

4 Ways to Make the Invisible Work Visible



POSTPARTUM MENTAL LOAD



1.

Make the invisible visible

Write down the tasks that need to happen each week, from baby care to household responsibilities.

2.

Share the planning, not just the tasks

Talk with your partner, family, or support system about who will handle specific responsibilities. Sharing the mental load means sharing the thinking and planning too.

3.

Prepare before you need it

Set up shared calendars, create supply lists, and identify people who can help with meals, errands, or other tasks after delivery.

4.

Ask for support early

Support is not only needed during difficult moments. Building a support system before you feel overwhelmed can make the postpartum transition easier.

REMEMBER: The mental load is real. Making it visible and sharing responsibility can make the transition to parenthood feel more manageable.

Find additional free resources: <https://sites.rutgers.edu/maternal-wellness-solutions/>