

THE WELL MAMA RESOURCE

Help Lines and Tips

Helpful Numbers:

Pregnancy Risk Line	1.800.822.2229
Postpartum Support Warm Line	1.800.944.4773
Breastfeeding Support	1.800.LALECHE
Poison Control	1.800.222.1222
Baby Your Baby	1.800.826.9662
Child Care Resource Line	1.866.GET.HUGS
Domestic Violence Info Line	1.800.897.5465
United States Crisis Line	Text the word CONNECT to 741741

Self-care Check List

- Have I eaten enough nutritious food today?
- Have I slept at least five hours, or taken a nap?
- Have I bathed or showered today?
- Have I exercised at least 10 minutes today?
- Have I had at least 10 minutes of quiet time for reflection and renewal today?
- Have I let myself laugh today?
- Have I let others help me today?
- Have I kissed my baby and told him/her "I love you" today?
- Have I talked to at least one adult today about how I am doing (not just about the baby)?
- Have I set realistic goals and been gentle on myself today?

Adapted from Dusan, S (2001). The Well Mom Check List. The Healing Group