



How to help when there is a newborn at home

There are many ways to help new parents, such as:



Offering to babysit older children and pets for a few hours while the parents get rest or handle chores or responsibilities.



Providing support and encouragement.



Helping with household chores such as laundry, grocery shopping, etc.



Limit visiting times to give new parents a chance to bond with their baby.



Cooking a meal or bring something already prepared.

Please remember to limit visiting times to give the new parents a chance to bond with their baby. It is important to recognize that this might be an overwhelming period for the new parents. Be patient and understanding. Try to be attentive to their needs as they learn to care for their new baby.