



# Pacific Post Partum Support Society

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Telephone Support: 604-255-7999 [www.postpartum.org](http://www.postpartum.org)

## Self-Test: Do You Take Care of Yourself?

Answer “yes” or “no” to the following questions:

1. Do you take time to have a leisurely bath or shower?
2. Do you take time to brush your teeth?
3. Do you have three distinct meals a day?
4. Do you sit down during those meals?
5. Do you eat without a child or baby on your lap?
6. Do you rest or nap while your child/children nap?
7. When your partner or friend offers to help, do you accept?
8. Do you ask for help when you need it?
9. Do you have someone watch your child / children so you can go out and do something you really enjoy?
10. Do you allow yourself to sit without worrying about all the work that needs doing?
11. Do you talk to friends (not about their problems)?
12. Do you buy things for yourself, not just for the baby/children?
13. Do you read a magazine or book, *just* for pleasure?
14. Do you say yes or no to sex because that's what *you* want?

***If you have a low number of “YES” answers, you may want to look at how you take care of yourself. This is not meant to be a “Should-Do List”, it is just food for thought.***