



# Offering Support to a Postpartum Person

Ask new parents what they need. They may be overwhelmed and find it difficult to know what will help them. Here are some ways you can help your friend or family member.

## What to Do

Bring over a healthy meal.

Create a meal train for them. <https://www.mealtrain.com/>. Share it with friends, neighbors and coworkers.

If you don't cook, give them a gift certificate for GrubHub or UberEats

Watch the baby so they can shower, nap or eat.

Babysit older siblings. Better yet, take the older siblings to the park or zoo.

Do the dishes.

Do a load of laundry.

Run an errand for them.

Clean a room in the house or hire a one-time house cleaner.

Bake some cookies. Leave it as a surprise on their doorstep.

If they have pets, offer to help by taking the dog for a walk or clean the litter box.

Call them to check in on how they are doing.

Be okay with them needing space and time, if they are not ready for visitors.

Bring over a basket of fresh fruit or their favorite snacks.

Bring them a postpartum care kit or do their nails for them at home.

A gift certificate for a massage or facial. Provide babysitting so they can use it.

Stop by with a treat, like bagels and coffee. Do not expect to be invited inside.

Invite them and the baby out of the house for a walk, over for dinner, etc.

## What to Say

Let them know you are there for them, and mean it. Be specific when offering support.

Provide advice, not opinions, when asked.

Ask them “Yes” or “No” questions. Be specific when giving them a choice. “Would you like me there at 7 or 8?”

Ask how they are feeling. Do not just focus on the baby.

Let them know when you notice what a great job they are doing.

Let them know that you believe them and that what they are experiencing is hard.

Remind them that they can ask for help. Asking for assistance is not a weakness

## What NOT To Say or Do

Don't compare your experience to theirs. Everyone's experience is unique.

Do not make negative comments or suggest that things will only get worse.

Do not minimize their situation. What is easy for one, may be challenging for another.

Don't be dismissive. Avoid comments like, “Oh, that's just part of being a parent” or “You're probably just tired”

Don't wait for them to call you. Call or text them and ask what you can do.

Don't be judgemental. Pregnancy and parenting require personal decisions.

Don't make negative comments about their appearance or the baby's.

Don't make assumptions, such as, “you're breastfeeding, right?”

Don't offer unsolicited advice. If asked for advice, be specific and helpful.

**KEEP THE SUPPORT COMING.  
THE POSTPARTUM LASTS MONTHS, NOT WEEKS!**