

NEED	HOW MET	WHEN MET
Bonding	Skin-to-skin for at least 1 hour, encourage breast/chestfeeding, nobody holds baby except for parents during this time	Immediately following birth if possible
Pain management	OTC pain reducers, herbal remedies, on call for questions/concerns, check-in during PP appointments	On demand beginning immediately postpartum
Rest	Education about importance prenatally, ensure support is in place (family, friends, church, or PP doula)	Soon after birth and continuing throughout life
Nourishment	Education prenatally, resources for healthy food options, prepare meals ahead of time, meal train	Soon after birth and continuing throughout life
Transitioning to parenthood	Education prenatally, resources for books, videos, local support groups and online support groups, check-in at PP appointments	Ongoing

Midwife Chart: Meeting the Parent's Needs