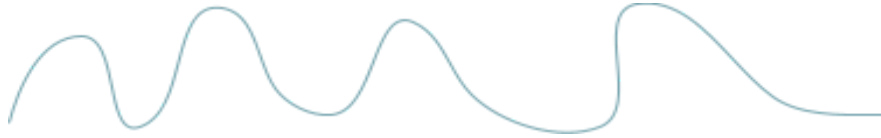


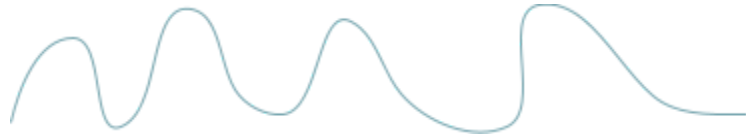
# New Mom's

## Preparedness & Self-Care Checklist



- Time off mapped out**
- Husband's time off mapped out**
- Nursery supplies stocked** (download checklist on LSM website)
- Daddy preparedness** (download daddy checklist on LSM website)
- Decide on some self-care activities for yourself** that will help maintain balance and manage overwhelm. Weekly and monthly.
- Decide on what you will be ok with letting slide around the house** when you are busy with or overwhelmed by baby tasks.
- Decide if you will need helpers** for things like grocery shopping, cooking etc. Delegate as needed.
- Reschedule any appointments that fall in the first month** to 3 months of baby's arrival.
- Decide on what snacks you want to have** for yourself - both wholesome and indulgent - and stock up.
- Choose the beverages you want** to have on hand, and stock up.
- Have conversations with your friends and family** about how you want the first visits with baby to go.
- Have a conversation with husband and family** about handling possible PPD, loneliness, heavy emotions, after baby arrives.
- Discuss how you will work together as a team** to manage new duties and get past challenges that arise with baby.
- Agree that whatever you say to one another** while you are overtired, overstressed and overwhelmed, doesn't count. Reset each morning.
- Discuss and begin arranging childcare** for when you return to work.

## Notes



## Notes

