



Jessica Omdalen, Owner of Swaddled with Love LLC

E-mail: info.swaddledwithlove@gmail.com

Phone: 218-303-5664

Website: swaddledwithlove.net

Family's Postpartum Plan

Tips for preparation before baby's arrival:

- Have predetermined spaces in your home where baby will sleep, be fed, and changed. If you have a multi-level home I recommend setting up multiple changing areas so that you are not required to walk up and down stairs multiple times a day.
- Set up nursing nests/feeding areas. In this spot it is a great idea to have all the things you might need while you spend your time feeding baby.
 - o Support pillows
 - o One handed snacks and water for mom
 - o Extra nursing pads
 - o Book/remote/phone or tablet (chargers for phone and tablet)
 - o Extra blankets for baby
 - o It's great to have a changing station close by as well!
- A changing station and nursing nest may look very similar. Stock your changing station with these items....
 - o Diapers and Wipes
 - o Lotion and diaper cream
 - o Change of clothes for baby
 - o Change of clothes for parents
 - o Extra blankets
 - o Burp Cloths

- A great way to prepare your home (and eliminate last minute trips to the store once you are caring for a new born) is to stock our home with everyday essentials.
 - o Paper products (toilet paper, paper towels, napkins)
 - o Laundry Detergent
 - o Personal hygiene products
 - o Shelf stable foods
 - o Dish/dishwasher soap

Lining up Support

- There are going to be a variety of things you will need help with once baby has arrived. I recommend asking friends and family well in advance. Give them an idea your anticipated needs and get a feel for how they would be willing to assist you.

We will receive support from....

Meals:

Housework (laundry, dishes, sweeping/mopping, taking out of trash and recycling, etc.):

Help with older siblings and pets (who will take care of them while you are giving birth...):

Sleep:

I have the following areas to rest in during the day:

I will be able to sleep in the following areas at night:

I need the following items/conditions to rest well (dark room, specific pillow or blanket etc.)

Spouse/Partner Care:

While much of the focus is on the new mom and baby, it is important for you to get your basic needs met as well. You should also have a plan in place to make sure sleep, nourishment, and hygiene needs are being met. A great discussion to have before baby is born is to talk about roles and expectations between the adults in the home. Many times, stress in the home is because of unrealistic expectations and differing opinions.

Important Phone Numbers:

1. _____
2. _____
3. _____
4. _____
5. _____

Notes and Reminders:

Meet the Doula...

This guide was put together to help you prepare for your baby's first few weeks. After the birth of our second daughter, I suffered from significant postpartum depression. I had an excellent support team of my husband, parents, grandparents, and friends who were close by. However, due to my unrealistic expectations of parenthood and other significant circumstances I began to have a difficult time transitioning to becoming a parent again. I had what seemed like enough help but needed more which I did receive and became myself again. These experiences have

led me to become passionate and driven postpartum doula, certified breastfeeding specialist, and mental health advocate. My goal is to help families navigate the 4th trimester in a fulfilling and satisfying manor.

My services are based on the needs of your individual family as I recognize no household is the same! I offer a variety of services including in home postpartum support along with lactation education and assistance. I would love to meet with you for a **free consultation** about how I can further serve your family!

- *Jessica Omdalen*

Certified Postpartum Doula and Certified Breastfeeding Specialist

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