

Postpartum Plan

People I can call to:

~ Help with the baby:

~ Clean the house:

~ Do laundry:

~ Do dishes:

~ Make or bring food:

~ Go to the store :

~ Give me company:

~ Help with my other children:

~ Go with me (us) to doctor appointments:

~ To Listen to me when I need support:



Postpartum Plan

People I can call if I (we) have questions about:

- Mom's health: _____
- Baby's health: _____
- Feeling depressed: _____
- Breastfeeding: _____
- Social services: _____

Getting Out of the House

People I know that have babies:

People that are home during the day:

Cool Places to walk with a stroller:

Classes/ Groups:



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Finances

There are many budget making websites online. We like: thebalance.com

How much money we need each month : _____

How much money will we be making postpartum: _____

How long can we take off: _____

Who will pay the bills: _____

Alternative income sources:

Household Chores

Who will:

- Clean the Bathroom :
- Clean the Kitchen :
- Clean the Other rooms:
- Vacuum:
- Take our trash:
- Dust:
- Laundry:
- Feed the pet:
- Clean up/walk the pet:
- Other tasks:

