

.....'s Petal Roster

Monday

.....

.....

Tuesday

.....

.....

.....

Co-ordinator

.....

Friday

.....

.....

.....

Thursday

.....

.....

Wednesday

.....

.....

How it works: Print out the Petal Roster and write down friends' names on the days they can help the new mum. It could be things like dropping off a home cooked meal, picking up older kids from school or holding the baby while mum has a shower - whatever mum finds helpful. The co-ordinator will oversee the roster and make sure everyone knows their days and tasks.

