

POSTPARTUM ON PURPOSE PLAN

Who can help me, what can they help me with and when?

Gina will set up the Meal Train. After baby comes: Gracie will play with the big kids for 2 hours on 2 Sunday afternoons, Louise will watch the kids at her house when we take the baby to the pediatrician, as well as a couple for a few hours during the first 3 weeks, JR will mow the lawn 1 time, Julie will knit the new baby a blanket, my parents will visit & stock the fridge the week after baby arrives.

Things I'd like someone else to take over and (ballpark) for how long:

From here on out: Folding and putting away laundry, cleaning and putting away dishes
For a few months: picking up the house at night
For the first two weeks: driving kids to/from activities, Daddy takes on bedtime routine

Things I'm stopping for now and (ballpark) for how long:

Piano lessons for Isaac for the summer.
Volunteering at church for first three months.
Attending Bible Study for the first month.

Things I'd like to keep doing myself:

I want to keep doing the grocery shopping, schedule pelvic floor physical therapy for six weeks postpartum,

Moments of steadiness in my day:

I'd love for MealTrain friends to visit for 15 minutes when they drop off a meal, and to bring any old copies of lifestyle magazines they have lying around :). I'd like to buy three books to read postpartum. To have a small dessert/treat every day. Set up nursing station in the living room with my Chapstick/water bottle/magazine/planner/a potted plant.

Skills that my big kids need to learn (if relevant)...

Big kids (7 and 9 years old) fold and put away all laundry & wash and put away all dishes (except sharp knives and the food processor bowl!). Little kids (1.5 and 3) learn to put dirty clothes in laundry room each night. 4-6 months postpartum the 2-year-old gets potty trained so only 1 in diapers.