



Post Partum Coping Strategies

It is very important to think about preparing yourself for the big changes that come in your life during the postpartum period. There is so much joy and excitement that comes with having your new little one in your life; however, this can be overshadowed by anxiety and despair if you do not prepare yourself and make up a good postpartum plan.

Chores

You need to realize now that you **must** lower your standards for household chores, but some things are unavoidable. List the household chores that you just can't get away from doing in order to survive. Put a copy of this list on your fridge for visitors. When guests come to visit you and the baby and ask, "Is there anything that I can do to help you?" you can direct them to the list and tell them to pick something and do it!

Food

You must eat!!!

- Have a close friend set up a "Post Partum Meal Angels" dinner drop off list. They can ask your friends and family to sign up for one night each for the first two weeks to drop off a cooked meal for your family. The rules are that they just drop off the food, not stay and visit.
- Ask guests bring a frozen casserole for your baby shower.
- Double the suppers you make now and freeze the extra.
- Consider professional meal prep options like www.sensationalsuppers.com (they prepare the menus & ingredients, you make the food yourself in their industrial kitchen)
- Make a list of five restaurants that you love. Get a copy of their take out menu and their phone #'s to be used on those crazy days when you just can't get to the food in the kitchen.

Coping with stress

- Make a list three people that you can call anytime of day or night just to talk to in you are having a tough time
- Make a list of two people that you could call over to come help you with the baby if you are having a hard day or night and need someone to help with the baby. It may even be to sleep over and take care of the baby so you can get some needed sleep.
- Write down one sentence that expresses your love and excitement for your new baby. Read this if you get overwhelmed.
- Write down the best reasons that you came up with when you decided to nurse your baby. Remember it will get better easier after the first two weeks.
- Set time everyday to get out of the house for 15min to have a walk or just get out of the house. This will avoid "cabin fever".
- Think of a creative outlet for you to help make the transition to your new life.
- Keep in mind that things do get easier and you will adjust to your new life sooner that you think. Love each other and your baby! Love can get you through anything.
- Anything else you can think of?