



6 ways to help new parents

NEW PARENTS NEED THE SUPPORT TO WEATHER ALL THE CHALLENGES & CHANGES. TRY THESE PRACTICAL WAYS TO HELP THE NEW PARENTS IN YOUR LIFE.



1. **Drop off freezer meals.** A fresh meal is greatly appreciated, but having a stash of freezer meals is extra insurance for future tough days.
2. **Clean the house.** Whether you roll up your sleeves yourself or hire a service, a clean, tidy home can be a big load off a new parent's mind.
3. **Help with yard work.** Rake, mow, prune, mulch, water, and weed so mom and dad can focus on the baby.
4. **Hold the baby.** Sometimes, all new parents need is someone else to snuggle and comfort the baby while they take a nap.
5. **Give them a night out.** Once the baby is old enough, the greatest gift you can give new parents is a chance to get away on their own and reconnect.
6. **Provide a listening ear.** New parents spend all day engaging with their baby. They need time to relax and chat with adults too!