Postpartum support plan

Choose a task. Ask first. Agree a time.

REST & READY / FREE PLANNING WORKSHEET

Name the help

Task:

Person who agreed:

Day or time window:

Backup or plan-change contact:

Choose what would actually help

- ☐ Meals or grocery pickup
- ☐ Dishes, laundry or trash
- ☐ Pet care or school pickup, if relevant
- ☐ Coordinating messages or visitors

Your preferences

Visitor message:

Best way to check before coming over:

Person coordinating help:

One thing we can leave undone: