

# Instructions

1. Click “Make a Copy” and save the document using this format:  
lastname.firstname.profile
2. Answer the Questions:
  - Type your responses directly into the spaces provided under each question. The text boxes will expand as you type, so feel free to write as much as you want!
  - Some of the questions below are specifically for postpartum moms. If they don’t apply to you, feel free to skip them or answer based on your current plan or hopes regarding that topic. We will revisit them during the postpartum period if necessary.
3. Save Your Work:
  - Your work will automatically save in Google Docs, but be sure to check that it says "All changes saved in Drive."

Think you’re oversharing? Nope—more is always better.

When you answer these questions, give me *everything*. The more I know about your life, needs, and quirks, the better I can build your Individualized Postpartum Plan. Some of these questions might feel a little personal, but they’re designed to cut out the BS and ensure we’re not wasting your time with strategies that won’t work for *you*. Of course, feel free to skip anything that makes you uncomfortable.

Don’t worry—everything you share is confidential, and there’s zero judgment here. This is your space to be real. So grab a cup of tea (or whatever helps), tell your partner you need an hour alone, and let it all out. I’ve got your back, and we’ll make this work *for* you, not against you.

# PMAD Risk Factors

Please check all that apply.

- ☐ Perfectionist tendencies
- ☐ High levels of stress during pregnancy
- ☐ A traumatic or complicated birth
- ☐ History of miscarriage or pregnancy loss
- ☐ Unplanned or high-risk pregnancy
- ☐ Lack of social or emotional support
- ☐ Sleep deprivation or poor sleep quality
- ☐ Challenges with breastfeeding
- ☐ Financial stress or instability
- ☐ Relationship strain or lack of partner support
- ☐ History of trauma or abuse
- ☐ Fear of judgment or inadequacy as a parent
- ☐ Hormonal imbalances or thyroid issues
- ☐ Limited access to postpartum care or resources
- ☐ Isolation or lack of community support
- ☐ Baby health complications or NICU stay
- ☐ Pre-existing mental health conditions
- ☐ Sensory sensitivities or overload
- ☐ Difficulty with routine changes or transitions
- ☐ Hyperfocus or difficulty with attention shifting
- ☐ Emotional dysregulation
- ☐ Challenges with executive function (planning, organizing, etc.)
- ☐ Overstimulation or overwhelm from new environments
- ☐ Difficulty asking for help or delegating tasks
- ☐ History of infertility
- ☐ High-needs baby

# Foundational Support

On a scale of 1-10, how would you rate your current mental health?

(Extremely low) 1 2 3 4 5 6 7 8 9 10 (Excellent)

What are your biggest concerns, worries, or fears about the postpartum period?

Are you showing any signs of anxiety or mood changes? If yes, please describe.

If you could only choose 5 things to focus on during our time together, what would they be?  
Please rank them in order with 1 being the most important.

- 1.
- 2.
- 3.
- 4.
- 5.

How do you handle conflict?

How do you handle stress?

What do you think will be your biggest mental health challenge, or what is it currently your biggest mental health challenge?

# Childhood Influences

How would you describe your relationship with your parents during your childhood? What was the overall atmosphere like in your home?

Describe your current relationship with your mother.

How would you describe your parents' parenting style?

How was household labor divided between your parents? Did you notice any patterns or expectations?

What values or beliefs about parenting did your parents instill in you? How have those influenced your approach to parenting?

How did your parents handle conflicts or disagreements? What approach did they take to resolve issues?

## Your Pregnancy

Did you enjoy being pregnant? Explain.

What have you done to prepare for your baby's arrival?

## Your Birth

Do you plan to give birth with or without medication?

Do you have a birth plan?

Do you have a doula?

Have you taken a birth preparation class? If yes, with who?

## Parenting

How confident are you in your parenting skills?

Which parenting style most resonates with you? (If you are unsure, leave blank and we will discuss it.)

## Feeding

What feeding method do you plan to use for your baby?

If you are planning to breastfeed, have you taken a breastfeeding preparation course?

What concerns do you have about feeding your baby?

# Sleep

**Are you a good sleeper? Explain.**

**Describe your nighttime routine.**

**Do you feel rested when you wake up?**

**How do you feel about bed-sharing/co-sleeping?**

# Physical Health & Well-Being

**Are you currently taking any medication?**

**Were your iron, B-12, and vitamin D levels within normal range when you last had a blood draw?**

**Do you follow a specific diet (e.g., vegetarian, vegan, Halal, Kosher)?**

**How do you feel about the way your body looks while pregnant?**

**What best describes your approach to nutrition?**

Have you sought professional support (physical therapy, acupuncture, chiropractic care, nutritionist, pelvic floor therapy, etc.) during your pregnancy?

How do you manage physical discomfort or challenges?

Pre-pregnancy, did you drink alcohol? If yes, how often?

Pre=pregnancy, do you partake in cannabis usage? If yes, how often?

## Mental Health & Emotional Wellness

Have you ever sought any professional support (therapy, support groups) for your mental health? If so, what has your experience been?

If you see a therapist, do they specialize in perinatal mental health? What modality do they practice with you?

How are you feeling today?

Are there any tools or techniques (like mindfulness, journaling, or deep breathing) that work for you?

How often do you feel overwhelmed?

How often do you feel isolated or alone?

**What strategies do you use to manage feelings of anxiety, sadness, or overwhelm?**

**Do you find it easy or difficult to forgive yourself for mistakes?**

**Are you hard on yourself?**

## Time Management & Productivity

**Is time management a challenge for you?**

**Are you an “always late,” “always on time,” or “always early” person?**

**How do you manage your schedule? Do you use a physical planner? Digital tools?**

**What are some of your good habits?**

**What are some habits you’d like to break?**

**Are there any habits you’d like to initiate? Break?**

**How organized do you feel in your day-to-day life?**



**Tell me about your routines – wake up, bedtime, anything in between.**

## Money Mindset

**How comfortable are you with money? Does money stress you out? Scare you?**

**Who manages finances in your home?**

**How would you describe your level of financial freedom?**

## Your Support System

**Please list the people who will be available to support you postpartum.**

## Communication Style

**Describe your communication style.**

**How would you describe the communication between you and your partner?**

**How do you typically navigate discussions or decisions together?**

# Family Dynamics & Relationships

**How would you describe your relationship with your partner?**

**How much does your partner contribute to tasks around the home?**

**Is this a source of frustration for you?**

**How comfortable are you with setting boundaries in your relationships?**

**Are there any particular relationships that are causing you stress right now?**

**What do you imagine support from your partner will look like during the postpartum period?**

**What are some ways you and your partner connect best?**

**How do you and your partner handle stress or challenges together?**

**What qualities do you most appreciate in your partner?**

**How do you and your partner divide responsibilities, and what (if anything) would you like to change?**

**What are some areas you and your partner would like to grow in as a team?**

**Is sex a source of stress in your relationship right now?**

## **Division of Household Labor**

**What household tasks are currently your responsibility?**

**Does the current distribution of labor within your home feel fair and equitable to you?**

**How do you handle disagreements about the division of labor, especially when you both have different expectations?**

**How involved is your partner in managing household tasks? Do they take initiative? Need you to give them a list? Do nothing?**

## **Self Care Practices**

**Do you take time for self-care? If yes, what do you do, and how often? If not, why not?**

**What is your 'Unicorn Space'—the stuff that lights you up? i.e. your passions, hobbies, or creative outlets**

# Identity

**Has being pregnant changed your sense of identity? If yes, explain.**

**How would you describe yourself to someone who's never met you?**

**Do you think your partner would describe you the same way?**

**If not, how might their description differ?**

**What about your co-workers or friends—do they see a similar version of you, or would their descriptions vary?**

**What personal values guide your life and decisions?**

# Exploring How Your Brain Works

**Do you have a strong sense of fairness or justice?  
(Do you get upset when something seems unfair, even if it's a small issue?)**

**Do you often feel overwhelmed or irritated when people ask too much of you or expect you to follow certain rules or routines?**

**Do you find it difficult to focus on tasks, or do you sometimes hyperfocus on specific activities for long periods?**

**How do you feel about changes in your routine?**

**(Do sudden changes or unpredictability cause stress or discomfort?)**

**Do you ever feel resistant or frustrated when people give you instructions or make demands, even if they seem reasonable?**

**How do you handle social interactions?**

**(Do you feel energized by them, or do you often feel drained or anxious afterward?)**

**Do you ever feel like you're "masking" or pretending to be a certain way around others, even though it doesn't feel natural?**

**Do you have strong personal interests or hobbies that you can dive into for hours, sometimes losing track of time?**

**Do you find yourself more focused on details than others might be, or do you notice things that others miss?**

**How do you handle criticism or feedback from others?**

**(Do you find it hard to hear, even if it's given constructively?)**

**Do you ever find yourself emotionally affected by injustices, even if they don't directly involve you?**

**Do you prefer to do things your way, even if it means resisting what others might expect or request of you?**

**Do you find that you're more comfortable with clear and direct communication, and struggle with indirect hints or social cues?**

**How do you feel in environments where a lot is happening at once—like crowded places, noisy events, or chaotic spaces?**

**Are you sensitive to sensory input? Do loud noises, bright lights, crowds, smells, etc affect you in any way?**

## Self-Discovery

**What's something about yourself that you love and want to keep alive through motherhood?**

**How would you define a successful day? What about a successful week?**

**If you had three wishes, what would they be?**

**What do you need more of in your life right now? What about less?**

**What are some things that feel joyful or fulfilling for you?**

**What are your biggest stressors, and what impact do they have on you?**

**What's something you'd like to do more often but haven't been able to prioritize?**

**How do you recharge best?**

**What's one way you want to grow in this phase of life?**

**What does your ideal vision of motherhood look like?**

**What are three words that describe the mom you aspire to be?**

## Logistics

**How do you prefer to learn new information? Check all that apply.**

- ☐ Listening to audio content (Podcasts, audiobooks)
- ☐ Watching videos (YouTube, online tutorials)
- ☐ Reading (Books, articles, blogs)
- ☐ Group discussions (Workshops, classes, group learning)
- ☐ One-on-one conversations (Coaching, mentoring)
- ☐ Something else \_\_\_\_\_

**Which Inside Out character do you most identify with?**

**Is there anything that I missed that you'd like to share?**

As part of your IPP, I'd love to include some personal touches that celebrate you and your family. If you're comfortable, could you share:

1. A photo of you and your baby bump
2. A photo of you with your baby
3. A photo of just yourself
4. A photo of you with your baby and partner (if you have one and they're comfortable)
5. A photo of you with your whole family, including your other child(ren) if they're comfortable)

Of course, sharing these is entirely optional, and you can send what feels right for you.

To make it easy to share your photos, you can upload them to this Google Doc. Here's how:

1. Click on the spot in the document where you'd like to insert your photo.
2. In the top menu, click on **Insert**.
3. From the dropdown, select **Image**, then choose **Upload from Computer** (or choose another option depending on where your photos are stored).
4. Select your photo from your device, and it will appear in the document.

Feel free to arrange them however you like in the document. You can also add captions or notes next to each one if you'd like.

Once you've added your photos, just click **Share** in the top right corner of the Google Doc, and send me the link.

## Once you've completed the questionnaire and added your photos:

1. Make sure that all changes have been saved in the document and click **Share** in the top right corner.
2. Set the sharing permissions to **Anyone with the link can comment** so I can access your document.
3. Copy the link to the Doc.
4. Paste the link to the Doc in a new email and send it to me at [bethechange@tiffdee.com](mailto:bethechange@tiffdee.com).
5. Schedule your Strategy Call [here](#).

Let me know if you need any help along the way!



