

5

things you can do to help a new Mom & Dad...

A new baby is an exciting event for family & friends – everyone wants to be involved... here's a few tips for those who would like to be remembered fondly!

1. Give mom a break – hold the baby while she showers, sleeps or goes for a walk
2. Bring meals
3. Take away laundry
4. Be a “good visitor” – phone first; ask if they need anything from town or have errands you can run; don't come if you are sick or have sick kids; keep it short; be useful.
5. Be supportive & uncritical of the way they have chosen to care for their baby.