



POSTNATAL SUPPORT NETWORK

Questions for organising

These topics and questions might help in formulating the postnatal help that suits your personal needs:

- What help is needed (food shopping, cooking, cleaning the house, washing, babysitting other children, postnatal rituals, massage, baby bundling)
- For how long do we want this help (we recommend a period of 40 days of support)
- How many hours a day and how many days a week do you need support? In case you have dedicated support, we recommend a minimum of 6 hours and no more than 8 hours / day for dedicated postnatal help. Ideally the mother would have someone available most of the time, meaning that on the helpers' day off, someone else should be available to help.
- What language does the help need to speak (in case there are other children in the house)
- Is the father close by for assistance? Please see advice in chapter Role of the Father
- What kind of food is required. Every family has different needs or traditions in the kitchen. The Post-Natal Support Network encourages the family to establish a healthy vegetarian diet from the start, although the extent of this should be agreed upon by both parties. The escalated needs of a breastfeeding mum should be taken into consideration. The PSN can give you some specific guidelines and recipes to cater to these needs. (see chapter 5)
- In case the family chooses to invite dedicated postnatal helper; The helper needs an external source of support herself. Maybe the family can introduce her to some people to hang out in her spare time, to visit the surroundings, go to the cinema, etc.
- Other children in the house will be in need of special attention at this time. It is very likely that other children will want their mum's attention more than at any other time. The helper and the dad (or other adult) could try some strategies so the mum can get some cosy and reassuring times with her other kids too.
- How do we deal with visitors the first 40 days? Even though you might want to share your bliss and joy with the world, we recommend to be conscious about inviting visitors in the first 40 days. If the mother is connected to other people, it will not give her the time for herself. Too much visitors can drain energy and avoid the baby to take time to adjust to the new life as well for the mother to adjust to the new identity.
- What facilities can we offer (private room, vegetable garden, strong (yoga) community, environment, location, trains public transport etc) In case you do not have a separate bedroom for the inhouse support, you can consider asking friends or local yoga community for hosting the helper.
- What resources do we have available for help (suggested fee min €50 per week for a dedicated pn helper. Do you have money available for travel costs) Think of making a few envelopes with small amounts of money for friend that cook you a daily/ weekly meal)