

NEW—MUM SURVIVAL Checklist

A gentle guide for the days when everything feels like too much

FOR ME TODAY

- ☐ Drink water regularly - keep a bottle within reach.
- ☐ Eat something nourishing, even if it is very simple.
- ☐ Take prescribed medicines or supplements as directed.
- ☐ Wash, change clothes or brush my teeth - one is enough.
- ☐ Rest without expecting myself to fall asleep.
- ☐ Step outside or open a window for a few quiet minutes.

BABY ESSENTIALS

- ☐ Feed my baby according to our individual feeding plan.
- ☐ Check nappies and keep baby comfortably dressed.
- ☐ Follow safe-sleep and health guidance from qualified professionals.
- ☐ Remember: soothing and closeness count, even when crying continues.

MAKE TODAY EASIER

- ☐ Choose only three priorities for today.
- ☐ Use ready-made food, paper plates or shortcuts if helpful.
- ☐ Leave non-essential messages, visitors and housework for later.
- ☐ Put feeding supplies, snacks and a charger within reach.
- ☐ Let 'good enough' be genuinely good enough today.

ASK FOR SUPPORT

- ☐ Ask someone to bring a meal or collect groceries.
- ☐ Ask someone to wash dishes or fold a load of laundry.
- ☐ Ask a trusted person to hold baby while I rest or shower.
- ☐ Tell someone honestly if I feel anxious, low or unable to cope.
- ☐ Write down questions for my midwife, doctor or health visitor.

MY THREE GENTLE PRIORITIES TODAY

1.

2.

3.

PLEASE REACH OUT FOR SUPPORT

Contact a doctor, midwife or local health service if sadness, anxiety, frightening thoughts, hopelessness or difficulty functioning feels persistent or intense. If you or your baby may be in immediate danger, contact emergency services now. You deserve prompt, compassionate help.

MY SUPPORT CIRCLE

Person I can call:

Practical help:

Healthcare contact:

THESE THINGS CAN WAIT

I do not have to do everything today.

Caring for yourself is part of caring for your baby.