



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

Primary care provider

Therapist or counselor (if applicable)

Baby's pediatrician

Pharmacy

Emergency contact



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