

# WAYS TO REALLY HELP NEW PARENTS IN A PANDEMIC



WALK THE DOG



SEND THEM A "JUST  
BECAUSE" GIFT



OFFER AN AUDIOBOOK OR  
STREAMING SERVICE  
SUBSCRIPTION



START A VOICE MESSAGE  
THREAD



STACK THEIR FIREWOOD



CHECK IN REGULARLY



OFFER A SOCIALLY DISTANCED  
MASKED OR OUTSIDE VISIT



SEND FOOD OR GO SHOPPING  
FOR THEM



ENQUIRE ABOUT THEIR  
MENTAL HEALTH



CREATE A SPACE FOR THEM  
TO VENT AND EXPLORE BIG  
FEELINGS



OFFER TO TAKE PHOTOS OF  
THEM TOGETHER - SAFELY



COLLECT, WASH, DRY FOLD AND  
RETURN LAUNDRY

**THIS IS A REALLY STRESSFUL TIME TO BE A NEW PARENT, AND IT IS EASY FOR THE REST OF US TO FEEL A BIT HELPLESS IN RESPONSE TO THIS.**

**HERE ARE SOME WAYS TO ENSURE NEW PARENTS FEEL ACKNOWLEDGED AND SUPPORTED DURING THIS CHALLENGING TIME, WITHOUT INCREASING THEIR ANXIETY AROUND THEIR OR THEIR NEWBORN'S RISK OF ILLNESS.**

