



YOUR BIRTH
YOUR BABY

Postpartum Preparation session outline

1. Unexpected birth outcomes
2. What to expect in the first 0-6 weeks
 - physically
 - emotionally
 - practically
3. Breastfeeding
 - what to expect
 - evidence-based resources
 - setting expectations
 - myth busting
4. Partner's role
5. Older children
 - preparing for big sibling-hood
 - staying connected
6. Boundaries for friends and family
7. External systems of support
8. Baby Brain and the role of oxytocin
9. Parenting – the Path of Least Anxiety
10. Postpartum Sleep arrangement
 - options
 - statistics
 - safety
11. Postpartum Nutrition Planning
12. Additional considerations