

When everything feels urgent, give the day fewer jobs.

Postpartum Days & Support Planner

A realistic daily page, shared support plan, meal coordination, visitor preferences, and appointment notes for life with a new baby.

10 pages | LETTER | Print only what you need

Start with one useful page

Use this kit to coordinate care and remember details, not to score your day.

01 Pick up to three priorities. Leave the rest for the parking-lot page.

02 Turn one vague task into a specific request with a person and a time.

03 At the end of the day, carry forward only what still matters.

A completed-note example

Instead of "help with food," try: "Could you bring dinner for two on Thursday at 5? Please text before arriving and leave it by the door." Adjust the example to your own preferences and needs.

Printing & privacy

Choose the PDF matching your paper: US Letter or A4. Print at actual size (100%); try one page first. Pages are designed for handwriting, not interactive form filling. Reprint worksheets for your household and caregivers caring for your child. Keep completed pages private; do not upload personal care notes to the shop.

Today can be small

Date: _____ Three priorities is a limit, not a quota.

The one thing that matters most today

Two other things, only if there is room

Food / rest / support arrangements

Who can take one task?

Carry forward / let go
