



Modern Family, Modern Village:
Build a Postpartum Village You
Vibe With

josie*



They say it takes a village to raise a child: but wait, what village?? And also, when will I have time to actually create (and nurture) one??

The answer is now - and there is a village out there for you. It just take a little proactive planning, and that's what we're here to help you with. Thinking through and having support systems in place before baby's arrival can go a long way to ease the transition. So let's get on with it!

THE TL/DR

At Josie, we've developed the following approach to building your Postpartum Village (bonus: this village can last far beyond the postpartum period!):

1. Villages address multiple aspects of your needs. The “big 3” are healthcare, childcare, and our favorite - “you care” (because self-care has been a bit overused lately 😊)
2. When it comes to healthcare, think holistically about your needs: mental, emotional, and physical.
3. When it comes to childcare, cast a (very) wide net as to who can support you.
4. When it comes to “you care”, think about what brings you energy and joy - then who can pitch in and help you make time for those things.
5. Make a list. Write down all the people you can think of who can support across these 3 areas. Get creative - villages go far beyond family (and kind of have to these days!)
6. Nurture those relationships and plan ahead. Talk to your village recruits and don't be afraid to be direct in asking for help. Be specific. Instead of “can you help on Saturday?”, say “on Saturday, I could really use help with our laundry and making dinner. Is that something you could help with?”
7. Lastly, create a visitor policy. Know when some alone time with your baby is what you need, and learn to set clear boundaries.

Move through these step in more detail by completing the following worksheets.





HEALTHCARE

Take a moment to think through your current and potential healthcare needs, then write down names / support sources that you can lean on for those needs.

Common village players to consider: Primary Care Physician, OB/GYN, Therapist, Lactation Consultant, Doula, Pelvic Floor Therapists, Occupational Therapists, sleep consultants, psychiatrists

PHYSICAL NEEDS

E.g., sleep, pain

MY HEALTHCARE VILLAGE

MENTAL / EMOTIONAL NEEDS

E.g., managing baby blues, irritability, anxiety, burnout



CHILDCARE

Take a moment to think through your potential childcare needs, then write down names / support sources that you can lean on for those needs.

Common village players to consider: Local babysitters, family members, neighbors, parent's helpers, friends, older siblings.

CHILDCARE NEEDS

E.g., weekend / weekday support, days / weeks leading up to return to work, travel / vacation coverage

MY CHILDCARE VILLAGE



YOU CARE

Take a moment to think through what helps you rest and recharge? These can range from solo activities to socializing with others who just “get it.” Then, who can help out so you can achieve this? It may be taking something off your plate, or spending time with you.

Common village players to consider: Other new parents, your partner, local clubs and community groups with common interests, friendly co-workers, close friends, fitness instructors

WHAT BRINGS ME JOY AND ENERGY?

E.g., bonding with other new moms/dads, fitness classes, going out for a walk, coffee with a friend

MY ME CARE VILLAGE

A large, solid blue rectangular area intended for handwritten notes or a drawing related to the 'WHAT BRINGS ME JOY AND ENERGY?' section.A large, solid blue rectangular area intended for handwritten notes or a drawing related to the 'MY ME CARE VILLAGE' section.



VISITOR (VILLAGE?) POLICY

Nicely done - your postpartum village is looking 🔥!

But LBH. Sometimes it's nice just to be alone with you and your immediate family. And while surprise visits or drop-ins are always well intentioned, sometimes you just don't feel like getting out of your pajamas.

Think ahead now and create a visitor policy. Have some helpful phrases on hand when someone wants to visit but you're just not feeling it. A few of our favorites:

- *"I am so grateful for your support! Right now, I need some space to just be with my baby. Can we look to another week?"*
- *"I cannot wait for you to meet [name]! At this time we're holding off on having visitors until I've adjusted a bit to this new normal. I promise to reach out when I am ready."*

MY VISITOR POLICY

E.g., only immediate and extended family for the first month; no visits during nap time

HAVE MORE QUESTIONS?

Get in touch with team Josie:



hello@myjosie.com



[Josie](#)



[@myjosieinc](#)



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josie*