

BURGEONING BUD



POSTPARTUM DOULA

Postpartum Quicksheet
(adapted from Sally Placksin's *Mothering The New Mother*)

I. My Postpartum Care Team

Name

Contact

	Name	Contact
OB/GYN or Midwife		
Birth Partner/Doula/Companion		
Postpartum Nurses		
Pediatrician		
Lactation Consultant (IBCLC, CLC, etc)		
Postpartum Doula		
Perinatal Mental Health Support		
Pelvic Floor Therapist		
Newborn Care Specialist/Night Nurse		
Nutritionist		
Postpartum Massage		
Pediatric Sleep Consultant		

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- II. **My Personal Care Team: names of friends, family, and neighbors who can assist with day-to-day tasks, meals, organize a Meal Train, light housekeeping, etc.**

- III. **Local Postpartum Support Resources**

New Moms' Groups (virtual and in-person)

Local Breastfeeding Support Groups (include free hospital drop-ins)

Local Parent/Baby Yoga, Fitness, Music, etc. Classes