



Groups or organizations you can turn to for help breastfeeding:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

People we can trust to watch child(ren) while we have "mommy & daddy time"

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Activities that help me to feel nurtured, rested, and energized include:

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Activities that will help us connect as a couple and strengthen our bond:

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Who will watch older child(ren) while you are in the hospital?

1. \_\_\_\_\_
2. \_\_\_\_\_

People who can help with child(ren), taking to school, playing with them etc.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things that need to stay the same for older child(ren)

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Specific strategies to lovingly blend this new baby into our family:

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