

A NOTE TO POSTPARTUM VISITORS FROM THE MIDWIVES

The first few precious days at home with a newborn are busy ones for the new parents. We provide these few “do’s” and “don’ts” to help guide visitors through this special recovery time. Although we present them with a smile... please take them seriously!

DO

- DO Call before you come and plan a visit at a convenient time for the parents. Respect the parents if they tell you it is not a great time for a visit. Evenings may be the worst time.
- DO Keep your visit SHORT. 15-20 minutes is good.
- DO Wash your hands before offering to hold the baby.
- DO Praise the new parents about their growing parenting skills.
- DO Offer to look after older children.
- DO Bring food! Suppers and healthy snack foods come in handy. Ask the parents for some of their favourites if you are not sure what to bring.
- DO Offer an opinion if the parents ask for it.
- DO Offer to wash dishes, take home a load of laundry, run the vacuum or clean something... anything.
- DO Respect the parents’ need to do things their own way in their own time.
- DO Listen to the story of this baby’s birth!

DON'T

- DON'T Expect the mother to leave the room to nurse the baby.
- DON'T Bring the whole family and settle in for the whole afternoon.
- DON'T Accept an offer for tea or food unless you make it yourself and clean up afterwards.
- DON'T Visit if you are feeling even a tiny bit sick.
- DON'T Say anything negative about the baby’s name.
- DON'T Smoke.
- DON'T Give advice when the parents have not directly asked for it.
- DON'T Insist on holding the baby... wait for an offer.