



# NEW MOTHER GIFT CHECKLIST

When friends ask you what you need for the baby, also tell them what you need for yourself or the family:

- Relaxation tapes (tastes vary on these, from lullabies for baby to the sounds of rain forests or waves crashing on Cape Cod)
- A selection of herbal teas
- Casseroles or other cooked meals
- Nursing gowns
- Body lotions
- Sleep bonus: two hours of time from a friend who comes to watch the baby while you sleep (this becomes especially important around the second week, as the baby wakes up and your helpers simultaneously ride off into the sunset)
- A mom's journal (blank, of course)
- A gift certificate or a contribution toward a "doula fund" or breastfeeding class for you
- An hour or two of help with your house and laundry or shopping
- A massage

