



BASIC TRAINING FOR NEW DADS
BROUGHT TO YOU BY THE CENTER FOR MEN'S EXCELLENCE

NEW PARENTS' POSTPARTUM GAME PLAN

While many expectant couples determine a birth plan which outlines key aspects of the birth, few take the same structured approach to navigating the postpartum “fourth trimester” as a team. The questions below are intended for both parents so that you can discuss your answers with your partner before your baby is born as a means to start a dialogue about some issues that new parents commonly face. Some items may not apply to your situation, but addressing these questions proactively can help you to be on the same page with your partner right from the start:

1. How long do you anticipate needing to recover after the birth?
2. What resources do you have available in case your baby needs a longer-than-anticipated stay in the hospital (e.g., in an neonatal intensive care unit)?
3. When is the soonest that friends or family can meet your baby after the birth?
4. When is the soonest that friends or family can come to your house after the birth?
5. Will any friends or family be staying with you in your home during the first 3-4 months after birth? If so, what are your expectations for them?
6. If you work, how long will you be taking off before going back?
7. Do you need to do any legal or estate planning activities (setting up/revising wills, trusts, etc.)?
8. What if any child care services will you need, and when?
9. Are you planning to use a doula, night nanny, or other type of postpartum consultant?
10. When do you expect to resume activities such as going out to eat, attending movies, meeting with friends, etc.?
11. When is the soonest that you expect dad to be able to spend time alone with baby?
12. What are some ways that friends and family can help you out in the first few months after birth?
13. How will you arrange to have regular “couple time” to connect and check in with each other (without doing “family business”)?
14. Do you plan to breast feed, bottle-feed, or both? Mothers milk, formula, or both?
15. How much of the daily care (feeding, burping, swaddling, diapering, bathing, doctors’ visits, soothing, etc.) will you be doing, and are there any of them that will be particularly easy or difficult for you?
16. Where will baby sleep?
17. How will you be handling feeding and care of your newborn at night?
18. If baby will be sleeping in your room, how long until you move her/him another room?
19. When do you anticipate that your baby will be able to sleep through the night, and what if anything do you plan to do to help her/him to sleep as long as possible?
20. Which family and friends would be the most helpful if you need help?
21. Who would be some people that might “second-guess” your parenting, or who might not respect your boundaries?
22. When do you anticipate resuming sex?
23. What kinds of nonsexual physical intimacy/gestures do you want to make sure continue?
24. Name two people – other than your partner - who you can connect with in person to get some social support during the first few months postpartum? How will you reach out to them? What might prevent you from getting this much-needed support?
25. What are a couple of activities that you will do to “recharge your batteries” on a regular basis?
26. If you are feeling stressed or overwhelmed, how would you express it and to whom?
27. Would you have any difficulty – be honest - letting your partner know if you experience common concerns (anxiety, sadness, guilt, jealousy, resentment, frustration, anger, etc.) related to your new role as a parent?

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28. If you have had any mental health difficulties in the past, what resources (therapist, medication, books, websites, etc.) would be most helpful to you should you need them?

You can access a digital copy of this document at:

www.centerformensexcellence/resources/postpartumgameplantemplate

Or use your phone's QR reader to scan here:

