



FOR THE EARLY WEEKS AT HOME

Postpartum Support Planning Checklist

A practical planning tool for the early weeks at home.

Planning ahead does not mean predicting exactly what the postpartum weeks will look like. Use this checklist to think through where support may come from, where your family may need more help, and which details you would rather decide before baby arrives.

You do not need to complete every item or have every answer.

01 Your support system

List the people who have offered to help.

Note what each person could realistically help with.

Decide who you would feel comfortable having in your home during recovery.

Note who may be available on weekdays, evenings, or weekends.

Identify help for meals, errands, pets, or household tasks.

Consider which offers are likely to be consistent and which are occasional.

Write down a backup contact in case the original plan changes.

02 Rest & recovery

Talk about where daily rest could realistically happen.

Name who can care for the newborn while the recovering parent eats, showers, or rests.

Identify responsibilities that can be reduced or delegated.

Consider how appointments may affect the household schedule.

Choose the responsibilities that can stop being priorities for a while.

Write down a few specific ways someone could help before exhaustion builds.

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03 Daytime support

Consider the hours when newborn care, recovery, meals, and household needs may overlap.

Identify the parts of the day that may feel busiest.

Note whether the recovering parent will have weekday support.

Consider whether practical newborn-care guidance would be helpful.

Discuss whether feeding support within provider qualifications may be useful.

Decide whether bottle care or light newborn laundry would reduce the workload.

Note what may change when a partner or support person returns to work.

04 Overnight support

The goal is not to predict newborn sleep. Focus on how care may be shared and where rest opportunities could come from.

Talk about how nighttime newborn care may be shared.

Consider how work schedules may affect nighttime responsibilities.

Think through how feeding preferences may shape overnight logistics.

Identify where opportunities for parent rest may realistically come from.

Consider whether experienced overnight newborn support may be useful.

Discuss whether selected overnights or a recurring rhythm may fit.

05 Feeding & newborn logistics

This is not a recommendation for one feeding approach. Focus on practical tasks and leave room for plans to change.

Discuss who may prepare and clean bottles if bottles are used.

Choose an easy-to-reach place for frequently used feeding supplies.

Consider what nighttime feeding support could look like.

Name who may handle diapering and settling after a feeding.

Identify the professionals you may contact if clinical feeding questions arise.

For medical, recovery, or clinical feeding questions, work with the appropriate licensed healthcare professional.

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06 Household & family rhythms

Focus on shared ownership, the routines that truly need coverage, and the work that can wait.

Choose a simple, flexible plan for meals.

Name the household tasks that can wait.

Assign the few tasks that still need an owner.

Note who may handle groceries, errands, pet care, or outside communication.

Discuss how partners or support people may share nights and ask for more help.

Map school or daycare transportation, meals, bedtime, and continuing activities.

Identify who may help preserve familiar routines for older children.

Invite friends and family to help with practical tasks rather than only visiting.

07 Work & schedule transitions

Write down approximate leave dates if known.

Identify whether one parent may return to work before the other.

Consider how daytime support needs may change around those dates.

Discuss whether overnight rest becomes more important before a return to work.

Plan to revisit support around major work or childcare transitions.

08 Professional postpartum support

You do not need to know the exact schedule or provider title before beginning a conversation.

Identify whether daytime, overnight, or combination support interests you most.

Think about when you may want support to begin.

Estimate how long support may be useful without treating it as fixed.

Write down your highest-priority needs.

Consider whether newborn-care or multiples experience is relevant.

Ask about current training, qualifications, and experience.

Ask what is within and outside the provider's scope.

Ask how care may adjust if your family's needs change.

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09 Revisit the plan

A plan made during pregnancy is a starting point. Use what you learn about recovery, newborn rhythms, and family capacity to revise it without judgment.

Write down what still feels hardest to picture.

Name responsibilities you do not yet know how you will cover.

Note questions to ask before arranging professional support.

Identify circumstances that could change the current plan.

Notice which parts of the day feel most demanding.

Revisit whether daytime or overnight support would help most.

Update the people you are relying on.

Speak up when the current plan no longer feels sufficient.

Questions we still want to talk through

WHERE DO WE EXPECT TO NEED THE MOST HELP?

WHAT STILL FEELS HARDEST TO PICTURE?

WHO ARE WE ACTUALLY RELYING ON?

WHEN MIGHT PROFESSIONAL SUPPORT HELP MOST?

ADDITIONAL NOTES

NEED HELP THINKING THROUGH SUPPORT?

A thoughtful plan can begin with what you know today.

Nesting Newborns provides thoughtfully matched daytime postpartum support, overnight newborn care, and custom postpartum care planning for families in Wake and Johnston counties. Care remains subject to provider fit and availability.

nestingnewborns.com/resources

nestingnewborns.com/request-care