

Love, with a clear next step.

A practical playbook for partners, friends and family. Help should reduce the work, not add management.

Replace “let me know” with a specific offer

“I can handle dinner and cleanup tomorrow. Would that help?” Ask before deciding. Respect a no.

Own the whole job

Choose the meal, check preferences, arrange it, bring it and clean up. A task is not truly delegated when she still has to remember every detail.

Listen before fixing

“That sounds heavy. Would you like me to listen, take something over, or help you reach care?” Avoid “at least the baby is healthy,” comparisons or instructions to be grateful.

Protect a care-compatible rest opportunity

Agree who owns baby care, older children and household work. Keep the baby’s care and feeding instructions central. Inability to sleep despite opportunity deserves attention, especially with unusual energy, agitation or confusion.

Use consent, not surveillance

A gift does not buy access to private thoughts or photographs. Let her choose what to share. Do not turn a support app into a mood scoreboard.

Follow through tomorrow

Confirm one task, its owner, a time and a backup. Keep promises small enough to fulfill. Do not make her recovery depend on a new project, perfect routine or business success.

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