

Dear _____

Congratulations on your new baby! I would like to be as useful as possible, so please let me know what help you really need by filling this in or just send me a text!

Here's my number if you don't already have it. _____

Let's start with the basics!

Please come and visit!

Please allow me some time to rest before visiting!

Then let me know how I can best help you.

A healthy
homecooked meal

Help cleaning
the house or
doing laundry

Take my older child
out to the park

Hold the baby
so I can sleep or
spend time with
my older child

Bring groceries

Bring cake!

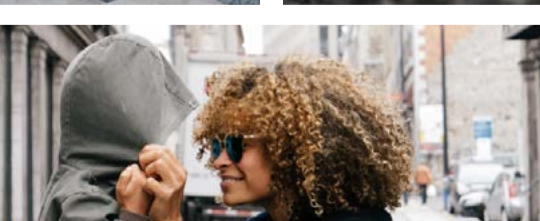
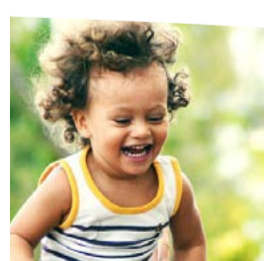
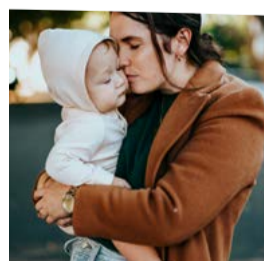
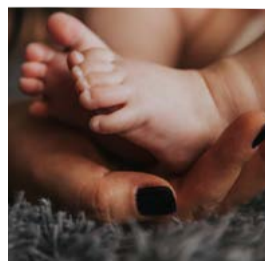
Please check in
on me after all the
fuss is over

Red flag – I'm in need
of professional help

Other (please specify
below)

Notes:

Expiry: this voucher can be used at any time, regardless of how old your 'new' baby is. Parents of toddlers, kids and teens may all need help. Your needs may also change over time, so don't be afraid to let me know if you need something else in the future.



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