

# 12 TIPS

## TO CARE FOR MOMMA AND BABY

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Congrats, new dad! Now that baby's here, your partner needs LOTS OF SLEEP. Ask momma to circle the items she needs you to help with, so she can sleep more.

1. Let momma sleep in. If baby rises early, get up with him and change his diaper. Entertain him.
2. Bring momma breakfast in bed. Clean up kitchen afterwards.
3. Help with night feedings.
  - BOTTLE-FED BABES: Fill bottle. Feed & burp baby. Change poopy diapers. Rock baby to sleep.
  - BREASTFED BABES: Keep momma company & comfy while she nurses. Refill her water bottle and finger food stash. Make sure she has: nursing pillow, burp cloths, nipple cream... Throw a blanket over her shoulders to keep her warm. Help her back to bed. Change baby's poopy diapers. Rock baby to sleep.
4. Help with day feedings. Similar to #3 above so momma can take a nap.
5. Wash/dry/assemble baby bottles. If momma pumps, wash/dry/assemble the pump.
6. Do household chores: laundry, grocery shopping, vacuuming, tidying up, trash removal...
7. Give momma a break. So she can visit the bathroom alone, eat a real meal, take a shower, grab a nap, go for a walk, enjoy a glass of wine, or head to bed early.
8. Give momma a massage. Or flowers or a special treat. And thank her daily for caring for baby.
9. Arrange childcare. Schedule an evening sitter so you can enjoy time together. If momma stays home all day with baby, surprise her with a daytime sitter so she can nap (or run to Target).
10. Do more chores. Empty the diaper pail. Restock diapers & wipes. If momma works, prepare everything for daycare. Straighten up the house. Make dinner. Clean up from dinner.
11. Monitor momma's mental health. Lack of sleep PLUS new baby can lead to postpartum depression. Watch for changes in mood & encourage momma to seek professional help.
12. Ask momma what else she needs from you. Write it here: