



THE POSTPARTUM PLANNING COMPANION GUIDE

Your guided workbook for creating a postpartum plan that actually works

by Tin Episcope

How to Use This

This guide is here to support you, not add more pressure to your to-do list.

You do not need to fill this out all at once. You definitely do not need to complete every page in one heroic sitting.

Begin during pregnancy, while you still have a little more space to think, plan, and finish a thought.

These choices are much easier to make now than while recovering with a newborn in one arm and reheating your tea for the third time.

You can go through this on your own, or invite your partner in. Especially for the support and planning sections.

A few honest conversations now can save a lot of guessing later (and resentment hah!).



This companion works alongside your Postpartum Planning Playbook, helping you turn what you have learned into plans you can actually use in daily life.

My hope is that this helps create a postpartum season that feels gentler, steadier, and easier to hold with tenderness when you look back on it.

If questions come up along the way, you can reach out anytime. 🌿

Tin Episcopo
Postpartum Doula
Founder, After Birth Wellness

01

Grounding & Reflection

Before anything else, we slow down. Not to figure everything out, but to notice what you've been through and what you might need this time. This is your space to come back to yourself, even in small, quiet ways.



Looking Back

If this is your first postpartum, you can skip this section.

What felt most challenging about my past postpartum experience?

(Physically, emotionally, mentally. Anything that stands out.)

What helped me feel even slightly better last time?

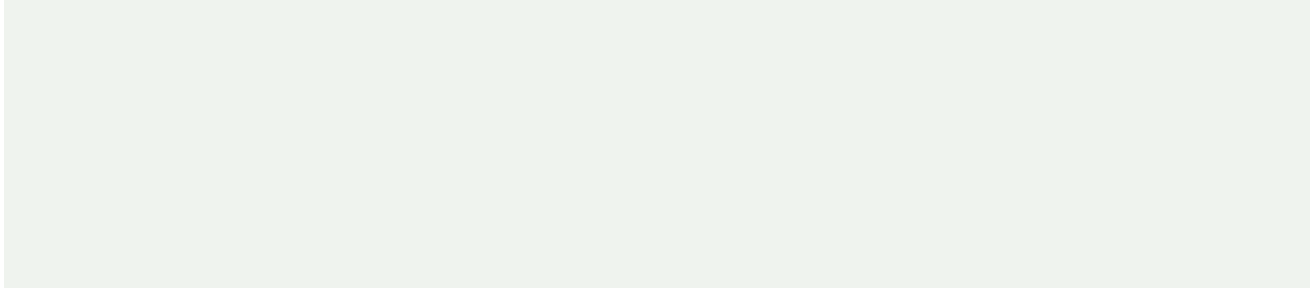
(A person, a routine, a food, a moment of rest, something someone said)

What would I want to do differently this time, knowing what I know now?

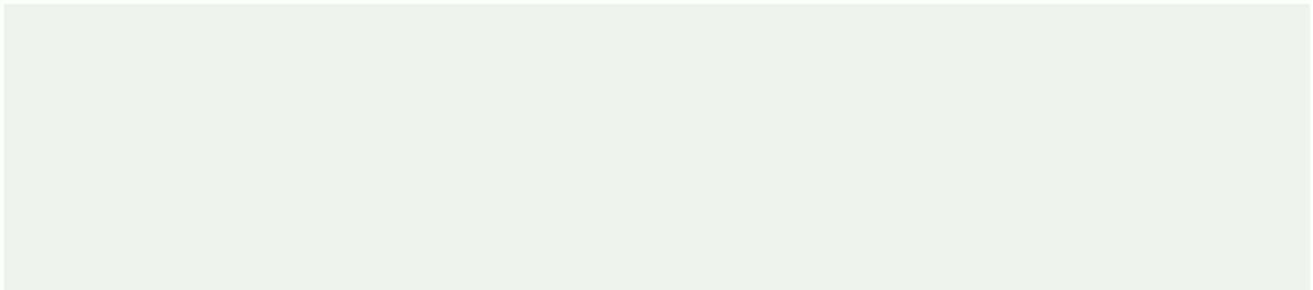
Coming Back to Myself

What small daily rituals help me feel calm and grounded?

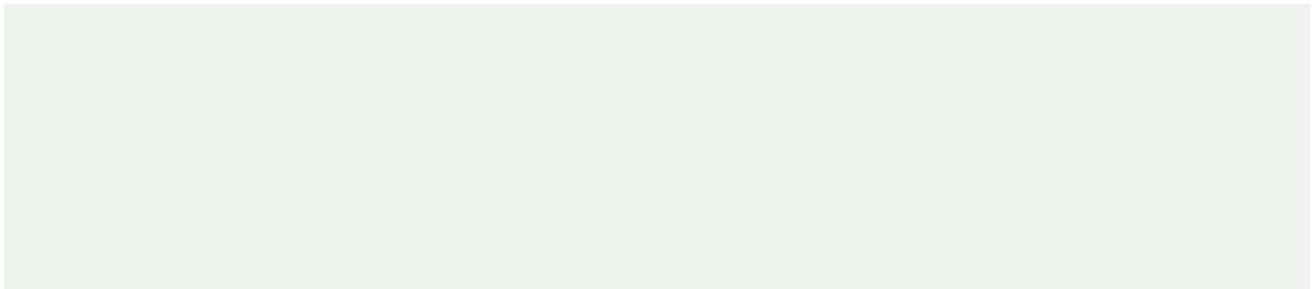
(Think: fresh air, warm showers, quiet time, a message from a friend)



What parts of my identity do I want to make space for after baby arrives?

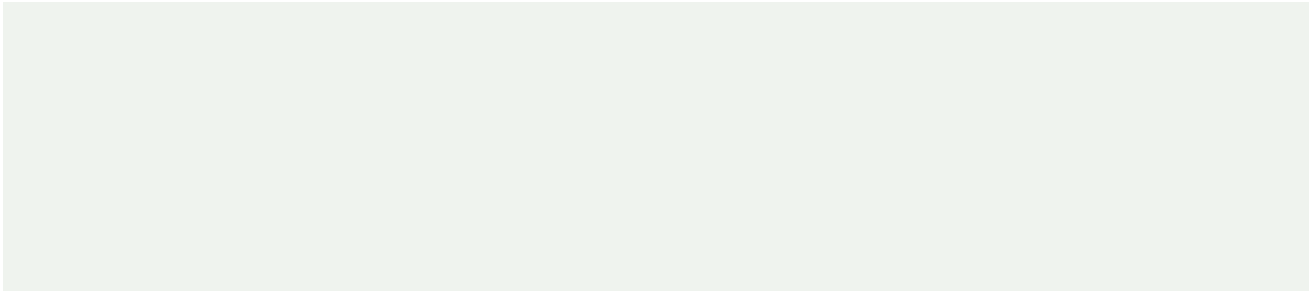


What expectations can I release so I can be gentler with myself postpartum?

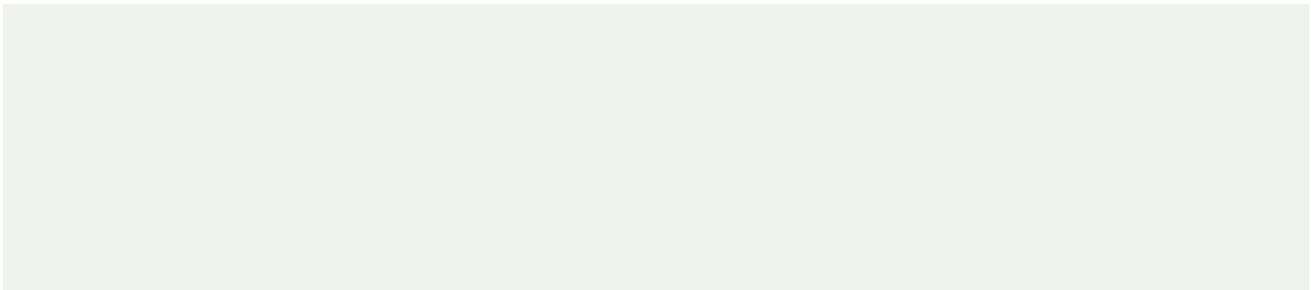


Going Postpartum Again

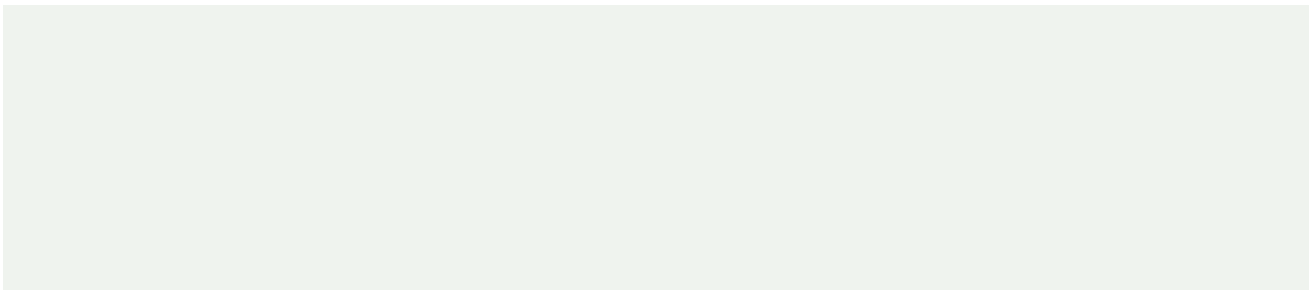
What am I most nervous about or dreading?



What kind of support do I think I'll need emotionally, not just physically?



What do I want to protect more intentionally this postpartum?





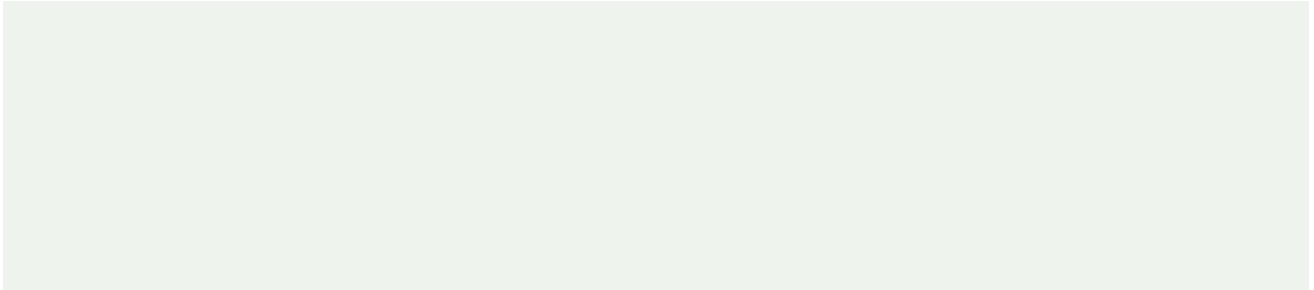
02

Nourishment & Meals

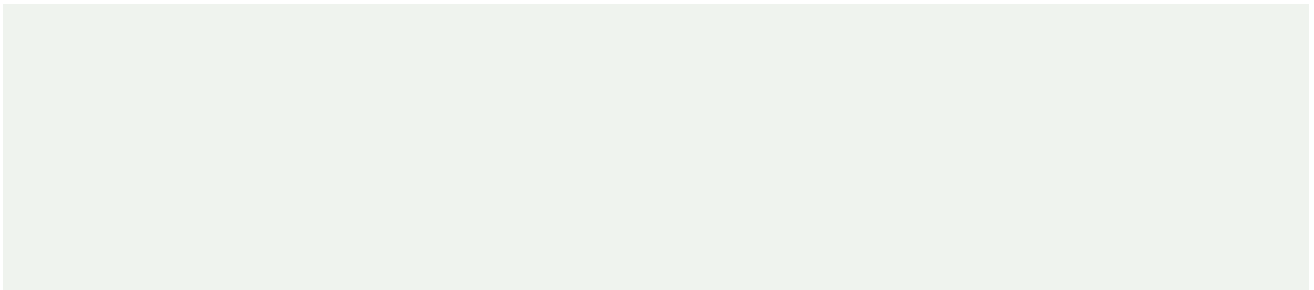
Food becomes one of the simplest ways to care for yourself. This is about making it easier to stay fed, supported, and a little more steady each day.

My Nourishment Plan

What nourishing meals help me feel comforted and restored?

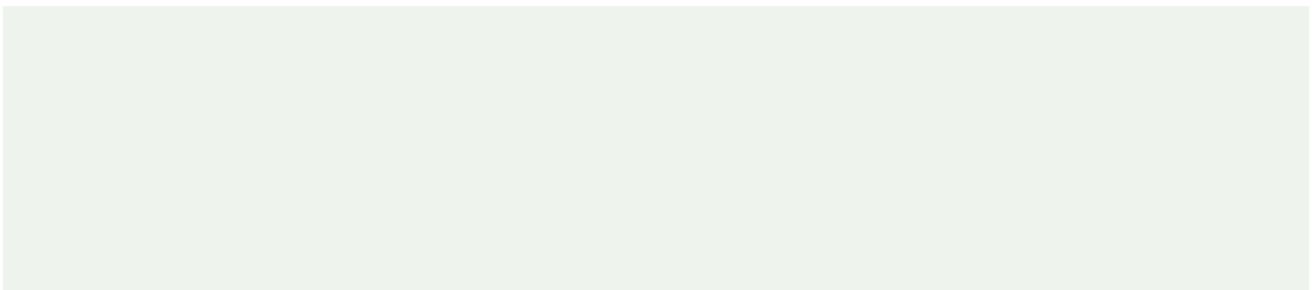


What are my go-to quick foods when I'm too tired to cook?



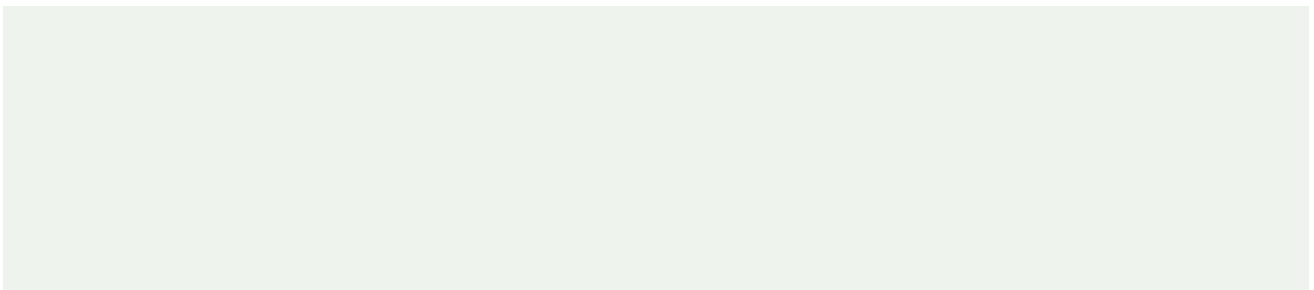
Which foods don't sit well with me during recovery?

(Allergies, sensitivities, medical or cultural reasons to avoid certain foods)



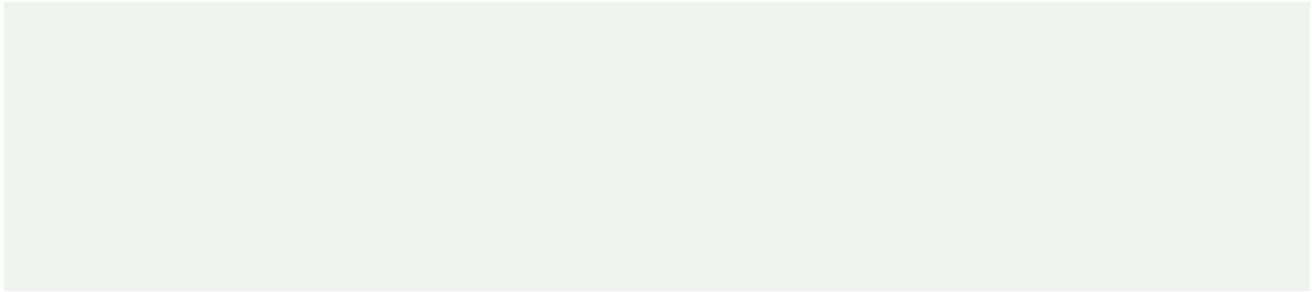
What staples do I want stocked before baby arrives?

Examples: broth, oats, eggs, rice, frozen soups, lactation snacks)

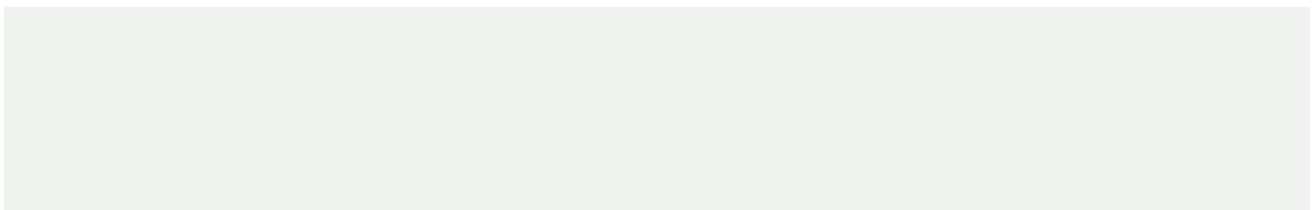


How can I make nourishment easier for myself?

(Prep, delivery, batch cooking, or simple meal rotation ideas.)



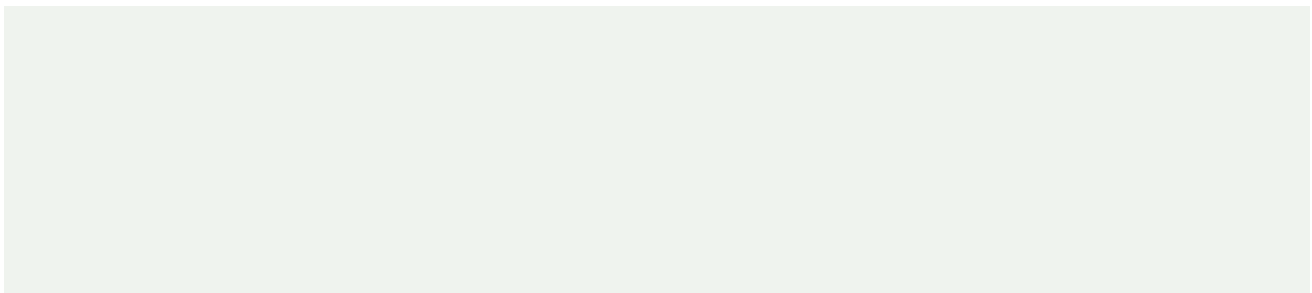
Meal delivery options I can rely on:



For My Older Child (if applicable)

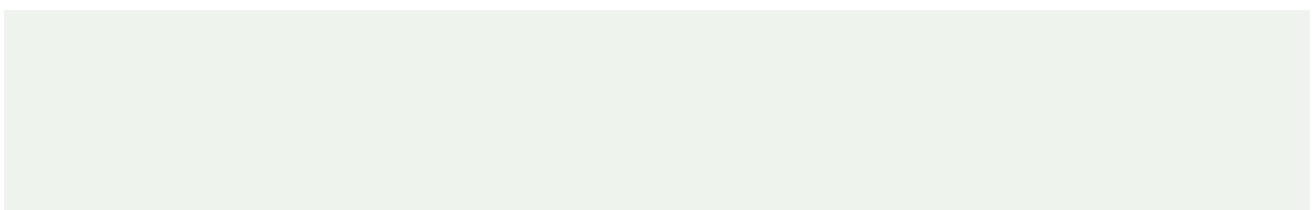
What will meals and snacks look like for your older child/children during this time?

(Think: easy breakfasts, repeat lunches, freezer meals, comfort snacks, help from others)



Gentle Reminder

When I'm well-fed, I feel more:



03

Support & Care Plan

Support works best when it's clear. This section helps you name who can help, how they can show up, and what will make your days feel lighter.



Important Contacts

<i>Name + Contact</i>	<i>Notes</i>
OB-GYN / Midwife	
Pediatrician	
Lactation Consultant	
Therapist / Counselor	
Postpartum Doula	
Cleaner	
Friends/Family to Call	

Where I'll Need Support

- Meals / groceries
- Baby care (diapering, soothing, night support)
- Household tasks (cleaning, laundry, dishes)
- Admin / logistics (appointments, messages, errands)
- Emotional support / check-ins
- Physical recovery support (healing care, medications, appointments)
- _____
- _____

Which of these feel hardest for me to carry alone?

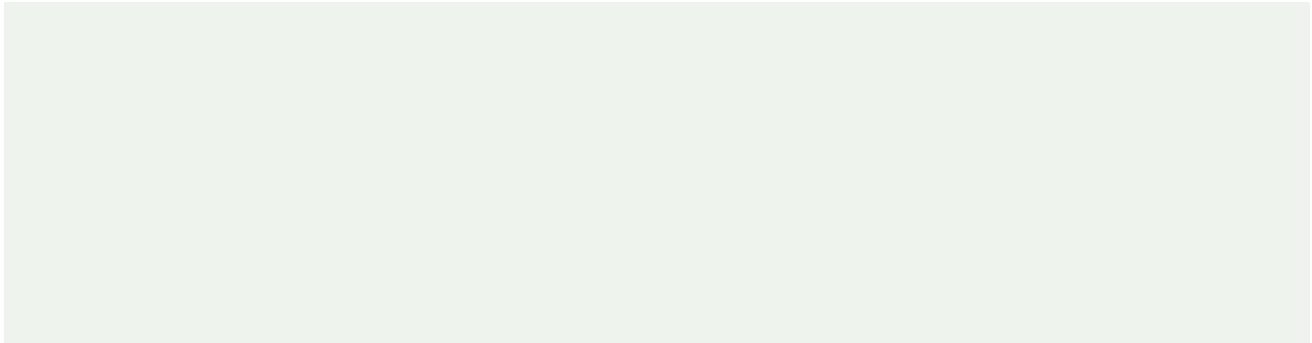
What kind of help do I tend to avoid asking for, even when I need it?

Our Postpartum Support Plan

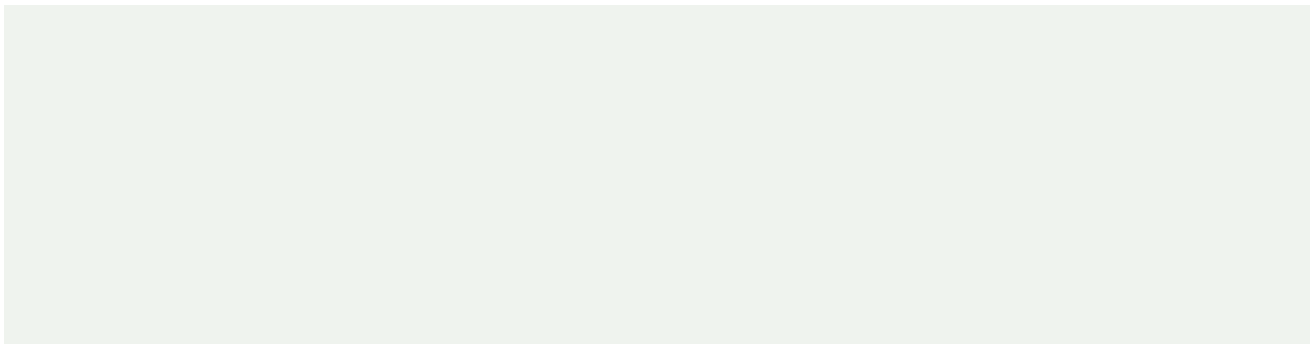
This may be helpful to go through with your partner or support person.

Who will handle meals, groceries, or food support in the early weeks?

(This could be your partner, family, or other support.)

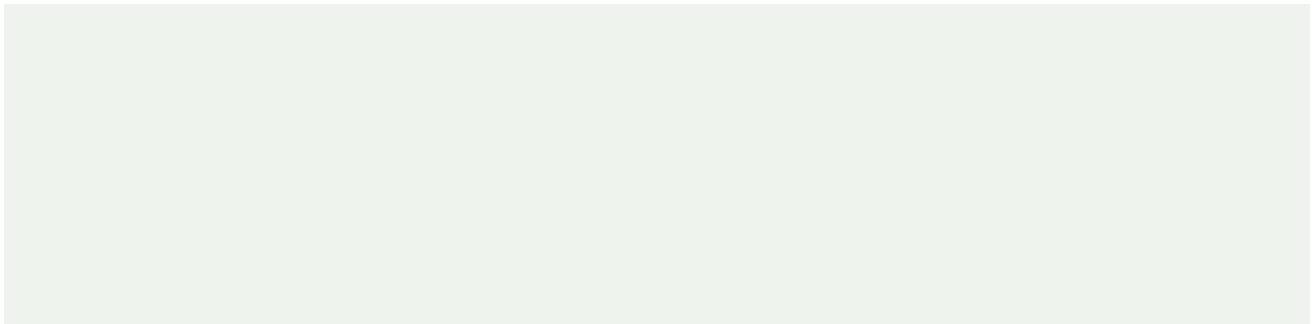


Who will help with household tasks, and what can be fully handed over for the first 2 weeks?

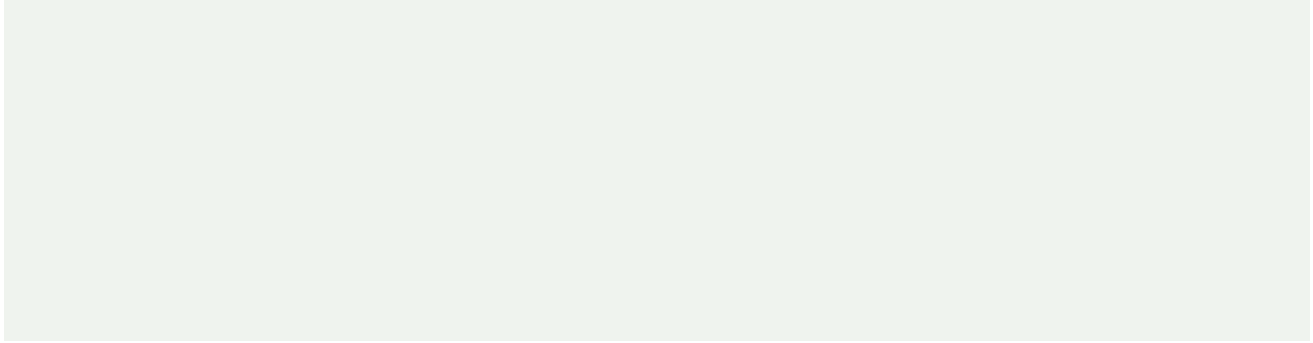


How will we protect my rest and recovery time each day?

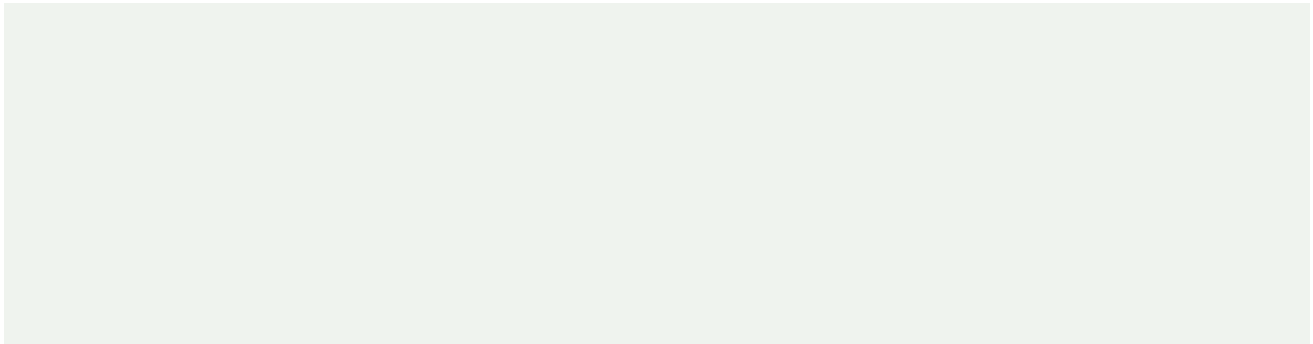
(Who steps in, and when do I rest?)



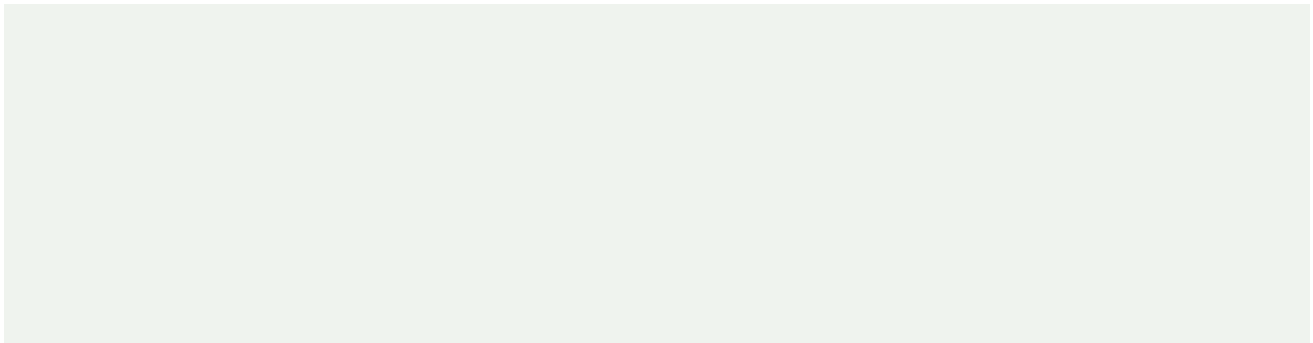
What boundaries will we set around visitors, messages, and expectations?
(What feels supportive vs. draining?)



Who are the people I can safely turn to when I feel overwhelmed?



Who can step in if I need unexpected help on a hard day?



Caring for Each Other, Too

This may be helpful to go through with your partner or support person.

How can we check in with each other daily, even briefly?

What rhythms or routines help us feel connected?

Older Sibling Care Plan

This could be a simple handoff sheet for whoever will be looking after your child while you're giving birth or resting postpartum. If this is your first baby, you can skip ahead.

Child's Name: _____

Age: _____

Wake-up time: _____

Nap/bedtime: _____

Screen time limits: _____

Comfort Items: _____

Calming tricks that work: _____

Food & Snacks

Favorites: _____

Avoids/allergies: _____

Go-to easy meals: _____

Parents: _____

Emergency contact: _____

Pediatrician: _____

Notes for Caregiver





04

My Postpartum Anchors

Postpartum can be overwhelming. This section helps you name the reminders and truths that bring you back to steady ground.

I Will Come Back to This

You can add your own reminders too.

1. I will let others help me, even when it feels hard to ask.
2. I will speak up when I need support.
3. I will keep nourishment simple and steady.
4. I will listen when my body asks for rest.
5. I will speak to myself with kindness on hard days.
6. I will focus on what truly matters, and let the rest wait.
7. I will honor this season and not hurry.
8. I will remember that my presence is one of the things my baby needs most.

My Personal Anchors

What do I want to remember most during postpartum?

What would help me feel truly cared for after birth?

What is my back-to-basics plan when I need to reset?

(For example: rest, eat, hydrate, ask for help, step outside, pause)

What kind of moments do I want to create with my baby in these early days?



Postpartum care that honors your body, mind, and story.

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