

VISITOR INSTRUCTIONS

for NEW FAMILIES

Thank you for coming to help and visit the new family! As their midwives, we are especially concerned about possible bacterial or viral transmission to the newborn, mother and baby's rest and recovery, and the bonding of the new family. Because of these considerations we ask the following from you:

VISITS ARE ALLOWED STARTING _____
VISITS SHOULD BE LESS THAN _____
VISITS SHOULD BE SCHEDULED _____

Please be aware that mothers and babies tire easily, so call ahead of your visit to ask if they are up for a visit, be flexible in your visit day/time, and volunteer to leave sooner than planned once there. You should expect your first real visit to take place several weeks after the birth. Be sensitive to their needs, be unselfish, and be service-oriented. Remember, this is not about you, the visitor.

Furthermore, visits should include one or more of the following well-appreciated actions:

**BRING DINNER BRING EASILY PREPARED FOOD DO THE DISHES DO THE
LAUNDRY TAKE OUT THE GARBAGE CLEAN THE KITCHEN
HOLD THE BABY WHILE MOM RESTS BE SUPPORTIVE
STAY ONLY A FEW MINUTES DO NOT OFFER ADVICE WITHOUT BEING ASKED
DO NOT WEAR PERFUME DO NOT TELL HER SHE LOOKS TIRED
LEAVE A CASSEROLE AND NOTE ON THE PORCH AND LEAVE**

Thank you for your help and understanding, The Midwife