Postpartum Support Plan for Families

The weeks after birth are tiring for everyone. A plan helps the mother rest and recover, and helps the family notice when extra help is needed.

Name: _____ Week of: _____

Task	Who will do it	When / notes
Night feeds or settling the baby (shifts, so the mother gets a 4-5 hour stretch of sleep)		
Cooking and bringing meals		
Cleaning, laundry and shopping		
Looking after older children		
Managing visitors (times, numbers, how long)		
Taking the mother and baby to check-ups		
Time for the mother to rest, bathe and pray without interruption		

Talk to a doctor, midwife or LHV soon if the mother:

- feels low, tearful or empty for more than two weeks
- has constant worry or panic
- cannot sleep even when the baby sleeps
- feels she is a bad mother, or cannot bond with the baby
- loses interest in eating or in things she used to enjoy

Get urgent help the same day (emergency services or hospital) if she:

- seems confused, or sees or hears things others do not
- has strange beliefs or seems very high, restless or not herself
- talks about harming herself or the baby

These can be signs of postpartum psychosis, a medical emergency that is treatable.

Contacts

Doctor / midwife / LHV: _____ ☎ _____ Nearest hospital: _____

Emergency: Pakistan Rescue 1122 · Saudi 911 · India 112 · UK 999 · US/Canada 911 · Helpline: Pakistan Umang 0311 7786264 · UK Samaritans 116 123 · US/Canada 988

Based on NICE guidance on antenatal and postnatal mental health (CG192) and NHS information on postnatal depression and postpartum psychosis. Layout and wording: sherjeelawan.com. Free worksheet from sherjeelawan.com by Dr. Malik Sherjeel Awan (PsyD). For personal use; not a diagnosis or a substitute for professional care. In an emergency call your local emergency number.