

# *This Home Has A New Baby!*

*Name:*

*Birthdate and Time:*

*Weight/Length:*

*Parents:*

*Born At:*

Having a baby is hard work and giving birth brings great change both physically and to the family dynamic. To maximize recovery and help this family bond appropriately, for best long term results mother and baby are spending most of the day together quietly resting and adjusting. While your visit is appreciated by the family, please assist them in this critical time by limiting your visit to TEN minutes and be understanding if the priority of the family bonding prohibits the new baby being held by anyone but the mother/father. Please DO NOT come in if you or your children are sick.

If you are asked to stay longer, help out by doing one or more of the following (circled):

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

*Thank you for your consideration and thoughtfulness in helping with this special transition time!*

\_\_\_\_\_. *Care Provider*