

Welcome!

Thank you supporting us as we get used to our new normal with baby these first few weeks.
We are so glad that you are here!

was born on _____ at _____

weighs _____ and measures _____ inches.

How to be the Dream Visitor when meeting a newborn:

- Schedule your visit with the new parents. Reschedule if you aren't feeling well.
- Ask before you bring your own children into the home.
- Enter the home quietly. (Text upon arrival instead of knocking on the door.)
- Try not to wake the baby.
- Respect the new parent's wishes, whatever they may be.
- Don't wear heavy perfume or come in smelling like smoke.
- Bring food. Make sure what you bring is in disposable containers so it doesn't make more work for Mama and family.
- Wash your hands upon entering, and remove your shoes.
- Offer to help! Serve warm food and beverages to Mama, grocery shop, run an errand, wash dishes, do laundry, take out the trash, water the yard or house plants, sweep/mop/vacuum, sit with the baby while mom takes a shower or nap. You can ask for a task, or just jump in and do whatever needs to be done if it feels appropriate.
- Compliment the new mom. Find something nice to say, but make sure it's sincere.
- Don't ask too many questions, but invite/allow Mama to talk about her experience as much as she feels comfortable.
- Don't stare during breastfeeding.
- Pay attention to older siblings, Dad, and pets, as well as baby.
- Ask to hold the baby before doing so.
- Save your kisses for when babies immune system is stronger.
- Don't ask if the baby is sleeping through the night. Newborn babies aren't supposed to sleep through the night. That question sets an unrealistic expectation for a new mother.
- Don't be surprised or offended if the new mother is emotional, anxious, or upset. These are common physiological responses after birth.
- Never share pictures of your visit on social media without permission.
- Don't stay too long—keep visits to 30 minutes so the new family can have time to rest.