## If you have a moment, doing ANYTHING on this list would be a huge lifesaver for us. We can't thank you enough!

## For Our Home:

- Empty Dishwasher
- Wipe down kitchen counter
- Wipe down stovetop
- Clear out fridge
- Empty trash
- Vacuum rugs
- Sweep kitchen
- Wipe down bathroom sink
- Dust
- Mop floors
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## For The Babies:

- Make bottles for the day
- Do a load of laundry (or all of it if you are up to it)
- Restock diaper bag
- Restock diaper baskets
- Change crib sheets
- Wipe down stroller
- Organize toys/books
- Change batteries in the
- Help me swap out clothes that don't fit the babies anymore

## For Us:

- Do a load of laundry
- Make lunch/dinner
- Make meals for us to freeze (we love your cooking the most!)
- Grab groceries (ask me for a list)
- Grab supplies from the drug store (we have a list)
- Give me a chance to take a nap

