



# Balancing housework and baby

Jobs someone else could do:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

People who can help me:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Jobs I can do when baby is awake:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Safe places for baby while I work:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Jobs I can do when baby is asleep:

- \_\_\_\_\_
- \_\_\_\_\_
- Catch up on sleep myself!

If things get out of control I can:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Fun things to do for ME TIME:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Useful phone numbers

Pregnancy, Birth and Baby Helpline (24/7)

Phone 1800 882 436

Parenting WA (24/7)

Phone 1800 654 432