

## Week Day Planner for the First Six Weeks

Weeks 1-2: List 2-3 things that you **NEED** to have done + 1 self-care activity (ex, wash and fold a load of laundry is two tasks + a shower for self-care) it may take all day to get these things done at first, but over time you will get faster. Remember that your main goal now is to heal and to have a strong breastfeeding relationship with your baby, not getting lots of things done.

Weeks 3-6 Slowly increase the **NEEDED** tasks and the self-care tasks, only increase when you can get through the whole list that you have you don't feel like you are rushed or stressed.

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