Empowered to Bloom: Postpartum Planning Guide

The postpartum period—often called the fourth trimester—is a sacred time of healing, bonding, and adjustment. Planning ahead can help ease the transition, reduce overwhelm, and ensure you feel supported as you recover and step into motherhood. Use this guide to reflect on your needs, set boundaries, and create a nurturing environment for you and your baby.

1. Rest & Recovery

- Who will help with household tasks during the first 6 weeks?
- How can you create space to rest each day?
- What comfort items or rituals (baths, herbal teas, music) help you relax?
- Do you have a plan for gentle movement or body care (massage, pelvic floor therapy)?

2. Nutrition & Nourishment

- Who will cook, shop, or heat meals in the early weeks?
- Do you have nourishing meals prepared or frozen?
- What warming, easy-to-digest foods and snacks support your healing?
- Would you benefit from support like a postpartum doula or meal train?

3. Emotional Support

- Who can you talk to when emotions feel big?
- Do you have a therapist, coach, or support group to lean on?
- How will your partner support your emotional needs?
- What affirmations, grounding practices, or journaling routines can you use daily?

4. Feeding Plan

- Are you planning to breastfeed, formula feed, or both?
- What support will you need (lactation consultant, community group)?
- Who can help with night feeds or bottle washing?
- What expectations can you release to feel more present in the process?

5. Visitors & Boundaries

- Who are you comfortable having visit in the first few weeks?
- How will you communicate your needs and boundaries kindly but clearly?

- What helps you feel safe and protected in your space?
- Would a "no visitors" policy for a set period help you rest and bond?

6. Self-Care & Identity
- What small daily rituals bring you joy?
- How can you stay connected to yourself as you care for your baby?
- Who reminds you of your strength and wholeness?
- What would honoring this rite of passage look like for you?