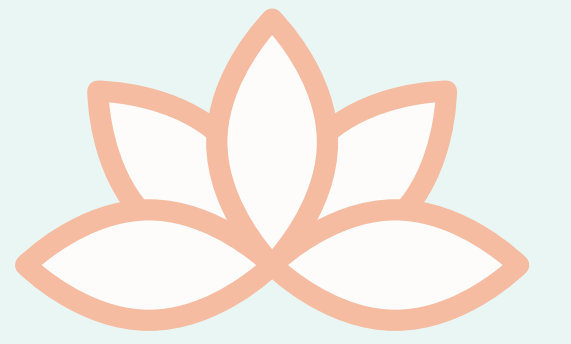


Mum

POSTNATAL CARE PLAN



baby care

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emotional support

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local support groups

[Blank teal box for local support groups notes]

me time

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household chore support

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shopping

[Blank white box for shopping notes]

visitors

[Blank teal box for visitors notes]

care of other children/ pets

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useful contacts

[Blank teal box for useful contacts notes]

please note