

Postpartum Checklist

Week of _____

| | S | M | T | W | R | F | S |
|--|---|---|---|---|---|---|---|
| I have eaten at least 2 meals. | | | | | | | |
| I slept at least 5 hours. | | | | | | | |
| I have taken a bath or shower. | | | | | | | |
| I brushed my teeth. | | | | | | | |
| I changed out of my sleeping clothes. | | | | | | | |
| I found humor or laughed at something. | | | | | | | |
| I let others help me / I asked for help. | | | | | | | |
| I kissed my baby and told him/her "I love you". | | | | | | | |
| I checked in with myself to see how I am feeling or what needs of mine need to be met. | | | | | | | |
| I have done something that brings me joy. | | | | | | | |
| I have gone outside. | | | | | | | |
| I have connected with an adult. | | | | | | | |
| I talked to myself like I would talk to a friend. | | | | | | | |
| I drank at least 4 glasses of water. | | | | | | | |

This week I lost focus on _____

Next week I need to make more of a point to _____

I can ask for additional support by _____

This week I did well with _____

A positive affirmation to sum up my week is : I am _____