



## This Home Has A New Baby!

Introducing ~ Name:

Birthdate & Time:

Weight & Length:

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~ Having a baby is hard work, and giving birth brings great challenges both physically and to the family dynamic.

~ To maximize recovery of the mother and help this family bond, please limit the length of your visit. (Mother and baby need to spend time quietly resting and the family needs time adjusting to its newest member).

~ For the health of the new baby and family, please **DO NOT** come in if you or your children are sick.

During your visit, please consider helping out by doing one or more of the following: (circled)

- Prepare or arrange a nutritious meal
  - Grocery shop
  - Run an errand
  - Wash Dishes
  - Clean a Bathroom
  - Sweep/Mop/Vacuum
  - Sit with baby/other children for mother to have a shower
  - Take out the trash
  - Do Laundry
  - Unload/Load the Dishwasher
  - Water the yard, garden, or houseplants
  - Jump in & do what ever needs to done
  - Ask for a task!
  - Other:
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