# The Village Plan

Support Roles for Postpartum Moms

Choose your people and assign them the role that fits them best. Print it out, hang it on the fridge, or share it digitally to help your village support you in real, tangible ways.

## 🧡 The Encourager

Sends affirmations, uplifting texts, and gentle reminders that you're doing great—even on the hard days.

Assigned to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 🍽️ The Meal Fairy

Brings over meals, drops off coffee, stocks snacks, or sends gift cards for food delivery.

Assigned to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 🧺 The House Help

Pitches in with laundry, dishes, tidying up, or any small task that takes something off your plate.

Assigned to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 👶 The Baby Whisperer

Holds or walks the baby so you can shower, nap, or get a moment to yourself.

Assigned to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 🛍️ The Errand Runner

Does quick runs to Target, the pharmacy, or handles Amazon returns so you don’t have to.

Assigned to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 🛑 The Boundaries Buddy

Helps protect your rest and space by managing visitors and gently saying 'no' when needed.

Assigned to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_