

# My Postpartum Wellbeing Plan

This postpartum plan is designed to help you think about your mental health and wellbeing, support, and resources you may need during this important time in your and your baby's life. It is your decision if you wish to share this plan with others.

## Sleep

Sleep is very important for your health but having a new baby can make getting enough sleep challenging. It is normal for babies to sleep in short stretches, that lengthen as they get older. Your sleep will also probably change after your baby is born but you can try these things to help yourself get needed rest.

- You may need to sleep in 2–3 hour blocks at a time, strung together to get the 7–9 hours you need.
- If you have another person in the home who can help take shifts feeding baby, hand the baby to another adult and go to bed.
- If you cannot get back to sleep after baby wakes, avoid electronics; read, journal, or listen to a meditation instead.
- If it continues to be difficult to get back to sleep after baby goes to sleep, contact your doctor.
- Take advantage of offers for help or ask friends or family to come over to help with baby so that you can nap, take a shower or bath, or get some adult interaction.

## Eat Well & Stay Hydrated

- Have available: protein, vegetables, fruit, whole grain foods.
- Have “grab & go” foods available so that you can eat while you are resting or taking care of the baby.
- Have a cup or bottle of water nearby at all times and drink water frequently.

## Move & Get Outside

- Check with your healthcare provider if you can begin exercising or making strenuous movements.
- Aim for 30 minutes a day of movement. Start easy! Walk, light housework (cleaning, laundry, cooking) or gardening, a quick trip to the store or get out with other people.
- Try to get outside every day, even if just for a slow walk.

## Connect

- Stay connected to supportive family and friends.
- Encourage short visits and be very clear about “visiting hours”.



## Resources

[How Does Being a New Parent Affect Sleep? \(www.sleepfoundation.org/sleep-deprivation/parents\)](http://www.sleepfoundation.org/sleep-deprivation/parents)

[Help Me Connect \(helpmeconnect.web.health.state.mn.us\)](http://helpmeconnect.web.health.state.mn.us)

[Nutrition by Life Stage \(www.nutrition.gov/topics/nutrition-life-stage\)](http://www.nutrition.gov/topics/nutrition-life-stage)

[Minnesota Doula Registry \(www.health.state.mn.us/facilities/providers/doula/index.html\)](http://www.health.state.mn.us/facilities/providers/doula/index.html)

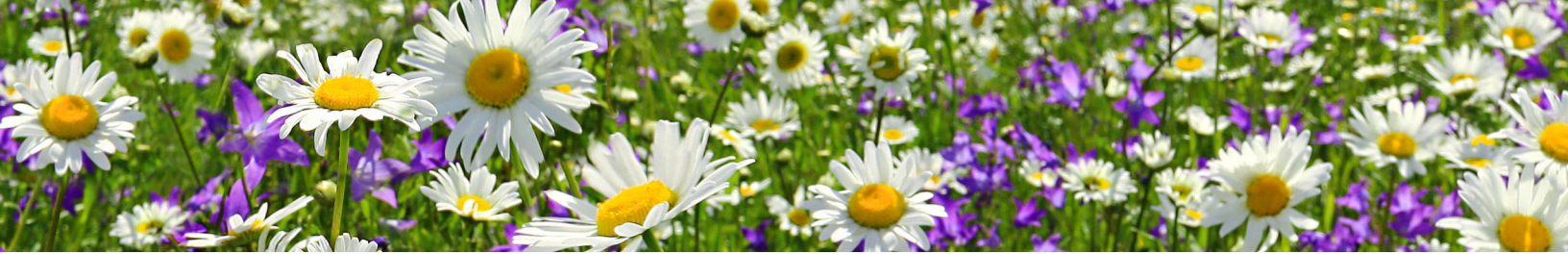


## DEPARTMENT OF HEALTH

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To obtain this information in a different format, call: 651-201-3650.



## Plan Ahead

My best place for relaxing in my home is: \_\_\_\_\_

Healthy, easy foods I like to eat are: \_\_\_\_\_

People I can ask for help when I need it:

1. \_\_\_\_\_
2. \_\_\_\_\_

Ways to get movement and connect with other people which I could do with a small baby are:

1. \_\_\_\_\_
2. \_\_\_\_\_

Activities I could use help to do (shopping, cleaning, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Just In Case

Having a new baby is a big change.

There are resources available to support you and your baby. If challenges arise, it's good to recognize that and get help.

My early signs that I am feeling bad, depressed or too anxious:

- \_\_\_\_\_
- \_\_\_\_\_

It can be difficult to talk about not doing well. If you feel like this, who will you talk to?

\_\_\_\_\_

What will you say?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Get Help

If it is not an emergency, but I need advice:

- **Provider's office - daytime:**  
\_\_\_\_\_
- **Provider/clinic after hours:**  
\_\_\_\_\_

### Emergency Hotlines

- For immediate help: **Call 911**
- **988 Suicide and Crisis Lifeline:** Call 988 (formerly the National Suicide Prevention Lifeline) or 1-800-TALK (8255)
- **National Maternal Mental Health Hotline:** Call or text 1-833-TLC-MAMA (1-833-852-6262)

### Non-Emergency Helplines

- **Mother-Baby Hopeline at Hennepin Healthcare:** (612) 873-HOPE or (612) 873-4673 - the Hopeline is **not** a crisis phone line. A mental health professional will call you back within 2 business days.
- **Pregnancy & Postpartum Support Minnesota:** Call or text 1-800-944-4773, text en Español: 971-203-7773. Support and information provided by peer volunteers 7 days a week.