



Postpartum Support Teams

The following people can be called upon during our postpartum period, should we need help at any point, *for any reason* (this might include friends, family, neighbors, religious community, babysitters, and professionals). List names and phone numbers (and if needed, time of day they are willing to help, if called upon):

People who will **cook or coordinate meals** for our family (including coordinating gift card donations, grocery lists each week, meal drop off instructions, etc.):



People who will specifically support the birthing person (list times of day available) for help with infant care, getting adequate rest, light housekeeping, positive parenting support, late-night support and advice, breastfeeding support and sibling care:

People who will specifically support the partner (including times of day for available) with emotional support, positive parenting advice/support, rest, sibling care, social interaction, or whatever else they need help with:

People who will specifically support older children:

People who will specifically support any animals who live in the home (including walking/feeding/grooming, etc.):
