



Checklist to prepare for the first few weeks with a newborn -Take Action

1. Make a list of all the chores you do on a daily basis.
2. Make a list of all the chores you do on a weekly basis.
3. Make a list of all the chores you do on a monthly basis.
4. These include household chores such as laundry, shopping, cleaning kitchen, bathroom, vacuuming, mopping, making beds, watering plants/flowers, feeding pets, walking pets, paying bills, yardwork.
5. If you cannot do these things, who would you assign these tasks to?
6. If your partner cannot do these things, who would you assign these tasks to? Family member.. who will be staying with you and helping you?
7. What would it cost to pay someone to do these chores for you? For one week? For one month?
8. Do you find it difficult preparing dinners now? If so, it will be twice as difficult after you give birth. Twice a week, make double dinners and freeze. In a month, you will have 8 dinners and at least 1 week covered. Gift certificates to your favorite takeout places will cover 7 more. Now you have the first 2 weeks covered and probably closer to 3, if you are a leftover person. YAHOO!



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9. Make a list and shop for or get ready, all the things you can do ahead of time. If you can purchase non perishable items, such as paper plates, forks and spoons, diapers and wipes, other paper goods such as toilet paper and kitchen paper towels, etc. for a months worth, go ahead and do so.

10. Do not let finances get in the way of you hiring a lactation consultant after the birth if you are experiencing breastfeeding challenges.

TIP: 1. Ask for family to chip in and get you a gift certificate for your baby shower.

OR

2. Begin putting aside \$20.00 every week in an envelope. In 2 months you will have plenty to pay for a consult.

BONUS: If you don't need a consult, you have some nice \$\$ stashed away for your first Date Night.

All of the above will go a very long way in helping to reduce sleep deprivation as you will not be distracted with having to figure out how to do the above chores.



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1. Please consider taking turns with your partner with naps during the day and sleep at night.
2. You can rest and have the baby brought to you for feedings. Sit upright and use pillows to breastfeed OR breastfeed side lying OR sit up in a chair next to bed.
3. Learn about bed sharing, room sharing and co-sleeping. Safe co-sleeping is important. I have shared a link below.
4. Always prioritize sleeping over chores. A 30 minute nap will be much more helpful to you than cleaning up the dishes.
5. Have a list of things that need to be done that you can easily ask someone else to do for you. For example: stop off at a store and pick up an item, medication, food items. When Someone comes to visit and wants to help, have a calendar with the chores on it and tell them to pick one.



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6. Sometimes you don't feel the best after birth. If you are like me, you assume you will feel fine after birth. However, what if you are extremely tired or sore or had a cesarean section. You don't move as easily or as fast. You set up all the things in the nursery that you need, which is great that it all is in one place, but is it convenient for you to get to it?

If you will be spending time downstairs but the babies room, with all the stuff you need is upstairs, you will find this quite inconvenient. Consider making a place downstairs to change baby and put other items such as clothes, diapers, wipes, blankets, etc.

This is a GREAT tip that many new parents have thanked me for.

7. Hiring a postpartum doula to help you with baby, other children, light housework

8. So, you can see, I am all about taking care of all the things you possibly can, before you have your baby. Many things on this list can be done a good month or more before the birth.

9 With some planning, you can save money yourself for some of these services or ask for gift certificates in lieu of items. If you ask most new mothers, they will tell you that they have way more stuff than they will ever need. If they had to do it over again, they would be more practical and utilize the suggestions on this list to help ease the fatigue of newborn mothering

ALL ABOUT BREASTFEEDING



Important numbers to have easy access to:

1. Emergency Contact Number _____
2. Emergency Contact Number _____
3. Your Health Care Provider _____
4. Your pediatricians number - _____
5. Your IBCLC number _____
6. Local breastfeeding hospital support group - _____
7. Local breastfeeding birthing center group _____
8. Online breastfeeding Facebook support group:
www.facebook/groups/allaboutbreastfeedingcommunity
9. Local moms group _____
10. Doula _____
11. Favorite breastfeeding website - aabreastfeeding.com

ALL ABOUT BREASTFEEDING



Important numbers to have easy access to:

1. Housework _____
2. Yard work - _____
3. Local Supermarket that delivers _____
4. Local Pharmacy that delivers _____
5. Your Place of Employment _____
6. Your Place of Employment _____
7. Other important Number _____
8. Other important number _____
9. mealtrain.com _____ organize meals after birth _____