



check on mom

Your Maternal Mental Wellness Plan

Maternal mental wellness is all about taking care of yourself as well as your baby. And that means building a support system to help give you opportunities to prioritize yourself while you're caring for the little one.

Use this tool to outline some of your postpartum priorities and desires. The Maternal Mental Wellness Plan is all about helping you activate your support system—whether that's a group of 5 or just 1 other person—to help you prioritize your mental wellness and your postpartum needs. This plan does not replace the medical advice provided by your healthcare provider.

How to make and share your plan:



Choose

If you'd like to create an official mom team but haven't yet, you can do so [HERE](#). Then write their names and contact info below to help everyone stay in touch.



Write

Make a list of personal needs, everyday to-do's, and priorities you'd like help with once the baby is born.



Send

After you fill out this tool, send it to your mom team, or to whomever is helping you, so they know how best to support you during your fourth trimester (the first 12 weeks after birth of your baby), and beyond.



By being in touch with each other, your mom team will be better able to coordinate their efforts to help. Consider getting a group text or email going even before the baby is born.

Quick tip: Consider naming a mom team captain or assigning members of your team days of the week to check in. This can help your team stay organized to better support you.

Name: _____ Cell: _____ Email: _____

Name: _____ Cell: _____ Email: _____

Name: _____ Cell: _____ Email: _____

Name: _____ Cell: _____ Email: _____

Name: _____ Cell: _____ Email: _____

How can your mom team help you?

Everyday to-do's

Once a new baby arrives, ordinary tasks can feel overwhelming. Let your mom team take a few things off your plate. They want to help! You can even specify to them for how long you'd like this kind of support or how often.

I would love help with:

- | | | |
|---|---|--------------------------------|
| <input type="checkbox"/> Cooking dinner/meal prep | <input type="checkbox"/> Watching the baby | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Doing dishes | <input type="checkbox"/> Running local errands | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Laundry | <input type="checkbox"/> Light housework | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pet care | <input type="checkbox"/> Playing with my older children | <input type="checkbox"/> _____ |

Postpartum priorities

While practical support is helpful, your emotional well-being is essential. What are the things that you want to prioritize after birth? While you may not be able to meet all your priorities all the time, even accomplishing the smallest tasks or a little bit of self-care may make a difference. Talk with your mom team about how they can best help you check off some boxes below.

Things that are important to me:

- | | | |
|---|--|--------------------------------|
| <input type="checkbox"/> Getting a good night's sleep | <input type="checkbox"/> Self-care | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Taking a shower | <input type="checkbox"/> Time with older children | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Some time alone | <input type="checkbox"/> Quality time with partner | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Catching up with emails | <input type="checkbox"/> Catching up with friends | <input type="checkbox"/> _____ |



You're ready to share your Maternal Mental Wellness Plan!

Save this document to your phone or computer and send it out to your team so they know exactly how to start supporting you.

Congratulations!

You've taken important steps to proactively prioritize your maternal mental health and overall wellness during your fourth trimester (the first 12 weeks after birth of your baby).

The experience of new motherhood can be overwhelming, and it's common for many moms to feel exhausted or irritable. While making a plan can be useful, understanding the signs and symptoms of postpartum depression can help you and your mom team know when it is time to talk to your healthcare provider.