

Blessed Event Birth Services Inc

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Ways To Support Postpartum Families From Afar

Postpartum is a wonderful, stressful time. It can be a challenge for those who don't live nearby but really want to help. It can be done though, allowing family and friends far away to contribute in meaningful ways that can make a world of difference for loved ones.

These are just a few suggestions to get you started.



- ❖ Purchase gift cards for favorite restaurants
- ❖ Purchase gift cards for delivery services whether it's food from a restaurant or groceries from a local grocery store.
- ❖ Pay for a lawn care service for a few weeks, or months.
- ❖ Pay for a house cleaning service to come in a few times, or for a few months
- ❖ Help fund a Postpartum Doula.
- ❖ Mail packages to siblings with books, toys, snacks etc.
- ❖ Offer to do a phone call or video call with siblings when Mom is nursing baby to help keep them occupied during that time.

- ❖ Be available by phone or video call whenever parents need to vent.
 - It's important to listen well, not be judgemental and don't offer advice unless you are asked.
- ❖ Offer to read a story to baby and/or siblings by phone or video call.
 - This may become a regular event that everyone looks forward to.

I hope you find these suggestions helpful. If you have any suggestions I can add to my list, please let me know. Check out my [blog post](#) about this at blessedeventbirth.com.