

A Letter to Share with Those Who Offer to Help Out

We've heard that we'll need help and support after the baby comes. People say, "Sometimes when parents are caring for all the needs of a newborn, they have a hard time taking care of their own needs." We're asking for your help, in case this is true for us.

Once a day, we'll need someone who can come check in on us and help us out with whatever we need. Here's what would help:

1. Call or text to remind us that you're coming, and see if we need you to pick up or bring anything (such as a hot meal, diapers, or groceries). If we don't answer the phone, leave a message and we'll call back when we can!
2. When you arrive, forgive us if our house is messy and we haven't showered.
3. When you arrive, ask us again what we most need: We may need help washing dishes, starting the laundry, watching the baby while we shower or nap, or we may just need someone to sit and listen to us talk.
4. Some days we might enjoy having a visitor over for an hour or two. Other days we'll rather have quiet time to ourselves and might ask that you only stay for a few minutes. Please plan to be flexible.
5. Other things we may need help with:

We really look forward to you meeting our new baby and we're happy that you'll be part of our baby's life! However, we want to remind you that in the early days after the birth, we'll be learning our new job as parents. We expect that we'll want to do all of the baby care things. We'll ask you if it turns out that we need help with caring for our baby, but mostly, we need you to help take care of *us*! If you can help, please fill this out and give it back to us. Thanks!

Name _____ Phone Number _____

What day(s) of the week are you most likely to be able to help? _____

How many times could we call on you in the first weeks? _____

Is there anything you especially want to help with, or wouldn't want to help with?
