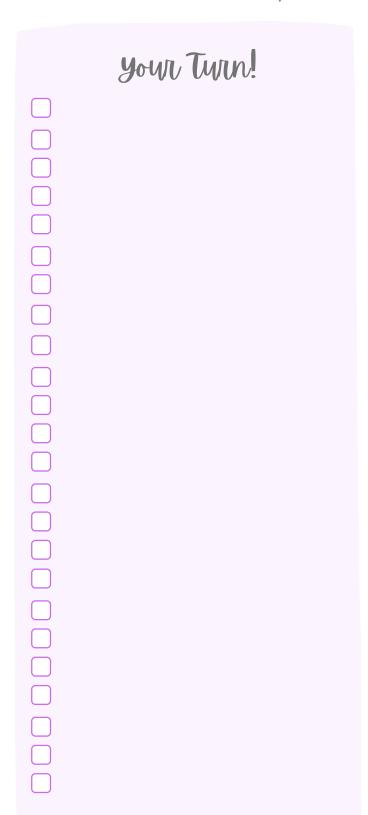
## POSTPARTUM PLEDGE CHECKLIST/DAILY TO DO LIST

It is super important to take care of ourselves after a baby arrives as our time, sleep and body is on demand constantly! So here are a few things you can do for yourself everyday to feel recharged, refreshed and ready to tackle another day or night. We have a few ideas for you but we want you to customise your own pledge!



## Checklist

TAKE A SHOWER OR BATH EVERY DAY

EAT BREAKFAST LUNCH AND DINNER

Drink water!

WRITE IN YOUR JOURNAL OR DO A WRITING CHALLENGE (PINTEREST HAVE GREAT IDEAS)

MEDITATE OR READ SOMETHING THAT'S OF INTEREST TO YOU

Go to the bathroom alone at least once a day

Put on fresh clothes – even if it is fresh Pjs

Have 20mins of alone time

Talk about my feelings openly and honestly

Spend 10mins outside in the sun and fresh air

TALK TO A FRIEND ON THE PHONE OR IN PERSON

The Power of Birth