



Because I Care About You



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This happens at a time when post-partum blues are commonly in full swing: hormone levels have made a major shift. You and your life have to adapt to sudden changes.

Nursing will get easier, and less frequent. You’ll get over this hurdle and to the milky smiles and snuggles that are in your future!



For breastfeeding support please call: 1-855-855-MILK (6455)

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At two weeks after the baby is born, the baby's mother

would like me to:

(Choose one)

(Choose one)

—give her a pedicure

—give her a pedicure

—make dinner for her family

—make dinner for her family

—take her and the baby out to lunch

—take her and the baby out to lunch

—clean her kitchen

—clean her kitchen

—do her laundry

—do her laundry

—bring her a bouquet of flowers

—bring her a bouquet of flowers

—Other: _____

—Other: _____

Being a mother can be the most rewarding job in the world and I am so excited for you!
Being a mother can also be very challenging*, and when it is, I want to be there for you.
I invite you to choose what you think you would enjoy most from the following menu, and I will check one week after the baby is born to learn what you picked.

*Please refer to the back

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