

# Planning Pays Off

## Managing the Door

**Your house is your sanctuary - a place where you, your baby and your family can rest and get to know each other.**

**Your front door is the gate to your sanctuary.**

**Have a plan in place to manage who joins you.**



A lot of people love visiting new babies, and are often so excited to meet a new, little person.

And while you're probably excited to share your new little person with the world, let's take a moment to think about what kinds of guests you want during your first days home together.

There are several categories of visitors to consider.

- People who will offer to bring you food, run errands, help with household tasks, entertain siblings, sit with the baby so you can rest, etc. We'll call them "helpers".

- People who are excited to meet the baby, but may not think to offer help. They may assume that you have recovered from birth and are

ready to feed and entertain company. These are people you want to see, but who require work on your part. These are your "party guests".

- And finally, there are people who want to visit, but who you know will cause undue stress, conflict or turmoil for you and your family. This group is "restricted".

You will want to decide who will be the gatekeeper for the door - yourself, your partner, a friend, or other family member? It's important to have an open and honest discussion with your gatekeeper about who is and isn't invited to visit, and what these visits look like. Are guests invited to stay for a meal? How long should they stay? What time of day is best? Use the worksheet on the next page to get started.

# Fourth Trimester

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## Managing the Door

### Helpers

Who are your helpers? List them here. These are the people you will want to invite to visit during your first week home. These are the guests who you know you can ask to bring meals, help with tasks, offer advice, and be a comforting presence.

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### Party Guests

Who will want to visit but will also need to be entertained? These visitors will require more work and/or preparation. Consider scheduling these visits after your first week home.

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### Restricted

Who are the people that want to visit, but who will cause stress for you or your family? Consider scheduling these visits later, after your family has adapted to your new life.

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