

## **Things to think about...**

### Visitors on Parade

1. People who will be called immediately after birth?
2. People who will be coming to help?
3. Time limit you feel comfortable with for guests?
4. People who will visit you after you have settled in (after a few weeks)?
5. People who may be invited to an open house to meet the baby when you're really ready?

### Expectations of Help

- cooking
- housework
- shopping
- sibling care
- advise/ listening/ education
- babycare while you rest/ shower/ eat

Don't forget to communicate these expectations with your help before baby is born!

## **Sample Letter Organizing Help for The New Mom-To-Be**

Dear friend (or name),

Thanks for your offer of help after (name)'s baby is born. As you know, it's sometimes overwhelming for new moms to sort out or anticipate all of their needs, and many well-meaning eager friends who want to help may not know exactly what to do. We are trying to help (mom's name) prepare for and honor her early weeks at home with baby by setting up a mothering circle to help in a variety of ways. If you'd like to be part of it, we would appreciate having an idea of when and how you'd feel most comfortable lending a hand. For instance:

*Can you bring a soup, salad, casserole, or other dish?*

*Can you do an activity or play date with her older child?*

*Can you be called on for grocery or other shopping?*

*Can you come over for a few hours to sit with the baby or answer the telephone while (name) rests?*

*Do you have any special skills or interests you can share?*

*Massage, expertise in baby basics, driving, etc?*

If you'd like suggestions about what kind of help to offer, call (name of friend or relative) so (he or she) can let you know what's most needed and which times are best.

Thank you for being a special part of (new mom's name)'s mothering the new mother circle.

## **Some Mothering the New Mother Gifts**

- relaxation tapes
- herbal Teas
- cooked meals
- nursing gowns
- body lotions
- sleep bonus- two hours from a trusted friend or family member of baby sitting while you sleep (especially needed when regular helpers go home)
- a blank mom's journal
- a gift certificate or a contribution toward a "doula fund", breastfeeding class/ lactation consultant.
- an hour or two of help with housework and shopping
- a massage

Resources used and recommended reading-

*Pregnancy, Childbirth and the Newborn* by Simpkin, Whalley, Keppler  
*Mothering the New Mother* by Sally Placksin