



TWIN MOM POSTPARTUM RECOVERY PLAN

Heal. Rest. Recover.



A gentle recovery guide for twin moms after a vaginal birth.



APPOINTMENT DATE:



WEEKS POSTPARTUM:



PROVIDER NOTES:

1 PHYSICAL RECOVERY

- ☐ Peri bottle ready
- ☐ Pads stocked
- ☐ Sitz bath supplies
- ☐ Stool softener available
- ☐ Pain management plan
- ☐ Take prescribed medications
- ☐ Water bottle nearby
- ☐ Drink water at every feeding
- ☐ Healthy snacks prepared
- ☐ Comfortable nursing clothes

THINGS I WANT TO MONITOR

2 FEEDING PLAN



My Feeding Goals

- ☐ Breastfeeding
- ☐ Pumping
- ☐ Combination Feeding
- ☐ Formula Feeding
- ☐ Undecided

Who can help support feeding?

Questions for lactation support:

3 REST & SLEEP PLAN



Who can help me get rest?

When can I nap?

My Goals

- ☐ Rest when babies rest
- ☐ Ask for help daily
- ☐ Protect my sleep at night
- ☐ Accept imperfect housework
- ☐ Take one break for myself



MY SUPPORT TEAM

NAME	RELATIONSHIP	BEST WAY TO REACH THEM
1.		
2.		
3.		
4.		

WHAT CAN THEY HELP WITH?

- ☐ Laundry
- ☐ Holding Babies
- ☐ Meals
- ☐ Older Children
- ☐ Grocery Runs
- ☐ Emotional Support
- ☐ Cleaning
- ☐ Other: _____

5 EMOTIONAL CHECK-IN

How am I feeling today?

- ☐ Calm
- ☐ Hopeful
- ☐ Tired
- ☐ Overwhelmed
- ☐ Anxious
- ☐ Sad
- ☐ Frustrated
- ☐ Other: _____

What has helped me most this week?

Who can I reach out to today if I need support?

You're doing amazing, Mama.

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6 RECOVERY ESSENTIALS

- ☐ Medications
- ☐ Peri bottle
- ☐ Pads
- ☐ Stool softener
- ☐ Sitz bath supplies
- ☐ Nursing pillow
- ☐ Nipple cream
- ☐ Breast pads
- ☐ Ice packs
- ☐ Compression socks
- ☐ Water bottle
- ☐ Healthy snacks
- ☐ Comfortable clothes
- ☐ Phone charger
- ☐ Twin feeding station stocked
- ☐ Burp cloth basket ready
- ☐ Extra water bottle at feeding area



7 QUESTIONS FOR MY PROVIDER



Need ideas? Here are some examples:

- Is my bleeding normal?
- How is my healing?
- When can I exercise again?
- What signs should I watch for?
- When should I call the office?
- What birth control options do you recommend?



Other questions I want to ask:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



8 RED FLAGS



Contact your healthcare provider if you experience:

- ☐ Heavy bleeding (saturating a pad in 1 hour)
- ☐ Fever (100.4°F / 38°C or higher)
- ☐ Severe pain not relieved by medication
- ☐ Foul-smelling vaginal discharge
- ☐ Breast redness, warmth, or severe pain
- ☐ Persistent sadness or hopelessness
- ☐ Thoughts of harming yourself or your babies



EMERGENCY CONTACTS:



9 NOTES & THOUGHTS

Use this space for reminders, brain dumps, questions, things to research, or anything on your mind. ♥





THINGS I REMIND MYSELF

- ☐ My recovery matters too
- ☐ Rest is productive
- ☐ Feeding my babies is enough
- ☐ Asking for help is strength
- ☐ I am doing my best
- ☐ One day at a time



TWIN MOM CLUB TIP

You are recovering from pregnancy, birth, and becoming a mother to two babies at once. Give yourself the same grace you would give a friend.

