle

Write down the people you can lean on for different kinds of help.

Someone I can call just to talk

Name + phone

Someone who can help with baby care

Name + phone

Someone who can help with meals or groceries

Name + phone

Someone who can help with the home, pets, or older children

Name + phone

Someone who could come sit with me if I do not want to be alone

Name + phone

My care team

Keep important contacts in one place so you do not have to search for them later.

OB/GYN or midwife

Name / phone

Primary care provider

Name / phone

Therapist or counselor (if applicable)

Name / phone

Baby's pediatrician

Name / phone

Pharmacy

Name / phone

Emergency contact

Name / phone



Making room for me

Motherhood can change routines, energy, and time. This page is about remembering the parts of you that still deserve space - without pressure to do everything the way you did before.

Before pregnancy or baby, I loved spending time on...

During pregnancy, I enjoyed or discovered...

Since becoming a mother, I miss...

Things that make me feel most like myself now...

Bringing small pieces back

Something I want to reconnect with

A tiny version that still counts

When could it realistically fit?

Who or what could help make space?

One gentle promise to myself this week

I will make _____ minutes for _____

What helps me feel more like myself

Think about what feels comforting, grounding, familiar, or genuinely helpful to you.

Ways I can rest - even if I cannot get a full night of sleep

Easy foods, drinks, or snacks I would be glad to have nearby

Things that help me feel grounded or calm



Support that feels supportive

A little planning can make it easier for people to help in ways that actually feel useful.

Help me without making me decide

When I am overloaded, even answering “What do you need?” can feel like another task. Check a few things someone could simply choose from.

☐ Bring or order a meal

☐ Hold the baby while I shower or rest

☐ Sit with me and listen

☐ Refill my water

☐ Fold laundry / tidy one small area

☐ Other: _____

My boundaries

It is okay to decide what feels supportive and what feels like too much.

Visitors: what feels okay for me right now?

What I want family or friends to know about helping me

Things I am giving myself permission to say “no” to

My “10% lighter” plan

One small thing that could make today feel even 10% easier:

Words I would want to hear when I am overwhelmed



When I need more support

You do not have to wait until things feel unbearable to reach out.

Things I personally notice when I am starting to feel overwhelmed

Things I want my partner, family, or friends to notice

If I am having a hard day, the first person I want to contact is

Questions or concerns I want to bring to my healthcare provider

If I need support right now

Immediate danger or medical emergency

Call 911 or go to the nearest emergency department.

988 Suicide & Crisis Lifeline

Call or text 988 - free, confidential support available 24/7.

National Maternal Mental Health Hotline

Call or text 1-833-TLC-MAMA (1-833-852-6262) - free, confidential, 24/7 support before, during, and after pregnancy.

A reminder for me

Asking for support does not mean I am failing. It means I am making room to be cared for, too.

Sources for immediate-support information

- 988 Suicide & Crisis Lifeline: 988lifeline.org
- U.S. Health Resources & Services Administration National Maternal Mental Health Hotline: mchb.hrsa.gov