

# POSTPARTUM PREPARATIONS

You are ready for baby, but are you ready for YOU? Preparing for postpartum creates a foundation so that you can attend to the five universal postpartum needs. And for the record, a postpartum doula provides **ALL** of these needs!

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## REST

- What do you anticipate might be obstacles to resting? How you can address those?
- How will you manage visitors to ensure space for resting?
- What responsibilities can you share with others so you can rest?

## NOURISHING FOOD

- List three of your favorite and most nostalgic meals. Who can prepare these?
- List three balanced snacks that you love. Who can prepare these?
- List three restaurants that deliver balanced meals. Who can organize the meal train?

## LOVING TOUCH

- Who do you want to visit in the first three days? First two weeks? First month?
- How do you like to be touched? Do massages bring you comfort? What do you need when you are over-touched?

## COMPANIONSHIP

- Who can you tell how you are really feeling about mothering and will listen without judgement or advice?
- Who could you call if you want to take a shower and need someone to hold your baby?
- Who could you trust to take your baby for a walk?
- Who can you talk to about the hard mothering decisions without judgement?
- Who do you know who makes wholesome and nutritious food?
- Who is knowledgeable about local contacts for health and postpartum care?



## CONNECTION WITH NATURE

- Where can you sit outside with your baby? By yourself?
- Where can you feed your baby outside?
- What walks bring you joy with your baby? By yourself?

## TESS FERRARA

Genesis Doula Services, LLC

As a mother, an educator, and a DONA certified doula, I am here to care for you through emotional, logistical, and informational needs.

