



Jill Zechow, M.D., M.S.

www.MotherhoodSurvivalManual.com

Date: _____

Partner's Name: _____

Please provide _____ with at least 8 hours of uninterrupted sleep at night, at least 2 nights every week. She is suffering from weeks of sleep deprivation, which can make it difficult to feel human. Adequate sleep is essential to prevent postpartum depression.

Thank you for your support.

Jill Zechow MD

Signature



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It is recommended for all moms to have some time away from their babies daily. This time apart is essential for her mental health. Talk together to create a schedule so she has predictable time away each day. This can be anywhere from just 15 minutes to a few hours, as works best for both your needs. Please provide parenting support so she can have time away from the baby daily.

Thank you for your essential support.

Jill Zechow, MD

Signature