

WAYS OTHERS CAN HELP A NEW MOTHER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rock the baby.	2 Do the laundry.	3 Go grocery Shopping.	4 Dust the house.	5 Bathe the other kids.	6 Pay the bills.	7 Rent a funny movie.
8 Bring her flowers.	9 Order a pizza for dinner.	10 Take mom & baby for a ride.	11 Clean the bathrooms.	12 Make a pot of soup.	13 Give her a massage.	14 Give her time for a bubble bath.
15 Let her take a nap.	16 Call her during the day.	17 Change the linens on the bed.	18 Put on a relaxing tape.	19 Have someone take her to lunch.	20 Read to the other kids.	21 Go for a walk together.
22 Take the baby with wherever you go.	23 Make a pot of spaghetti.	24 Give her a foot rub.	25 Let mom take a 15-minute shower.	26 Listen to her.	27 Sandwich hug the baby between you and mom.	28 Give mom exercise time.
29 Restock the healthy munchies.	30 Iron or mend any clothes.	31 Clean out the fridge.	-- TELL HER YOU LOVE HER!! --			

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