

**We suggest that you don't ask the parents if they are 'fine' or if they need help. Instead, when you have a moment, doing ANYTHING on this list. Just jump in and serve.**

## **They will be so thankful!**

### **For Our Home:**

- Empty Dishwasher
- Wipe down kitchen counter
- Wipe down stovetop
- Clear out fridge
- Empty trash – kitchen & changing area
- Vacuum rugs
- Sweep kitchen
- Wipe down bathroom sink
- Dust
- Mop floors

### **For the Baby(s):**

- Do a load of laundry (or all of it if you are up to it)
- Restock diaper bag
- Restock diaper baskets
- Change crib sheets
- Wipe down stroller
- Organize toys/books
- Help me swap out clothes that don't fit the baby anymore
- Wash breast pump equipment

### **For Us:**

- Do a load of laundry
- Make lunch/dinner
- Make meals for us to freeze (we love your cooking the most!)
- Grab groceries / Help me make a list
- Grab supplies from the drug store (we have a list)
- Give me a chance to take a nap
- Hold the baby while I take a shower
- Address thank you note envelopes
- Walk the dog
- Outside chores
- Sibling time
- Refill mom's water bottle



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