

## The B List

The B List is your inner circle. Your best friends. Those who will literally do anything you need, like wash out your undies or purchase nipple cream. This isn't an invitation to be a diva and demand unnecessary favors from your closest friends, but an acknowledgement that there will be things you might need help with that you just can't ask your mom or mother-in-law or well-meaning friend from work to do.

I can't define this list for you. My teacher, Katie, recommends that the folks on your B list are the people who you could comfortably ask “will you please wash my bloody underwear.” Because this may very well be something you will ask them to do.

Maybe your mom is on this list, or your friend who just had a baby, your sister, sister-in-law, or BFF. These are the people you call on when you need more personalized assistance. Ask them in advance of the birth, and have a couple of folks in mind. Let them know where you will keep your “B” list. Perhaps it is inside your bedroom closet, or next to your bedside. Wherever you'd like to keep it that it is discreet from other visitors but easy enough for others to check.

Some people prefer to segregate this list out to individuals, and this is wonderful. If you feel very comfortable with your MIL checking the mail, ask in advance and give her great instructions. If not, don't worry about it. If you are only comfortable asking one person to assist you with personal physical tasks, check in with them. But (and I can't stress this enough) make a plan now. You can always cancel the plan and call off the hounds, but it is more challenging to assemble them once you have a new baby and are working on learning all sorts of new things!

## *You Made the “B” List!*

*No bullshit, friends. The B list is my inner circle. While the A List is awesome and I need that help, you are my people who I trust to do the things I REALLY need help with.*

Attend to stained laundry... it is currently kept \_\_\_\_\_

Purchase feminine products if it looks like I'm running low.

Give mama a foot rub.

Pick up any prescriptions for the family. Details are below.

Check the mail and sort it into three piles:

- things that actually need attention
- personal-looking stuff like congratulations cards or other personal correspondence
- stuff that is probably junk

Confirm that all bills are paid.

Manage the A-List duties (replace the list if needed, or add to it).

Buy this more personal stuff and cross it off when you have purchased it.

List of things I REALLY need:

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*Please help yourself to any of the lovely snacks that others have brought. There is literally nothing I can do to repay you for your willingness to join my inner circle, except to say that you're my hero. Thank you!*