

MY POST-BIRTH PLAN

When are visitors allowed to first come and see the new family?

How long are visitors allowed to stay when they visit?

What do visitors need to bring with them or do when they are in my home?

How long would you like to stay in bed for or in your PJs?

How long would you like to leave it before going into the world with your new babe?

Can it be arranged for someone to take the other child/ren if needed?

What foods would you like to be prepared for you for your first few weeks?

Do you need to fill up the fridge before going into hospital/ around the due date or can you arrange for someone to do this?

Is there someone around to take the new babe for a walk whilst you rest/wash once a day?