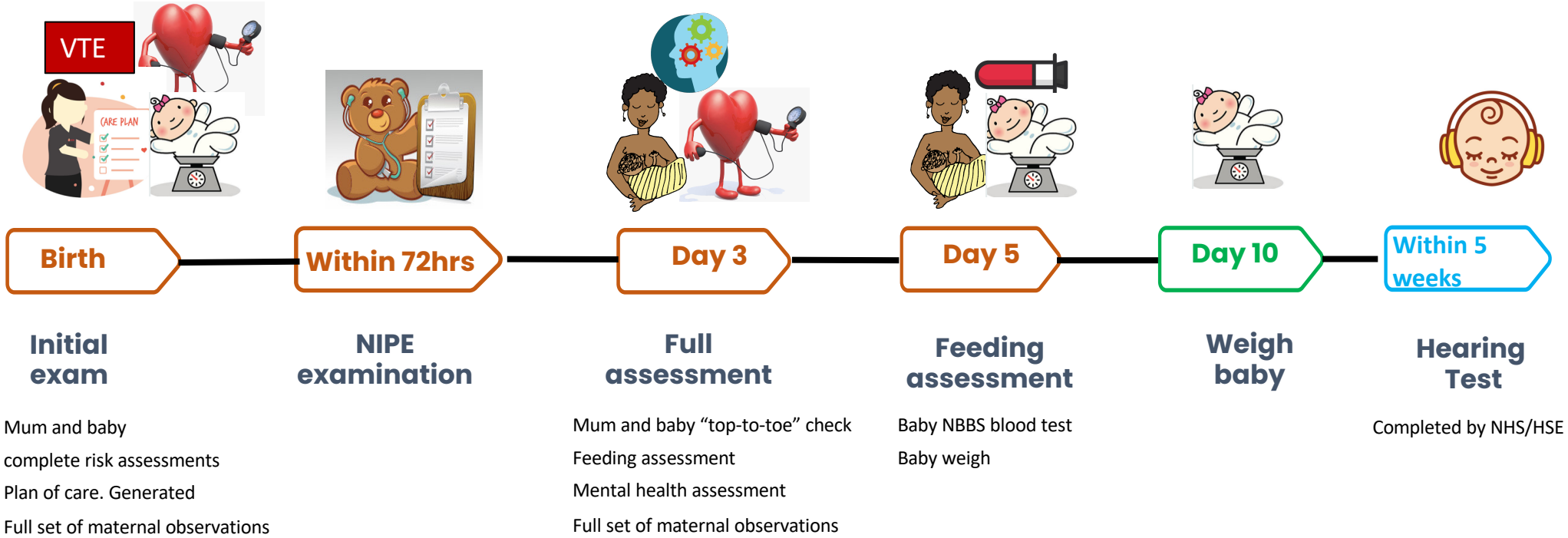


Your Postnatal plan of care. Add and/or remove items as needed.



One week of postnatal care = normally 3 - 4 visits after birth.
 (Typically, day 1, 2, 3, 5 for homebirth, day 2,3,5 for hospital birth)

Week 2 of postnatal care, typically 2 visits

Weekly visits after week 2

We acknowledge that in some cases the family dynamic may be different from that detailed (for example surrogates, same sex or transgender relationships) and we will plan respectful and individualized care accordingly.