

## The A List

People will want to come over and “help” or hold your baby. Your B-List manager can help you triage who is on your A list, who is on your B list, who can help with meals, and who needs special attention.

The A list is a group of wonderful people who will come over and are willing to take on a chore or two. YOU DECIDE who gets to enter your home. IF and WHEN you agree to invite folks in, *let them help!* You can update or edit the list I've made below, but these are the sorts of things that neighbors, work friends, partner's work friends, spiritual community friends, and other close-but-not-too close folks can help you with. You won't have to think about it, just let them do the work!

There are many ways to manage this list. You can print out many copies before baby is born and keep them in a folder near the fridge. Put out a new list each week and direct folks to write their name/date on the list next to the item they accomplished for you OR you can put the basic list on the fridge and trust folks to do what is needed.

I recommend keeping an errand and shopping list next to this list so that people can help take bills to the post office for you, return extra, broken, or duplicate gifts, purchase batteries or toilet paper or anything else you could really use help with.

## *You Made the "A" List!*

*Thanks for coming over and helping us get settled into our new family. Our yoga teacher suggested we put up a list of ideas to help you help us, so here it is! We can't thank you enough.*

Empty/fill the dishwasher or wash any dishes you see.  
Empty garbage cans. Our garbage is picked up on \_\_\_\_\_ day.  
Take recycling away.  
Buy, wash, and chop veggies for easy snacks (mama needs fiber and nutrients).  
Clean up pet waste.  
Tidy the refrigerator.  
Wipe down the bathroom. Cleaning supplies are kept \_\_\_\_\_.  
Wash laundry. Instructions are on the machines.  
Fold laundry any way you want. Your mom isn't watching, and we appreciate it!  
Walk the dog, whose name is \_\_\_\_\_.  
Play with the cat and/or tell her how pretty she is from a distance.  
Vacuum ONLY if mama and baby are awake.  
Sweep anytime.  
Dust and tidy.  
Return food containers to their owners.  
Cut the grass, weed, or shovel snow.  
Check indoor plants in case they are thirsty.  
See the errand/shopping list and see if there's anything you can help with.

*Please help yourself to any of the lovely snacks that others have brought. We put them out to share the appreciation with you. Thanks for taking the time to help us out! Please write your name on this sheet below so we can know who helped us out :)*