

Supporting New Moms

Helpful ways to show you care.



*The moment a child
is born, the mother is
also born.*

-OSHO

Helpful ways to support a new mom:

“I’m going to drop off dinner. What’s your favorite meal?”

“Are you ok if I stop by to help with any household chores?”

“How are YOU feeling?” (Ask twice)

“Would it be helpful if I held the baby for you?”

“I’m so excited to meet your baby, but I’m also here for you!”

“I have some free time today, can I come by and hold the baby while you nap?”

She is busy mentally & physically, so she may not respond immediately.

Talk about emotions - don’t assume she is okay if she says she’s fine.

Let her know that motherhood is hard and she is doing a great job.

Normalize the emotions and let her know that there will be ups and downs.

Don’t give her advice unless she asks for it.

Tell her she is doing a great job and that she is the best mom for her baby.

Avoid saying these common phrases to a new mom:

“How can I help you?” - This can be overwhelming with so much going on already.

“Let me know if you need anything!” - She does, but may have trouble asking.

“You look exhausted.” - She definitely is, but mentioning it is not helpful..

“Are you breastfeeding?” - This is no one’s business, and can be anxiety inducing.

“When I had my baby...” - Only give helpful & supportive advice if she asks.

“You seem pretty anxious.” - Talk about her feelings, but avoid telling her how she feels.