

Ways YOU Can Help a New Mother

SUPPORT for MOMS Beyond Baby Blues



PARTNERSHIPS
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BEST BEGINNINGS
Alaska's Early Childhood Investment

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rock the baby.	2 Do the laundry.	3 Go grocery shopping.	4 Clean out the fridge.	5 Vacuum while she's out for a walk.	6 Pay the bills.	7 Rent a funny movie.
8 Bring her flowers.	9 Order a pizza for dinner.	10 Take mom and baby for a walk.	11 Clean the bathroom.	12 Make a pot of soup.	13 Rub her shoulders, stroke her hair.	14 Give her time for a bubble bath.
15 Let her take a nap.	16 Call her during the day.	17 Make the bed with fresh sheets.	18 Put on some relaxing music.	19 Ask her about her day.	20 Read to the other kids, or to her.	21 Go for a drive together.
22 Take the baby with you to run errands.	23 Make a pot of spaghetti.	24 Give her a foot rub.	25 Let mom take a long shower.	26 Listen to her. Try not to get distracted.	27 Sandwich hug the baby between you.	28 Give mom time to exercise.
29 Restock the healthy munchies.	30 Take care of the houseplants, pets.	31 Make a pot of herbal tea.	Tell her you LOVE her.			

Monthly Support for Moms Group: 5:30-7:30pm on the Second Thursday of the Month, Juneau Family Health & Birth Center