

Mothering the New Mother

The support of family and friends is so valuable to a new mother. Here are some suggestions for ways you can help the new family.

- ♥ Goal for the new mother: no shopping, no house cleaning, no laundry, no meal preparation for 2 weeks. Her work is to take care of herself and her baby, and to enjoy time with her new family.
- ♥ Be understanding if the new family is hesitant to have lots of visitors, especially in the first 72 hours after birth.
- ♥ The idea of entertaining house guests is overwhelming. When you visit, let the new family know you've come to listen or to help out and you don't expect to be entertained.
- ♥ Sometimes a new mother needs alone time. Other times she might really enjoy socializing. Offer to take a walk with her and the baby or offer to watch the baby while she gets some fresh air.
- ♥ Help the new mother enjoy a bath or a shower (aromatherapy or herbs are especially soothing). Someone can clean the tub for her before each bath or watch the baby while she showers.
- ♥ Ask the new mother or her partner to put a list of chores on the fridge, then when you visit you can pick something to help out with.
- ♥ Help her keep plenty of healthy snacks on hand. Or even better, organize meals to be brought to the new family.
- ♥ Remind the new family what a great job they are doing.

Know that your love and support are essential and greatly appreciated (even if the new family is too tired to express it!)