



# 50 Ways To Adopt a Mom

How can you support a mom today?

1. Set up a meal train.
2. Tell her how well she's doing.
3. Send a funny motherhood meme.
4. Hold the baby while mom takes a shower.
5. Get specific - don't settle for "I'm fine" as a response.
6. Let her have a break from holding the baby, if she wants that.
7. Offer to keep an eye on the baby while she takes a nap.
8. Video chat.
9. Ask her to go on a walk with you or encourage her to get some fresh air.
10. Do the dishes or (un)load the dishwasher.
11. Run an errand for her or run an errand with her.
12. Call her.
13. Send or bring flowers.
14. Send a meal delivery.
15. Gifts. Gifts for the baby are nice, gifts for the mom are even better.
16. Ask follow up questions. "How are you?" "Good." "Tell me about it."
17. Ask about a highlight and lowlight of her day/week.
18. Suggest an outing (park, store, bakery).
19. Share your stories/struggles to relate to, but not to scare.
20. Offer to be her postpartum "check in partner".
21. Set a timer for visits - (approx. 1 hour) so you don't stay too short or too long.
22. Help with other kids - (play dates, school drop off/ pick up, sports practice).
23. Encourage self care - (taking a bath, manicure, postpartum massage).
24. Acknowledge her feelings whether they be sad or happy.
25. Let her know that she isn't a bother and can rely on you.
26. Help her go on a date night.
27. Take pictures of mom and her baby/babies.
28. Ask about how she is healing physically and mentally.
29. Let her know she can say no to visitors.
30. Help with pets.
31. Ask her to share her birth story if she would like to.
32. Bring a care basket with pads, pain relieving spray, lip balm.
33. Be positive.
34. Help her plan for future meals.
35. Keep away if you or someone at your home is sick.
36. Help her learn how to use baby gear - (pump, baby carrier, stroller, monitors).
37. Bring snacks.
38. Help feed other children during a mealtime.
39. Help her with thank you cards if this is important to her.
40. Fold her laundry.
41. If you can, take a night shift with baby.
42. Invite her family over for a low key event.
43. Decorate to welcome them home.
44. Leave some goodies and note for the family.
45. Do some yard work.
46. Share postpartum resources so she has them- (pelvic floor therapist, counselor/therapist, postpartum doula, hotline for PPD, medication, formula, poison control).
47. Change a diaper.
48. Arrange a time to do some household chores (dusting, cleaning bathrooms).
49. Bring her a drink she likes.
50. Just be there. Be a safe place.

**Remember the dads too! 1 in 5 women will experience PPD and 1 in 10 dads will.**