



## *Postpartum Plan*

A postpartum plan doesn't have to necessarily be written out but it is a good idea to start thinking of certain aspects beforehand so you can inform friends/family what to expect, you're prepared for most scenarios and you can figure out if you have any concerns about anything postpartum. If you do hire a Postpartum Doula then it can help your Doula figure out what she needs to do to help and prepare with you. Below are some areas and topics to help you get thinking!

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### *Baby Care*

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How will you break up the care with others (ie. Partner, Family, Friends)? How do you plan to feed your baby (exclusively breastfeed, pumping, formula, a mix)? How can others help you if you are exclusively breastfeeding? Will you be using cloth diapers or disposable? Will you have a Postpartum Doula? Will you hire a Nanny? Do you have midwifery care after delivery? How many weeks will you be with them?

- ✓ Changing Diapers
- ✓ Burping
- ✓ Baby Laundry/Cloth Diapers
- ✓ Soothing/Rocking Baby
- ✓ Buying Supplies as needed
- ✓ Doctor Visits
- ✓ Cleaning Bottles and/or Breast Pump

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### *Mama Care*

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It does not matter how you bring baby to this world, you'll still need time to recover and that could be up to 6-8 weeks or longer! Ideally, Mom should just be concerned and looking after herself and baby but today's world is full of demands. However, you do need to look after yourself and remind yourself that you don't need to "do it all." You need to HEAL and RELAX with your baby! Who will help you with the list below?

- ✓ Getting in naps/sleep
- ✓ Extra food & drink (don't skip these!)
- ✓ Showers (they can do wonders)
- ✓ Postpartum or personal supplies (where did all the toilet paper go?!)
- ✓ Alone time/"me" time (important, even if it's just an hour sitting on the opposite couch while someone else holds the baby and you nap/zone out to the TV)

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## Meals

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You still have to eat and perhaps the other family/friends can fend for themselves but if you have younger children they will still demand their snacks and meals without hesitation. Help relieve some of the stress and demand by prepping some things in advanced. Your postpartum self will thank you!

- ✓ Prepare freezer meals ahead of time (Crockpot/"dump" meals recipes)
- ✓ Prepare easy to grab snacks & freeze (ie. Muffins, cookies, banana bread etc.)
- ✓ If people want to bring you something set up a schedule so they know when to come and what to bring ahead of time!
- ✓ Plan a large shopping trip two weeks or so before your due date and stock up on easy meal supplies (pasta/eggs), snacks and freezables (fruit for smoothies). **NOTE:** Oatmeal in any form you can get/stand is a great postpartum food as it is healthy, filling, has lots of good things in it and can help boost milk supply if breastfeeding.
- ✓ Rethink your version of a "meal". It does not have to be a 3 course meal nor does it have to look restaurant ready. Grazing and lots of nutritional snacks count! Pasta three nights in a row won't hurt anyone either!
- ✓ Don't be afraid to ask! When they ask "what can we do/bring" say "a meal please"

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## Household Tasks

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Another one of those pesky demands that never seem to go away, but rather pile up! They will still be there at the back of your mind but you will have to learn to delegate and/or prioritize so you still get the rest and baby snuggles you need. Who will take over some tasks and which ones must you do personally? Which ones can you let pile up until you feel ready to take it on?

- ✓ General Cleaning/Dusting
- ✓ Laundry
- ✓ Yard Care
- ✓ Pet Care (food/walking/litter?)
- ✓ Paying Bills (set up automatic withdrawal ahead of time and don't worry about paying!)
- ✓ House Maintenance
- ✓ Watering Plants
- ✓ Nursery (if not done before baby gets here)

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## Items to Stock Up On

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Either watch for these items to go on sale and stock up or do a large shopping trip a few weeks before you are due. Again, your postpartum self will thank you!

- ✓ Paper towel
- ✓ Toilet paper
- ✓ Kleenex
- ✓ Soap (dish soap/bathroom soap/shower soap/laundry soap)
- ✓ Dryer Sheets
- ✓ Toothpaste
- ✓ Contacts/Contact Solution (If applicable)
- ✓ Adult Diapers and/or Super Pads (Think fluffy and comfortable. Tampons are not recommended right after birth)
- ✓ “Granny Panties”/Maternity Panties (Think comfortable & you may still have a belly and/or C-Section wound to work around)
- ✓ Nursing wear if considering breastfeeding
- ✓ Formula if considering formula to feed baby
- ✓ Baby Diapers (Cloth or Disposables)
- ✓ Cloths (Burp Clothes/Wash Cloths/Dish Towels...anything to help clean up the inevitable extra messes that come with babies)
- ✓ Padsicles (See attached for “recipe”)

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## Things to Consider

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There’s a lot that comes with a new baby, regardless if this is your first or fifth! Below are some things you might not have considered yet and should chat to the right people about (ie. Healthcare provider(s), partner, family, friends, doula, other children etc.) about before baby comes along.

- ✓ How will baby be fed? Do I know my options? Do I need more information on a certain topic? Where/who are my community resources?
- ✓ Will we use cloth diapers or disposable?
- ✓ Where will baby sleep? Do I know my options? Do I need more information on a certain topic?
- ✓ What’s the back-up plan if I end up with a C-Section when I was planning a vaginal birth? Will partner/family spend more time at the home? Will I have extra help?
- ✓ Does my (back up) help have an idea of what they are doing (ie. Taking time off work/how long? Sleeping over? Are they on call? Do they have special tasks I need them to do?)
- ✓ What will we do with our current children (if any)? Who will watch them? Will they be brought to the hospital/birth? How will we introduce their new sibling(s)?

- ✓ Who will help with our current children (if any)? Do we need extra help? How can they feel included still with the new baby? Will we keep them in daycare/how will they get to/from daycare?
- ✓ If hiring a doula, have I explained to family/friends who they are and what they do?
- ✓ Do I know where to find support within my family/friends/community? If not who can I ask?
- ✓ Do I know what will happen after I deliver baby? How long will I have help from a medical professional? What will be expected of me (ie. When can I leave the hospital? When do I have to come back for check-ups or do they come to me?)?
- ✓ Do I have people's contact information that I need so I am not looking for it when/if I need them?
- ✓ What are my partner's needs? Do they have concerns we need to discuss? How/when will they get some free time as well?
- ✓ When will we receive visitors at the hospital/at home? Have we notified people or made an announcement so people know & respect our wishes? Do we want/need boundaries and know how to set them?
- ✓ Who can I call for help any time of day? During the day? During the night?

# Recipes

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## *Chocolate Oatmeal No Bake Cookies*

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These are one of my favourite pre-make snacks. You can make tons and freeze them (if you don't you'll eat them all I swear). They are a great, filling snack that hits all the cravings without too much guilt. If you can make these ahead of time and still have some left over, teach me your ways! If you do eat them all (or they seem to grow legs...FAMILY - I'm looking at you sticky fingers) they are quick and easy to make during a nap or for someone else to make for you.



### **Ingredients:**

- 2 cups old fashioned oats
- 1 cup shredded coconut
- 1 stick butter
- 2 cups granulated sugar
- ½ cup cocoa powder
- ½ cup milk
- ¼ teaspoon salt
- 1 teaspoon vanilla

### **Instructions:**

1. Line baking sheets with wax paper.
2. In a large bowl combine oats and coconut. Set aside.
3. In a medium saucepan bring butter, sugar, cocoa, milk, and salt to a boil, stirring occasionally. Remove from heat. Stir in vanilla extract.
4. Pour mixture over oats and coconut and stir to combine well.
5. Using a spoon drop by 1½-2 tablespoon mounds of desired size on lined baking sheets.
6. Cool and eat. Freeze or keep in refrigerator.

**Notes:** Can use sweetened or unsweetened coconut & your favourite cocoa powder depending on your sweet tooth preference.

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## Energy Bites

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Super easy to make & freeze. An easy, healthy grab-and-go snack. Great for breastfeeding moms to help supply as well!

### Ingredients:

- 2 cups old-fashioned oats
- 1/2 cup ground or milled flaxseed
- 3 tablespoons brewer's yeast (optional)
- 1 cup peanut butter or almond butter
- 1/2 cup honey
- 1 teaspoon vanilla
- 1/2 cup dark chocolate chips

### Instructions:

1. In the bowl, add all ingredients except for the chocolate chips. Mix until mixture is well combined. Stir in chocolate chips.
2. Roll mixture into 2-tablespoon sized smooth balls and place on a parchment-lined baking sheet.
3. Place in the refrigerator for 30 minutes or enjoy right away.
4. Once the bites have set, transfer them to an air-tight container and store in the refrigerator for up to 2 weeks.

### Notes:

Mixture can be pressed into an 8x8-inch baking dish and cut into bars, if desired. Other optional add-ins: 1/2 chopped nuts (such as almonds or walnuts) and 1/2 cup dried fruit. Brewer's yeast can be found at Bulk Barn but also omitted completely. This is a milk boosting ingredient but the oatmeal is also just as good at boosting milk supply! Feel free to add in a tablespoon or two of chia seeds, ground flax or hemp hearts for their added nutritional values! (These can also all be found at health food stores or Bulk Barn).



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## Best Lactation Cookies

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There are TONS of lactation food recipes on Pinterest but this is the one cookie recipe I always go back to! The whole family loves them..and no they won't make you lactate if you are not breastfeeding. ***If you aren't the "from scratch type baker" you can find pre-made mixes online and also at Bush Babies (In North Bay, ON).***

### Ingredients:

- 3 cups of steel cut/ old fashioned oatmeal
- 2 cups of all-purpose flour
- 1 and 1/2 cups of brown sugar
- 1 cup of chocolate chips
- 1 cup of butter
- 4 table spoons of water
- 2 Eggs
- 2-4 tablespoons of Brewers Yeast (be generous)
- 2 tablespoons of Ground Flax
- 1 teaspoon of vanilla extract
- 1 teaspoon of salt
- 1 teaspoon of cinnamon
- 1 teaspoon of baking soda

### Instructions:

Preheat the oven to 350F.

1. Mix together 2 tablespoons of flaxseed meal and water, set aside for 3-5 minutes.
2. Cream (beat well) butter and brown sugar. Add eggs one at a time, mix well.
3. Stir flaxseed mixture and add with vanilla to the butter mix. Beat until blended.
4. Sift together dry ingredients, except oats and chips.
5. Add to butter mixture. Stir in oats then chips.
6. Scoop or drop onto baking sheet. The dough is a little crumbly, it might be easier if you use a scoop.
7. Bake for 8-12 minutes, depending on size of cookies. Makes approximately 6 dozen cookies.



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## DIY Padscicles

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Not just for vaginal births, these babies can be used on C-Section wounds (make sure to always talk to your Healthcare Provider first) and also help relieve swelling/pain you may have down there. Stick them on to those sexy Granny Panties/hospital issued Mesh Panties/Adult Diapers and you ROCK those Mama!

### Ingredients:

- ❑ Biggest pads you can find (think fluffy and absorbent!)
- ❑ Witch Hazel (Make sure there isn't alcohol in it or at least something under 10%)
- ❑ Aloe Vera (Make sure this is 100% aloe, no alcohol)

### Instructions:

1. Have a clean and sanitary area to work in. Make sure to wash your hands/wear gloves if you have them available. You still want these to be as sterile as possible.
2. Partially unwrap a few pads at a time, but don't detach the wrapper. Spread aloe vera generously up and down the whole pad. Don't just do the middle part – spread it further down almost to the bottom of the pad. Just trust me on that.
3. Pour about a teaspoon of witch hazel down the middle.
4. Fold the pads back up to how they were and stick them in a gallon sized plastic bag, then freeze.
5. Pull them out of the freezer one by one as needed and **let them thaw for two or three minutes before use**. This is a critical step. Otherwise you might as well stick ice cubes in your underwear. The shock is the same...just trust me...

