SOMETHING LIGHTER

Motherhood Without a Village: The Jobs to Learn

A village does a few jobs. The night help. The cook. The one who knows what happens at the doctor's office. The one who knows daycare. Write each job down, and learn them one at a time.

The night shift

☐ Set up the night in your room before bed: the cart, water, the next outfit, the next bottle or feed.

☐ Prep tomorrow's food and lunch tonight, and put everything away.

☐ Watch how other mothers get their babies to sleep, and write down the two ideas you'll try first.

Before every appointment

☐ What are the benefits?

☐ What are the risks?

☐ What are the other options?

☐ What does my gut say?

☐ What happens if we wait, or do nothing?

Before you visit a daycare

☐ What does it cost each month, and what's extra?

☐ What are the hours, and what happens if I'm late?

- ☐ How many children are there for each adult in my child's room?
- ☐ What happens when my child is sick?
- ☐ How will you tell me about my child's day?
- ☐ Can I visit without calling first?

When someone joins your village

- ☐ The routine, in order, with times.
- ☐ What the baby eats, and when.
- ☐ Where everything is.
- ☐ Who to call, and when to call you.
- ☐ The one thing they must never skip.

Maternity and children's care teams share those five appointment questions for any decision. Write the answers down before you leave.