

PLEASE WELCOME HOME BABY _____

Born at _____ on _____
Weight _____ Height _____

Thank you so much for coming to visit and support the family during this special time!

Having a baby is HARD WORK and giving birth brings great changes, both physically, emotionally and to the family dynamic. To promote bonding and recovery, the parents and newborn are spending most of the day together, quietly resting and adjusting.

Older sibling will be adjusting a lot, please be sure to give them special time and attention and help them focus on things other than the new baby. Read them a book, play with them, talk about their likes and ideas.

Primal instincts for all mothers are to protect and be close to their young and the new baby is still learning this new world and would benefit from not being “passed around.” To benefit this dynamic, please wait to be asked to hold the child when the mother needs a break and when the baby is awake. Thank you for your understanding.

PLEASE READ CAREFULLY BEFORE ENTERING

- ensure you are completely well
- ensure you are here with love and smiles
- wash your hands
- limit your visit to 30 minutes
- lend a helping hand with any chores that need doing; laundry, dishes, feeding pets, errands and prepare or arrange a nutritious meal are just a few ideas. Leave the home cleaner than when you arrived.

It is important for mom and baby to breastfeed uninhibitedly, if you are uncomfortable with this, you may leave the room.

Thank you for putting the care of this family first.

Lots of love,

The Doula & Mama Mentor

