

Support Plan for Anticipated Loss

Why Does it Matter?

This Support Plan is meant to help consider what life may look like before, during, and after the death of a loved one and prepare ahead of time. Bear in mind that flexibility is the key when considering all the potential conditions and 'personalities' that are unknown.

Remember to honor this time as you heal, physically and emotionally. Consider what is important individually and as a family.

Topics

- **Medical Contacts**
- **Meals**
- **Mental & Emotional Healing**
- **Physical Healing**
- **Returning to 'Normal'**

Medical Contacts

Contact Info

Hospital: _____

Doctor: _____

Specialty: _____

Phone: _____

Email: _____

Web: _____

Hospital: _____

Doctor: _____

Specialty: _____

Phone: _____

Email: _____

Web: _____

Hospital: _____

Doctor: _____

Specialty: _____

Phone: _____

Email: _____

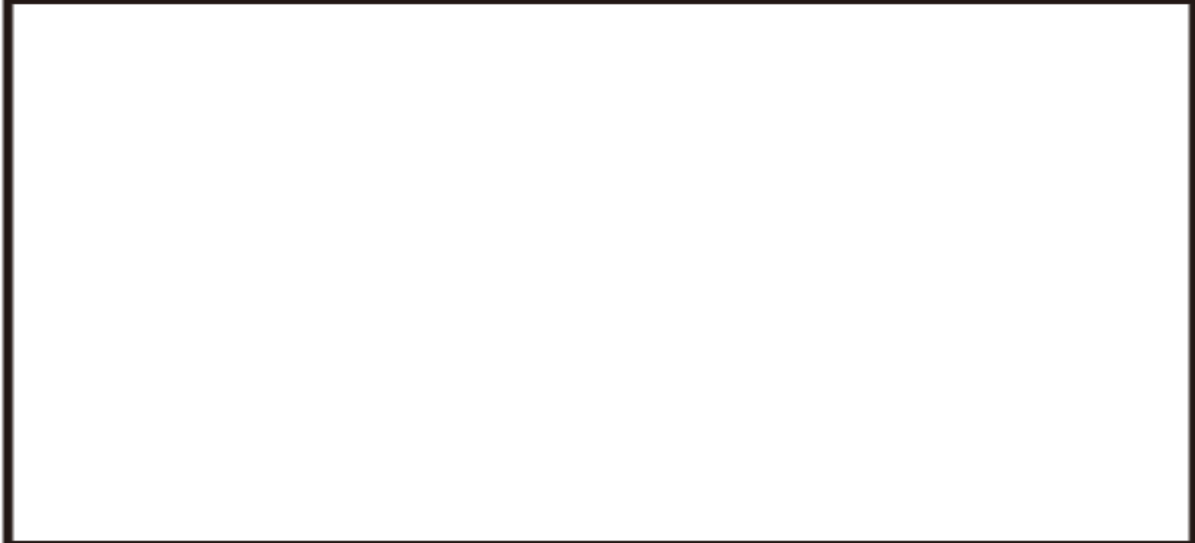
Web: _____

Children

- I have talked with my children about what to expect during labor and delivery and postpartum
- I have a plan on contacting family members after birth
- I have plans for where my children will go when I am in labor
- I have plans for how my children will arrive to the hospital
- I have plans for who will take care of my pets during labor
- I have additional things that will need care while I am in labor:

Memory Making Ideas

(examples: Hand and Foot Molds, Footprint in Bible or child books)



Funeral & Memorial Services

Funeral Home

- Name: _____
- Address: _____
- Phone Number: _____

Additional Notes:

Meals

We Plan to:

- Have meals prepared ahead of time and stored in the freezer
- Prepare meals day to day ourselves
- Prepare meals day to day with help
- Have a Meal Train set up
 - Link: _____
- Order in _____ times a week

Favorite Restaurants/Delivery:

- _____
- _____
- _____

Grocery Stores that Deliver

- _____
- _____
- _____

Prepared Meal Services that Deliver

- _____
- _____
- _____

Who will primarily do the cooking?

- _____

What are some easy, favored family meals?

Lunch

- _____
- _____
- _____
- _____
- _____

Dinner

- _____
- _____
- _____
- _____
- _____

ALLERGIES:

Children

The following people have offered to help with our children

Morning Care

- *Name:*
- *Phone:*

Afternoon Care

- *Name:*
- *Phone:*

Evening Care

- *Name:*
- *Phone:*

Morning School Dropoff

- *Name:*
- *Phone:*

After School Pickup

- *Name:*
- *Phone:*

Activity Transportation

- *Name:*
- *Phone:*

Help with homework

- *Name:*
- *Phone:*

Playdates

- *Name:*
- *Phone:*

Sleepovers

- *Name:*
- *Phone:*

Favorite Activities our Children Enjoy

- _____
- _____
- _____
- _____
- _____

Favorite Shows/Movies

- _____
- _____
- _____
- _____
- _____

Favorite Snacks

- _____
- _____
- _____
- _____
- _____

Prepared a schedule of my children's day and any special needs

- _____
- _____
- _____
- _____
- _____
- _____

Additional Notes:

Pets

Veterinarian Information

- Name: _____
- Address: _____
- Phone: _____

The following people have offered to help with our pets

- *Name & Phone:*

General Information

- Pet Name(s):

- Feeding Routine:

- Bathroom Routine:

- Walk/Play Routine:

Additional Notes:

Mental & Emotional Healing

Anxiety and/or depression are the most common complications of childbirth and pregnancy. These illnesses – known as perinatal mood and anxiety disorders -- affect up to 1 in 5 women during pregnancy or the first year after giving birth. Fortunately, these illnesses are temporary and respond well to treatment, which often includes self-care, social support, talk therapy, and medication when needed.

Maternal Mental Health Therapist

- *Name:*
- *Phone:*

Code Word: A word (or phrase) you agree upon with your partner to indicate that you're feeling overwhelmed and need support or space:

- Are there any other signs that others may see in you that would indicate that you are in need of additional supports such as professional therapy, emergency services, etc.? For example, isolating, rapid talking, reduced or excessive need for sleep, loss of or excessive appetite, hopelessness comments, etc.
 - _____
 - _____
 - _____

Activities and 'breathers' for birth persons rest, renewal, and re-energizing, and self care

- Meditation
- Exercise
- Music
- Baths
- Walks
- Crafts
- Reading
- Beach
- Journal
- Other _____

Activities and 'breathers' for partners rest, renewal, and re-energizing

- Meditation
- Exercise
- Music
- Baths
- Walks
- Crafts
- Reading
- Beach
- Journal
- Other _____

Mental & Emotional Support for Children

- _____
- _____
- _____

Physical Healing

What are your normal (pre-pregnancy) sleep requirements (# of hours per night)?

-

Sleep not only benefits our physical health and well being, it can also have a significant impact on mental health, including increasing risk for anxiety and depression. Most adults need approximately 7-9 hours of sleep in a 24 hour period. In addition, it is important to have at least one 3-4 hour uninterrupted sleep period to ensure REM and deep sleep which are vital for your immune system functions, energy, repair, learning, and memory. Sleep hygiene tips- <https://www.sleepfoundation.org/articles/sleep-hygiene>

What is important to you when determining how you expect to physically recover from the birth? (*Self-care, exercise, weight, etc*) How will these be achieved?

-
-
-
-
-
-
-

Lactation Consultant

- *Name:* _____
- *Phone:* _____
- *Email:* _____

Pelvic Floor Therapist

- *Name:* _____
- *Phone:* _____
- *Email:* _____

Belly Binding

- *Name:* _____
- *Phone:* _____
- *Email:* _____

Returning to Daily Routines

When do you expect to return to work? _____

When does your partner expect to return to work? _____

Who generally does the

- Cleaning _____
- Laundry _____
- Cooking _____
- Grocery management _____

As the person giving birth, I will expect my partners role to be

As the partner I will expect the birth persons role to be

Support

This is the reminder that you have the right to set boundaries around visitation. Some families want all the visitors right away, some want time to bond as a family unit. Decide and communicate this ahead of time.

Another consideration is 'What am I in control of? What can others do for me?'

- People to reach in a moment of emotional stress

Day: _____

Night: _____

- I would like to consider specific hours for guests to visit.

We expect to have the following people as visitors:

-
-
-

We anticipate wanting many / few visitors

- We would like to keep distance from specific friends and family:

-
-
-

Who would you most like 'checking in' on you? How?

- Phone Call

-

- Text

-

- Personal Visit

-

- Food Delivery

-

- Children

-

- Pets

-

- General Home Chores

-

Support Groups we may want to consider

- _____
- _____
- _____

Pre Written Texts

- Thank you for reaching out, I would appreciate a visitor today
- Thank you for reaching out, I would appreciate a visitor today but not talk about my birth
- Thank you for reaching out, I need a little quiet time today and would appreciate you checking in tomorrow
- Thank you for reaching out, would you be willing to help with the house/children/pets today
- Thank you for reaching out, I would love to talk but not right now. I will be in touch when I'm ready.
- Thank you for offering to help. This is the link to our meal train which also offers gift cards and delivery services for people who live far away:

Relationships

Something that will help you feel connected/seen by your partner in the midst of a lot of change.

It is important to our relationship that we:

It is important to maintain the following with our children:

Activities and 'breathers' for connecting as a couple:

Our greatest concerns are:

Other things that are important to us:

General Home Care

Consider how daily home chores will be completed and who may be able to assist

- Laundry
 - _____
- Dishes
 - _____
- Housekeeping
 - _____
- Yardwork
 - _____
- Collecting Mail
 - _____

Healing Supplies for Birth Person

- Rice bag or heating pad for after pains
- Maxi pads for postpartum bleeding
- Cooling pads for your perineum
- A boppy pillow or hemorrhoid ring
 - If you have stitches down under, this will make sitting much more comfortable
- Padsicles
 - Ice packs feel awesome in those first swollen days and a padsicle can help with both swelling and irritation. These can be made ahead of time and stocked in your freezer
- Extra large panties, in dark colors, because leaks are bound to happen
 - It's helpful to have a larger size to accommodate the large pads and ice packs in the early days after birth
- Comfortable pajamas or lounge clothes
- Postpartum herbal sitz bath salts.