



The First Six Weeks

Postpartum Planner and Printables



Congrats, Momma!

You've made it through pregnancy, labor and delivery, and now you are at home. Or maybe you are reading this before your little one has joined you. Whatever the case, I'm glad you are here! I hope this planner helps your first six weeks as a momma to go smoothly.



What You Need

VS

What You Want



make a list of things that you **NEED** done throughout the day and a list of things you wish could get done throughout the day

Week 1

Day 1

Nursing Sessions 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
Dirty Diapers 1 2 3 4 5 6 7 8 9 10
Wet Diapers 1 2 3 4 5 6 7 8 9 10
Water for Momma in oz 8 16 24 32 40 48 56 64 72 80 88 96

Day 2

Nursing Sessions 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
Dirty Diapers 1 2 3 4 5 6 7 8 9 10
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Day 3

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Dirty Diapers 1 2 3 4 5 6 7 8 9 10
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Week 1

Day 4

Nursing Sessions 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
Dirty Diapers 1 2 3 4 5 6 7 8 9 10
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Day 5

Nursing Sessions 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
Dirty Diapers 1 2 3 4 5 6 7 8 9 10
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Day 6

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Dirty Diapers 1 2 3 4 5 6 7 8 9 10
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Week 1

Day 7

Nursing Sessions 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

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What has surprised me most about this first week postpartum:

How did the birth go?

Week 2

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How nights are going this second week:

What I did for self care this week:

What I'm hoping to do next week:

Week 3



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How have I been loved on this week?

What has been the hardest adjustment for my husband so far?

What are simple and easy ways I can communicate love to my spouse this week?

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What our daily routine looks like:

How I'm feeling physically:

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Favorite memories of baby this week:

How I've been doing emotionally:

Favorite meals and snacks this past week:

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What are my favorite memories of these first six weeks with baby?

How have these first six weeks changed me?

What am I looking forward to in the next six weeks?

Thank You List



Who:

Thanks for:



My Postpartum Support Team

When you study postpartum depression, there is a very clear understanding that in communities where you see more support, there is less depression.

Ariel Gore



OB/Midwife:

Phone:

Postpartum Doula:

Phone:

Housekeeper:

Phone:

Friends Who Can Listen When I Need to Talk + Phone Numbers:

Family Members/Friends Who Can Come Help at Any Time + Phone Numbers:

Friend in Charge of Meal Delivery:

Phone:

Lactation Consultant:

Phone: