

# Our CARE CALENDAR

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## 40 Days Help Tracking System

We so look forward to bringing our new baby home!  
But we could really use your help!

Here is a list of things that will probably need doing. If you are willing to help with a few of these things, I would really appreciate it. I'm worried that when the baby comes I'll be too tired or overwhelmed to even ask.

Mom: \_\_\_\_\_  
Help coordinator: \_\_\_\_\_



*Place a photo of  
your beautiful  
pregnant self  
here!*

# MEALS\*

\*The following is general information and may not apply to every situation. Please check with the recipient family or meal coordinator.



## Food sensitivities

Make a list of any specific food sensitivities or allergies the family members have, like lactose intolerance, peanut allergies, gluten restricted diets, etc. Write that list on a separate piece of paper and make copies of it so that you can easily hand them to the people who provide meals. You might also write the list on a post-it that you can display in a very visible spot around the house.

## Meal labeling

It's a very good idea to ask people to label the meal containers with the contents and preparation date (optionally—their names or any other special instructions for a particular type of dish too.) This will help you easily keep track of how fresh the meals are. The information can be written on an attached piece of paper or directly on the disposable container or foil covering.

## Meal containers

Kindly ask your meal providers to use disposable containers. This will make the cleanup easier. And it will also eliminate the need for the family to keep track of and return the containers. In case they really must use a

non-disposable container and would like for it to be returned, ask them to label it with their name and phone number.

## Meal drop off times

See if it's possible to arrange the meal delivery times to coordinate with the baby's sleeping pattern, so the meal donors are less likely to ring the doorbell when baby is sleeping. Ask people to call if there is a change in plans. If the meals provided are frozen or can be frozen, suggest the meal donor drop off multiple days worth of meals at one time.

## Meal storage

If the family has limited refrigerator or freezer space for donated meals, see if there is a friend or family member who has extra

refrigerator or freezer space who can manage the overload. One of their responsibilities might be staying in touch with the family so they know when to bring over more food.

## Order-in and restaurants

Make sure you also write a list of the family's favorite take-out restaurants and food delivery services. There may be times when you or your meal providers might want to order in due to time restraints. In this case, it's helpful to know what the family usually likes to order and from which locations.



# ERRANDS\*

\*The following is general information and may not apply to every situation. Please check with the recipient family or mom's main coordinator.



## Stock the pantry ahead of time

Make a list to stock the pantry with items that can be stored for a long period of time. You can either shop in bulk, or simply ask helpers to do it in bits and pieces while doing their own shopping.

## Household items

Make a list of where the most important household items are located, like vacuum cleaner, iron, mop, bucket, ladder, etc.

## First-aid kit

Organize a specific place in the house to keep medicines and first-aid kit. Let your help coordinator know where that is.

## Emergency contacts

Organize a list of phone numbers and addresses for emergencies. Make two copies: one to place in a highly visible spot (like on the fridge) and the second one to hand to your help coordinator.

## Other children

If you have school-age children, ask if someone can help with their homework. Also let their teacher know about the

new baby as they might consider giving them less homework for a short time. Also, ask other families living nearby if they can help with school pick up or drop off.

## Housecleaning

Arrange for someone to clean the house on a weekly basis. If you find it hard to ask your family or close friends, start pricing basic housecleaning services.

## Laundry

Plan for a laundry day once a week and try to find a willing friend who can come over and take charge of it on that day.

## Pharmacy shopping

Note down any pharmacy-related needs. Make sure you have any prescriptions on hand, and start thinking about who pick them up when needed. It should ideally be someone very organized and responsible.

## Family members

Arrange for all nearby family members to commit to doing easy tasks. Try to personalize this list if you know what they like and dislike to do around the house.



## Holidays

If there happens to be a big holiday coming, don't stress out to prepare for it in the big way as you usually do. If you decide to have friends and family over, they will understand you're a busy new mom. Ask them to bring meals and whatever else you need to make the most of the holidays.

## Ironing

Note if and when you will need ironing. Think about who you could ask. If you have a lot of ironing, look for the cheapest paid ironing services.

## House pets

Make a note of the pet lovers in your life. Ask them when and how often they can help with walking the dog, or changing the cat's litter box, etc.

# BABY'S NEEDS\*

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## Clothing

You can arrange for dry cleaning services for some of your clothes, but you will have to keep your new baby's laundry in-house. But don't worry, nobody can resist cute baby clothes. Just ask!

## Shopping

Make a guess-estimated list of things you might need for your baby on a regular basis, like diapers, diaper ointment, massage oil, etc. and make sure you assign this to someone you know who is extremely reliable. After the first two weeks, you will probably have to adjust the list as you become more familiar with your baby's needs. That's one way the 40-days calendar will definitely come in handy.

## Bathing

Some moms might feel nervous about bathing the little one on their own during the first few weeks. Bathing is a wonderful time for bonding, so plan to get some helping hands from close family members. Use the calendar to note the days when a specific family members are busy so you can start thinking about other options.

## Feeding

The beauty of having a care calendar is that it will make it easier for you to manage the round-the-clock feeding your baby will need. By getting as many helping hands as possible, you will have more time and energy to focus on the most important thing: breastfeeding your baby! Plus, since everybody has specific tasks to help you with, they will be less likely to offer to feed the baby a bottle...

## Visitors

Those helping the family will no doubt want to meet the baby and have some time to visit with the new parents. Please let them know that as soon as the family is ready for visitors, they will be among the first.



# DAY #

Date: \_\_\_\_\_

Week day: \_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *Me & My Baby*

What we need?

Who can help?

Who will help?

## *Helping Hands*

What will you do for us?