

# The 4th Trimester quick planner

## Breastfeeding Support

- ABA ph: 1800 686 268
- Set up a feeding space/chair/trolley
- When does my local ABA meet & where?
- Whats the number of an IBCLC/postnatal midwife that I can call if need?

## Build Your Village

Write down two + people who can help with:

- Giving you a break, so you can shower or nap
- Wash clothes, wash dishes, general housework
- Ask for non-judgmental advice about care of baby
- Can assist with older children or pets



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[www.amamaisborn.com.au](http://www.amamaisborn.com.au)

## Emotional Support

- List 3 things that bring you peace & joy and make you feel energised & nurtured
- How often would you like to be able to do these activities to feel well and happy

## Food, Glorious food (be prepared)

- Freeze meals during pregnancy
- Ask friends & family to provide meals or get them to set up a roster with [www.mealtrain.com](http://www.mealtrain.com)
- Arrange meal/food delivery service
- Have snacks ready you can eat one handed &/or feeding

## Contacts of any other community supports or groups I can join

