

What Would Be Helpful for You?

Dear Mom,

You may have just found out that you have postpartum depression or maybe you've known for a while. What you are experiencing is NOT easy. It is an illness and it can make life pretty hard to handle.

The person who gave you this sheet wants to help in some way but also doesn't want to overwhelm you. While they might not be able to do everything listed, the following checklist will help them figure out what your greatest needs are and how to best support you during this time.

With the following statements in mind, check all below that you identify with or would be most encouraging to you right now:

"I really wish someone could..." or "I'd be so encouraged by someone..."

- Bringing my family a meal
 - Allergies/Food sensitivities _____
- Doing my dishes
- Folding laundry
- Changing the sheets on beds
- Organizing my kids' toys
- Go grocery shopping (large or quick trips for a few items) OR
- Go to the store with me to help with my kids (I prefer to shop)
- Watching my children/holding my baby for an hour so I can nap
- Watching my children so I can get out of the house and do something I enjoy
- Watching my children so I can take a shower
- Watching my children so I can organize something
- Take my kids to the park
- Babysitting for a "date night"
- Running errands (picking up prescriptions, diapers, etc.) once a week
- Prepping some food for meals for my kids during the week
- Make me lunch (I'm finding it really hard to find time to eat/take care of myself)
- Coming over to keep me company
 - "Please don't stay all day, ____ min visits would be ideal (15 min, 30min, 1 hr) or
 - "Please stay awhile; I'm having a hard time being alone"
- Bring me a coffee
- Coming over to go for a walk with me
- Pray with me
- Writing out Scripture verses for me to put around my house
- Watching my kids so I can go to my counseling appointment
- Call to see how I'm doing
- Text to see how I'm doing
- Drive my older child to/from preschool

- Someone who wouldn't mind me calling at any hour if I am breaking down and just need to know someone is there or could come help me at a moment's notice
- Other: _____

My preferred form of communication:

- Text
- Phone call
- Email
- FB messages

It is really hard/draining right now for me to:

- Ask for help
- Talk on the phone
- Get back to people
- Have people over or in my house for long periods of time
- Keep up a long conversation
- Run errands or take my baby/kids out anywhere
- Cook
- Clean
- Do much of anything

I feel like I:

- Have a few family members who live nearby that I can call who will help with anything
- Have family members nearby but don't feel comfortable asking for help
- Have a few people I would feel comfortable asking for help

They are: _____

- Have only one person/friend I feel comfortable asking for help
- Have no one nearby that I can call

I would:

- Be okay with someone organizing other friends to help me
- Not be okay with someone organizing other friends to help me