

Postpartum Checklist

POSTPARTUM CHECKLIST

Physical Health Check - Assess overall physical recovery, including wound healing if applicable.

☐ Completed

Emotional Wellbeing - Screen for postpartum depression and anxiety.

☐ Completed

Breastfeeding Support - Evaluate the breastfeeding process and address any concerns.

☐ Completed

Nutrition and Hydration - Advise on a balanced diet and adequate fluid intake.

☐ Completed

Sleep and Rest - Discuss strategies for managing sleep with a newborn.

☐ Completed

Physical Activity - Provide guidelines on postpartum physical activity and exercise.

☐ Completed

Follow-up Appointments - Schedule postpartum follow-up appointments.

☐ Completed

Family Planning - Discuss contraception and future family planning.

☐ Completed

Infant Care Education - Provide guidance on newborn care, including safety and basic needs.

☐ Completed

Community Resources - Inform about available community resources and support groups.

☐ Completed

Emergency Contacts - Provide information on whom to contact in case of an emergency.

☐ Completed

Notes/Actions

DOCTOR'S ACKNOWLEDGMENT

Name of Doctor: _____

Signature

Date: _____ dd / mm / yyyy