

First 48 Hours

Make a home plan

Use these three pages for your first 48 hours at home, whenever you arrive. Write down your family's instructions and share the everyday jobs.

Baby's care team / contact

Partner's care team / contact

After-hours contact / care-team instructions for getting help

Before you settle in

- ☐ Keep written care instructions somewhere both of you can find them.
- ☐ Ask the team to explain any instructions that are unclear.
- ☐ Write down follow-up appointments and how you will get there.
- ☐ Choose someone you can ask for a meal, an errand or household help.

Our care team's plan / questions to clarify

Prompts for your conversation: feeding, everyday care, follow-up, and when and how to seek help. Keep the full written instructions with this page.

Baby's follow-up / date / place

Partner's follow-up / date / place

This worksheet does not assess symptoms or replace your family's care plan.

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Care notes

Use one row per event. Record the details your care team asks for. This is a memory aid, not a schedule or a set of daily targets. Print extra copies as needed.

Date / time period covered

Names / initials used in notes

Write it here so neither of you has to remember it all

Time	Event	Details / observations	Initials

Event examples: feeding, diaper, care-team call. Use your team's instructions about what to record; add units when relevant. Keep personal details private.

Question or update to share with the care team

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Partner handoff

A short handoff can make the next few hours easier. Agree who owns each job, what they need to know, and when you will check in again.

Share the everyday jobs

Job	Who	When / details

Ideas: meals, laundry, supplies, messages, visitors and asking someone for help. Keep the plan realistic and leave room to change it.

What happened / what is next

Help or a break I need

Person we can ask / specific job

Next check-in time

"What is one thing I can take off your plate?"

Listen to the answer. Choose a clear next step together.

You do not need a perfect routine today. A shared plan, a useful note and one completed job are a good place to begin.