

Just Had a Baby? Legal Tips for Life After Birth

- *From a New Mom*

1. Prioritize Rest and Nutrients
 2. Complete Birth Certificate and Social Security Paperwork
 3. Soak Up Time with Your Partner
 4. Organize Help for Meals, Laundry, and Chores
 5. Establish or Update Your Will
 6. Add Baby to Your Health Insurance Plan
 7. Book a Lactation Consultant Appointment
 8. Schedule the First Pediatrician Visit
 9. Arrange Follow-up Appointments with Your Midwife or Doctor
 10. Stock Up on Essentials Like Clothing and Nursery Items
- Prepare meals ahead of time
 - Delegate chores to friends and family
 - Review and update legal documents
 - Set reminders for doctor appointments
 - Create a list of essentials needed for the baby

For more resources, visit: www.veganyum23.com