

Parental Postpartum Care Plan

Tethered Oral Tissues (TOTs) Program at the Child and Family Support Center

Self-Care

- What are things I used to enjoy doing?
- Can I find a way to add them in?
- What is a self-care goal I can make for myself?
- What things or foods give me support or comfort?
- What are some ways my partner or others close to me can help me feel energized and supported?

Coping During Stressful Feedings

- Write down immediate concerns during feedings to bring up with your providers at the next session.
- Try:
 - Mental grounding techniques (find all the colors in the room, count by threes, narrate out loud what you are thinking)
 - Deep breathing
 - Number/word puzzles
 - A playlist with songs lasting the amount of time a feeding or pumping session takes
 - A podcast or show you only listen to or watch during feeding times
 - Mindfulness apps
 - Calling or texting someone during feedings so you do not feel alone

Taking Care of Self

- What time of day works best for me to plan a shower or bath?
- How can I best schedule in times to eat?
- Can I have various snacks and water around the home, so I have access to them if I'm not able to get to the kitchen?
- Weekly meal planning: What are reasonable expectations for our family in the newborn period?
- Are my physical, mental and emotional needs addressed?



Medical Needs

- Write down any changes in pain or mood, and any chronic sleep challenges.
- Be clear with your providers about concerns around breast/nipple pain, pain during feeding, etc.
- Follow up with your OB/GYN for your postpartum visit, and be open with any concerns, changes or questions you may have.

Visitors and Supports

- Identify who is helpful in tasks vs. helpful in emotional support.
- Have a list available of things someone can do if they ask "Can I help?"
- Discuss what is best for your family regarding boundary-setting with visitors and guests. Remember: It is OK to say "no."
- Whom can I call in an emergency?
- Whom can I call if I am feeling overwhelmed?

For more information or support, contact the TOTs Program social worker and mental health therapist, Sarah Miller, LCSW-C, PMH-C, at **240-856-2508**, or the intake coordinator for the Child and Family Support Center, at **410-298-3549**.

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