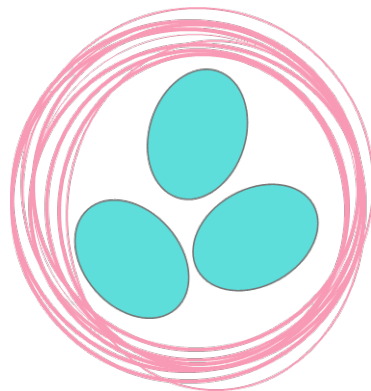


Family

Postpartum Survival Plan



Our Daily Routine

Morning



Afternoon



Evening



Mitten Made
DOULAS

Healthy Mom, Healthy Family

Day _____

Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Treat								
Water								

Vitamin Vitamin Other

Day _____

Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Treat								
Water								

Vitamin Vitamin Other

Day _____

Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Treat								
Water								

Vitamin Vitamin Other



Call Me, Maybe

Mom Cell & Work

Peer Support Friends

Partner Cell & Work

Moms Night Out Friends

Grandma

Favorite Food Delivery

Mitten Made

Pediatrician



DOULAS

Emergency
911

OB/Midwife

Poison Control
1-800-222-1222

Postpartum Doula

Police Dept

Lactation Support

Fire Dept