



cpfh
CENTER FOR POSTPARTUM
& FAMILY HEALTH

Specialty perinatal mental health — Houston, Texas

THE WELL MOM CHECKLIST

A daily check-in for stay-at-home mothers

Check in with yourself today. You cannot pour from an empty cup — and nobody is going to ask how you are doing if you don't ask yourself first.

BODY & BASICS

☐

Have I eaten enough nutritious food today?

Not just snacks. A real meal, sitting down if possible.

☐

Have I slept at least 5 hours, or taken a nap?

Chronic sleep deprivation is a mental health risk factor, not just tiredness.

☐

Have I bathed or showered today?

Small acts of self-care signal to your nervous system that you matter.

☐

Have I moved my body for at least 10 minutes?

A walk counts. Fresh air counts even more.

MIND & EMOTIONS

☐

Have I had 10 minutes of quiet time for myself today?

Not scrolling. Stillness, reflection, or something you actually enjoy.

☐

Have I noticed how I'm feeling emotionally — without judging it?

Name it: sad, anxious, numb, frustrated, okay. Naming is the first step.

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Have I let myself laugh, rest, or do something just for me?

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Have I forgiven myself for one mistake or imperfection today?

You are doing something that has never been done before: raising this child, this way, today.

CONNECTION

☐

Have I told my baby "I love you" and meant it today?

Even on the hard days. Especially on the hard days.

☐

Have I talked to at least one adult about how I'm doing — not just the baby?

Text counts. A real conversation is better.

☐

Have I let someone help me today, or asked for what I need?

Asking for help is not a sign of failure. It is a sign you understand what you need.

TONIGHT

☐

Do I have a plan for getting as much sleep as possible tonight?

IF YOU ANSWERED "NO" TO MOST OF THESE...

That is not a personal failing. It is information. Reach out to someone who can help — a partner, a friend, or a therapist who understands what you are going through. **CPFH: (713) 561-3884**

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