

# Partner Helping List

When you're not sure what to do, pick something from the list and get it done.

## Partner Care

- Refill your partner's water
- Bring your partner something warm to eat
- Remind your partner to shower & make it possible
- Rub your partner's feet
- Tell your partner what a good job they're doing

## Home Care

- Wash, fold, and put away the laundry
- Do the dishes
- Remove clutter from common areas
- Replenish the baby-care bedside basket
- Remove dirty diapers

## Baby Care

- Hold and rock the baby between feedings
- Communicate with care providers
- Take the baby outside
- Read or learn something about baby's normal development
- Change the baby's diaper or clothes
- Take a picture/ video of your partner & the baby

## Self Care

- Eat something warm
- Drink a glass of water
- Call or text a friend
- Take a (quick) shower