

# Postnatal Stay-At-Home Plan

The post-natal period is one of great change and transition, especially during the current climate. This plan will help you think about yours and your baby's needs in the post-natal period ahead of time, to ensure you get the support and rest you need and to enable you to prioritise connecting with your baby and recovering.

## Rest

What might get in the way of me resting?

Are there any ways I can address those?

How will I create space to nap or rest during the day?

# Support Network

*During this difficult time of social distancing post-natal support will probably look differently to how you imagined. These questions are designed to help you think about how you can maximise any support available.*

Who can I talk to on the phone or by video call about how I am really feeling about parenthood? Who will be non-judgemental?

Who would I call if I just wanted some company?

Is there anyone whose parenting I respect who I could turn to for advice?

Is there anyone in my household that can support me; and in what way?

Which healthcare professionals can I contact?

## **Food**

Who could drop off some nutritious meals at the door or do a food shop for us?

List of three of my favourite nutritious meals for suggestions for people to make.

- 1.
- 2.
- 3.

# Household

Which household chores are essential?

Who could support me with these household chores?

Which household chores are non-essential and can go on hold during the early post-natal period?

How will I manage the care of any older children during this time?

# Managing social media/technology

*Staying at home more may mean you are more likely to consume more social media/news than usual. Whilst there can be huge benefits to this in combatting social isolation, it is also important to be mindful of the negative impact that social media and news coverage may have on our mental health, particularly during this time.*

How do I notice that social media / news coverage impacts my mental health?

What boundaries can I put in place to reduce the amount of news / negative social media I consume?

Are there any particular accounts I follow that make me feel worse? Can I unfollow them?

Are there any particular accounts that make me feel better, can I focus my browsing on these?

## **Things that bring me joy**

*Make a list of simple things that boost your mood and bring you joy that you could do during the post-natal period. This may include listening to your favourite music, sitting in the garden or watching your favourite film.*