



Who's On Your Team? GET THE SUPPORT YOU WILL NEED

Who can you count on to provide support during your first weeks at home with your baby? Before your baby is born, use this chart to write down the specific ways each person can help you. Discuss your plan with each person. Make sure they are willing and available to help in the ways you have planned. Adjust as necessary until everyone is in agreement!

WHAT WILL I NEED HELP WITH?	WHO WILL I ASK?	WHAT DAYS ARE THEY AVAILABLE?	CONTACT INFO (EMAIL/PHONE)
Answering breast or chestfeeding questions	<i>at my WIC clinic</i>		
Cooking premade meals			
Helping during nighttime			
Supporting my breast or chestfeeding efforts (burping, changing diapers, putting my baby to bed after I feed them)			
Washing laundry			
Holding the baby			
Washing dishes			
Managing visitors			
Babysitting or hosting a playdate for my older children (if needed)			
Taking care of the baby while I shower, take a nap, or go for a walk			
Picking up groceries or supplies			
Listening to me, providing emotional support			
Going to doctor appointments with me			



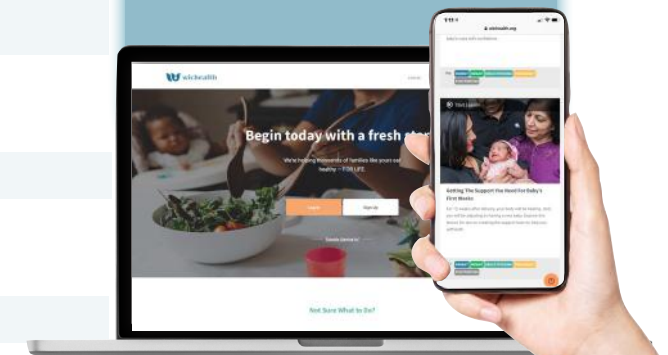
LESSON:
GETTING THE SUPPORT
YOU NEED FOR BABY'S
FIRST WEEKS

Take This Lesson to Learn:

- If the postpartum emotions you feel are normal.
- How to create a support team to help you out.
- Tips to plan for and eating nutritious foods.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category:
Pregnancy And Baby's First 6 Months
- Choose the lesson:
Getting The Support You Need For Baby's First Weeks



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