

Sage & Cedar

REPRODUCTIVE AND PRENATAL MASSAGE | CHILDBIRTH SUPPORT

Postpartum Plan for Family and Visitors

WE ARE SO EXCITED FOR YOU TO MEET:

Born: _____ *at:* _____

Weighed: _____ *lbs and* _____ *oz and was* _____ *inches long!*

Please wash your hands before touching the baby and refrain from kissing the baby's face and hands to prevent the spread of germs.

We love and appreciate you visiting us!

THREE MEALS/FOODS THAT WE ENJOY:

1. _____

2. _____

3. _____

THREE CHORES WE WOULD LOVE HELP WITH:

1. _____

2. _____

3. _____

NOTES: _____
