

New Baby Visiting Guidelines:

In order to help our family recover, adjust, and bond to our new member, we request that family and friends:

- Call or text before dropping by to make sure it's a good time (mom may be napping, or we may be working on learning to breastfeed).
- Keep visits short.
- Postpone your visit if you or your family are sick!
- Please don't bring along other children without checking first.
- Don't expect to hold the baby, and make sure to wash your hands before you touch baby!

Having a baby is hard work! Since mom needs to spend most of her time feeding and caring for baby, please consider helping out the family in one or more of these ways:

- Bring a meal or other food.
- Offer to run an errand.
- Provide some childcare.
- Help with something that needs to be done around the house (laundry, dishes, tidy up, etc).

Thank you for your love, support, and consideration!!



Little Orchids
Little Orchids Childbirth Services
www.littleorchidsbirth.com
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