

## The Postpartum Plan™ Coordinator Worksheet

### To the Mother:

1. Fill in the names, phone numbers and e-mail addresses of friends, neighbors, co-workers and relatives whom you think would be interested in participating in your postpartum care. Try to put the names of the people closest to you at the top.
2. Indicate the category of help you think would be most appropriate for them.
3. List any food restrictions you may have.
4. Give this list and two or three blank copies of the calendar to a close friend or relative who can serve as the coordinator.

### To the Coordinator:

1. Call each person on the list after the baby is born. Inform her that you are organizing a postpartum care plan as a present for the mother and that you are hoping she can participate. Ask her what she would like to help with (meals, errands, housekeeping, or childcare), letting her know that it's OK to decline.
2. Write each participants name on the calendar, indicate what they will help with using the letter codes below, and fill in the date(s) assigned.
3. Give the mother the filled-in calendar.

Categories: M = Meals    H = Housekeeping  
              E = Errands    C = Childcare

Food Restrictions \_\_\_\_\_

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

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

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_