

Before You Share Your Baby Registry

Questions to Consider with Your Grown-up Team

Birth Support

- What support do you have for your birth?
 - Ex: OB, Hospital Nurses, Midwife, Doula, Partner, Family Member
- Do you have other kids or pets who will need care during your labor & delivery?

Transition Home

- What does the parental leave plan for your grown-up team look like?
- What makes you feel supported and calm (tidy space, home cooked meal, hug, time to read, conversation with a friend, etc.)?
- What do you want your home to feel like in the immediate postpartum period?
- How do you currently manage things around the house in your family? Who does what (meals, cleaning, laundry, etc.)?
 - Do you currently use a cleaning service?
 - Do you currently use a meal service?

Baby Care

- Do you like to keep detailed track of things or go with the flow?
- What do you plan to feed your baby?
 - Ex: parent's breastmilk, donated milk, formula, a combination, unsure.
- How do you plan to feed your baby?
 - Ex: from parent's body, bottle, syringe, spoon, cup, a combination, unsure.
- Will you use pacifiers? Ex: Absolutely, maybe, nope!
- How do you envision managing night wakings/feedings?
- Does your home have multiple levels or areas?
 - Consider setting up convenient sleeping/feeding stations
- How do you plan to diaper/toilet your baby in the first few weeks/months?
 - Ex: Disposable diapers, Cloth diapers, Elimination Communication, not sure
- How do you typically get around? By personal vehicle, public transportation, walking, biking?

Birth Mama's Recovery

- Do you have an existing relationship with a mental health therapist?
- Does the birth parent have an existing relationship with a chiropractor and physical therapist?



Postpartum support team

Area	Who	Contact Info	Notes
Birth Support			
Postpartum Support for Birth Mama & Baby			
Lactation Support			
Help with Meals			
Help with Cleaning/Home chores			
Mental Health Support			
Other therapists (PT/Chiropractor/ etc)			

