



How to truly support her

Partner's Postpartum Playbook

A guide for partners on providing meaningful support during the fourth trimester

The postpartum period lasts about 12 weeks. Her body is healing, hormones are shifting, sleep is disrupted, and she's learning to care for a newborn. Your support isn't just helpful - it's essential.

10 Practical Ways to Help (Without Being Asked)

1 Take Over Meals

Cook, order, or organize a meal train. She needs food without thinking.

2 Handle the House

Dishes, laundry, trash. Don't wait to be asked. Just do it.

3 Manage Visitors

Be the gatekeeper. Limit visits, set times, say "not today."

4 Night Duty Shifts

Take baby after feeding so she can sleep 3-4 hours straight.

5 Bring Water

Keep her bottle full at all times, especially if breastfeeding.

6 Run Errands

Groceries, pharmacy, supplies. She shouldn't have to leave.

7 Give Her Space

Take baby for a walk so she can shower, nap, or just breathe.

8 Handle Comms

Reply to texts, update family. She doesn't need to be "on."

9 Anticipate Needs

Stock pads, nipple cream, snacks before they run out.

10 Just Listen

Ask: "Do you want advice or just support?" Then do that.

What to Say (And Not Say)

Don't say: "Let me know if you need anything."

Try instead: "I'm grabbing diapers and your favorite snack."

Don't say: "You should sleep when baby sleeps."

Try instead: "Go lie down. I've got baby for 2 hours."

Don't say: "Why are you crying? Baby is fine."

Try instead: "It's okay to feel this. What do you need?"

! Warning Signs of PPD/PPA - When to Get Help

! Persistent sadness or hopelessness

! Severe anxiety or panic attacks

! Difficulty bonding with baby

! Thoughts of harming self or baby

! Can't sleep even when baby sleeps

! Loss of interest in everything

! Withdrawing from everyone

! Intrusive, scary thoughts

If you notice these signs, gently encourage her to talk to her doctor. Offer to make the appointment and go with her.

Bonding With Baby

Skin-to-skin

Bath time

Diaper changes

Reading aloud

Singing/talking

Baby wearing

Tummy time

Night feedings

Morning cuddles

Household Tasks to Own

☐ All meal planning & cooking

☐ Dishes & kitchen cleaning

☐ Caring for pets

☐ Managing bills & mail

☐ Laundry (fold & put away)

☐ Grocery shopping

☐ Taking out trash

☐ Coordinating help

