

# My Sources of Support During My Partner's Postpartum

Postpartum can be a whirlwind of emotions for you and your partner as you both adjust to your new baby. Asking for help is one of the best ways you can take care of yourself and your relationship in the coming months. Use this list to reflect on what you need and think of the people who can help you get it done. If you need help finding more support, visit [EveryMotherCounts.Org/ChoicesInChildbirth](https://EveryMotherCounts.Org/ChoicesInChildbirth).

A place where I can learn about and prepare for postpartum and baby care is \_\_\_\_\_.

Someone who has been through this before and can answer my questions is \_\_\_\_\_.

I know I can lean on \_\_\_\_\_ for support if I'm feeling overwhelmed or need to talk.

I can rely on \_\_\_\_\_ to bring us a healthy meal.

I can rely on \_\_\_\_\_ for an extra hand around the house.

The person I can trust to look after my kids is \_\_\_\_\_.

A number I can call if I need to reach my partner's doctor or midwife after-hours is \_\_\_\_\_.

A number I can call if I need to reach my baby's doctor or care provider after-hours is: \_\_\_\_\_.

