

WAYS TO HELP A NEW MOTHER

- ▶ Bathe the other children.
- ▶ Bring her flowers.
- ▶ Call her during the day.
- ▶ Change the bed linens.
- ▶ Clean the house.
- ▶ Do the laundry or dishes.
- ▶ Encourage her to exercise.
- ▶ Entertain the other children.
- ▶ Give her a massage or foot rub.
- ▶ Give her time for a bubble bath or long shower.
- ▶ Go grocery shopping and restock the kitchen.
- ▶ Help her care for herself and baby.
- ▶ Let her cry, and then give her a hug.
- ▶ Let her sleep.
- ▶ Listen when she talks.
- ▶ Make sure she eats frequently and healthfully.
- ▶ Make sure she has quiet time to read or listen to music.
- ▶ Prepare some meals.
- ▶ Rent a funny movie to watch together.
- ▶ Rock the baby.
- ▶ Play her favorite music.
- ▶ Say “I love you” often.
- ▶ Take her to lunch.
- ▶ Take a walk together.
- ▶ Write her encouraging notes.



Mood Changes and Mom
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