

# My Sources of Support During Postpartum

Postpartum can be a whirlwind of emotions as you adjust to your new baby. It's also a time your body needs to heal and recover. Asking for help is one of the best ways you can take care of yourself 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).

I will have a ride to wellness check-ups with \_\_\_\_\_.

The person I turn to when I'm feeling down is \_\_\_\_\_.

A number I can call if I need to reach my provider after-hours is

\_\_\_\_\_.

I can count on \_\_\_\_\_ and \_\_\_\_\_ to bring me a meal.

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

A person I can call to take me to the hospital or my provider's office

if I have a medical problem is \_\_\_\_\_.

A professional I can call if I need help with feeding is \_\_\_\_\_.

I trust \_\_\_\_\_ and \_\_\_\_\_ to watch the

baby while I'm resting or bathing.

A support group I can join to connect with other new parents is

\_\_\_\_\_.

