

## Form for Virtual Postpartum Support

How old is your baby?

What is your birth story?

How would you describe your recovery from birth?

How are you feeding your baby?

Do you currently have a support system in place?

How are you managing your days and nights with round the clock feedings?

Who is making your meals? How often is the birth parent eating?

How are you managing emotionally?

How are you managing household tasks?

If you have a partner, how are you staying connected?

Are you staying connected with family and friends?

What are the things troubling you the most? Rate them in order from most to least concerning.

What would you like to accomplish in our conversation today?