

# Sh-h-h-h-h-h-h-

family  
is resting.



**Please leave your name  
and number with the nurse.**

It is so important for a new mother and baby to get plenty of rest in the first few days and weeks after delivery. It helps mom and baby recover from birth, decreases stress and allows new families time to get to know each other.

There are many things that you can do to shower this new family with support. Your help in the first few days is important.

**Consider offering:**

- Transporting other children
- Getting the mail
- Grocery shopping
- Meal preparation
- Light housework

