



What to Ask For When You Don't Know What You Need

Anything that takes the load from you is worth asking for. Even in later months, if you are struggling, don't hesitate to ask.

AROUND THE HOUSE

- Clean your house
- Clean your car
- Mow the lawn
- Weed garden beds
- Do the dishes
- Change the beds
- Get mail, open mail
- Pay bills
- Run errands
- Help go through spouse's things
- Rotate seasonal clothing
- Do the laundry - fold & put away
- Make meals for your family
- Make lunches for the kids
- Grocery shop
- Organize appointments
- Find and organize documents

CHILDCARE

- Watch the kids
- Take the kids out to do something fun
- Babysit the kids so you can have time for yourself
- Take the kids to school
- Help put the kids to bed
- Help get the kids up
- Take the kids to appointments (dentist, therapy, school functions)

ETC.

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