

# Preparation Plan

A Preparation Plan is much like a Birth Plan. In an ideal world, it can aid in a smooth transition adjusting to your new family dynamics in the first few weeks. At its basic level, it simply facilitates the conversations. Bear in mind that flexibility is the key when considering all the potential conditions and “personalities” that are unknown. Thus the plans for after your baby is born may adjust as you settled into your “new normal.” You can also use this to decide on the role of a Postpartum Doula in your transition period, and to begin to pinpoint roles a doula can help you manage.



# Financial Care

What costs are you anticipating that are strictly birth related? e.g. classes, labor gown, doula support, peripartum supplies

What costs are you anticipating that are strictly baby related? e.g. pillows, diapers, lactation support and supplies, bottles, formula, clothes

How much PAID leave do you have o of work or school?

How much PAID leave does your main support person / partner have o of work or school?

What about unpaid leave for either of you?

What nancial amount set aside for "incidentals" or unexpected costs would make you feel comfortable / less stressed?



# Self Care

Birthgiving Person / Client:

First, what is important to you in maintaining your relationship? e.g. time together, physical touch, words of affirmation, acts of service

What role do you see your partner having at the birth?

What role do you see your partner having while you recover?

What role do you see your partner facilitating during the postpartum period (6 weeks)?

Any roles your partner fulfills that you do not?

What's your greatest concern?



# Birthing Support Person

First, what is important to you in maintaining your relationship? e.g. time together, physical touch, words of affirmation, acts of service

What role do you see the birthing person having at the birth?

What role do you see the birthing person having while they recover?

What role do you see the birthing person facilitating during the postpartum period (6 weeks)?

Any roles the birthing person fulfills, as your partner, that you do not?

What's your greatest concern?



# Physical Care

This section will help your doula anticipate areas of education or additional support that you may need. Please note, nutrition is in a different area.

How are you currently preparing for birth, in a physical sense?

Do you need resources for physical care, either at home or with a professional?

What is important for your physical care after birth?

What do you expect recovery will be like?

How long do you expect postpartum bleeding (aka lochia) to last?



# Physical Care

Do you currently see a pelvic or physical therapist?

Likewise, do you currently use the services of a chiropractor, massage therapist, or acupuncturist regularly? If so, how quickly do you anticipate to resume treatments?

If not, what questions might you have regarding the use of these professionals to prepare for or heal after your birth?

Do you have concerns over weight gain or weight loss? Is this a trigger for your mental health?

