



Identifying a Helpful Morning Routine

A range of emotions is completely normal and expected!
Many families feel a mix of grief, relief, and sadness.

Family Business Meeting

- Discuss what EACH family member needs to be ready for the day. This includes you too!
- Make a list of things that need to be done each morning or to prepare for the return to work
- Examples:
 1. Who is providing care for the baby?
When do you need to leave the house to drop the baby off?
 2. What does baby need during the day?
 3. Who will get the baby ready in the morning? Will you split tasks is partnered?
 4. Do you (or your partner) want to shower morning or night? Who needs that cup of coffee or morning quiet, workout, etc to be their best selves?
 5. If pumping, do you have all pumping items and a bag? Do you know where you can pump?
(remember, employees by law must provide a clean space that is NOT a bathroom for pumping).
 6. Who will prep bottles?
 7. Do you want to alternate who gets ready when in the morning?



- 1.) Practice routine 3-4 times prior to the first day! Give yourself ample time the first several days until you establish a “flow.”

