

# After Baby Call List & Cheat Sheet

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## Friends or Family I Trust to...

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Coordinate a meal train calendar:

Prepare meals & clean the kitchen:

Do general chores around the house:

Give supportive advice about breastfeeding:

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## When I Feel Overwhelmed...

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Who I will call to vent:

Who I will ask to come help:

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## Contact Info to Keep Handy...

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Breastfeeding support group:

Lactation consultant:

Postpartum doula:

Postpartum counselor:

Pediatrician/Family Physician:

# Postpartum Recovery Supply List

- Nursing Bras
- Numbing Spray
- Disposable Underwear & Large Pads
- Nursing Pads
- Stool Softener
- Peri Bottle
- Big Undies
- Witch Hazel Pads
- Benkung Wrap or Support Wrap
- Herbal Bath or Epsom Salts
- Lactation Support Tea
- Nipple Butter

## Warning Signs for Mom

### Call Your Provider:

- Bleeding that's heavier than your normal menstrual period or that worsens.
- C-section incision, episiotomy or perineal tear sites: pain, discharge or redness that gets worse.
- Feelings of sadness that are overwhelming to you.
- Fever higher than 100.4 F.
- Pain or burning when you urinate.
- Inability to urinate.
- Pain, swelling and tenderness in your legs, especially around your calves.
- Red streaks on your breasts or painful lumps in your breast.
- Severe pain in your lower belly, feeling sick to your stomach or throwing up.
- Vaginal discharge that smells bad.

### Call 911:

- Any signs of shock, such as: racing heartbeat, chills, clamminess, dizziness or fainting.
- Uncontrollable Bleeding
- Chest Pain
- Trouble Breathing

# Warning Signs for Baby

## Call Pediatrician:

- Eating less than usual or showing other changes in appetite.
- Persistent crying, irritability or unable to be comforted.
- Frequent diarrhea that is a change from normal. Breastfed babies normally have loose stools.
- Constipation and doesn't have any stools.
- Forcefully vomits more than two to three times a day.
- Congestion or cough that doesn't improve or gets worse after a few days.
- Rash on the body that is unusual.
- Fewer than six wet diapers in 24 hours. Other signs of dehydration: sunken eyes, sunken soft spot (called the fontanel) on the baby's head, or lack of tears when crying.
- Streaky redness, bleeding or pus around the navel or circumcision site.
- Difficult to wake up or is unusually tired.

## Seek Immediate Help:

- Blood in vomit or stool.
- Trouble breathing, breathes really fast (more than 60 breaths in a minute), or has a blue tint around the nose, lips, fingernails or skin.
- Seizure.
- Has a rectal temperature above 100.4F or below 97.8F
- Has yellowish skin or eyes.

# First Week Diaper Chart

	Day 1	Day 2	Day 3	Day 4	First Month
Wet Diapers	1 wet	2 wet	3 wet	4 wet	5-8 wet
Poopy Diapers	1 poopy (black or dark green)	2 poopy (black or dark green)	3 poopy (brown, green or yellow)	3 poopy (brown, green or yellow)	3 poopy (yellow)

# Let's Eat! Food Plan

One-Handed Convenience Foods to Stock:

Meals We Would Love to Have Prepared and Delivered By Friends:

Meals We Can Prepare and Freeze Ahead of Time:

Nutritious Take-Out or Delivery Options: