



## Doula-Please-Do List

At Red Blossom Wellness, I am happy to provide you with light housekeeping services so you can spend much-needed time with your little ones. If there is something else you might like done, let's chat about it.

- Hold baby so I can shower or nap
- Vacuum
- Wash/ fold laundry
- Dust
- Take out garbage
- Do dishes
- Clean up kitchen
- Make beds
- Change sheets on bed
- Walk dog(s)
- Make a snack for you and/or kids
- Make lunch
- Make dinner
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_