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.

The photograph used is for illustrative purposes only, and any person shown is a model.