

A softer landing.

The first 72 hours support starter: one useful plan for the mother and the people who love her.

01 / Choose a support lead

Someone other than the mother owns meals, visitors, errands and backup help. Ask what she wants; do not turn the plan into another assignment.

Support lead: _____ **Backup:** _____

02 / Agree on a real handoff

Choose a rest opportunity that fits the baby's feeding and care plan. Another capable adult owns the agreed tasks. Rest is not permission to delay a needed feed.

Who is on: _____ **When:** _____

03 / Own three complete jobs

Plan it, do it and clean up. No repeated reminders.

Meal owner: _____

Household / older-child owner: _____

Errand owner: _____

04 / Make honesty easy

Ask: "What feels heaviest? Would listening, practical help or help reaching care feel useful?" No forced gratitude, surprise visitors or pressure to feel joyful.

05 / Put actual care within reach

Save the obstetric office and after-hours number, pediatric contact and follow-up date. Ask the care team whether an earlier check-in or preventive counseling is appropriate.

Care contact: _____ **Follow-up:** _____

06 / Keep one small thing—or skip it

One ordinary detail you might want to remember: _____

Nothing to record today is also a complete answer.

Care is always allowed

US maternal support: call or text **1-833-852-6262**, 24/7. For a suicide or mental-health crisis, call/text **988**. Immediate danger, hallucinations, delusions or severe confusion after birth: call **911** or go to an emergency department. Arrange a trusted adult to remain with and care for mother and baby. Outside the US, use local emergency services.

Educational planning guide. Not diagnosis, therapy, prevention or treatment. No one monitors this guide or website. Independent clinical review is pending. Follow the mother's and baby's actual care instructions.

Free planner and sources: held-days.vercel.app/resources

Primary guidance: NIMH · NHS · HRSA