

♥ Welcome!

We are thrilled to introduce you to



Name

Birth date and time

Length and weight



As our family bonds with its newest member, we are grateful for your help and your respect for our needs. We ask that you keep your visit brief, only hold the little one with permission from a parent, and do not come in if you or any of your household members are feeling unwell.

As you visit, please consider helping with one or more of the following tasks:

Empty diaper receptacle

Fill birthing parent's water cup/bottle

Prepare a sitz bath for birthing parent

Arrange for a nutritious meal

Shop for groceries

Wash dishes

Empty dishwasher/rack

Take out trash

Clean bathroom(s)

Care for pet (feed, walk, brush, play)

Wash/fold laundry

Mop/sweep/vacuum

Sit with baby so parent(s) can shower/take a walk/have a break

Assess needs and address/ask for task

Straighten room(s)

Run an errand

Change a diaper

Water yard, garden, or houseplants

Other: _____

