



# SAMPLE LETTER TO HELP FIND A SUPPORT CIRCLE FOR NEW MOM -TO-BE

Dear \_\_\_\_\_ ,

Thanks for your offer of help after \_\_\_\_\_ baby is born. As you know, it's  
(Name of Newborn)  
sometimes overwhelming for new moms to sort out or anticipate all of their  
needs, and many well-meaning and eager friends who want to help may not  
know exactly what to do. We are trying to help \_\_\_\_\_ prepare for  
(Mom's Name)  
and honor her early weeks at home with baby by setting up a mothering-the-  
new-mother circle to help in a variety of ways. If you'd like to be part of it, we  
would appreciate having an idea of when and how you'd feel most  
comfortable lending a hand. For instance:

1. Can you bring a soup, salad, casserole, or other dish?
2. Can you do an activity or play date with her older child?
3. Can you be called on for grocery or other shopping?
4. Can you come over for a few hours to sit with the baby or answer the  
telephone while \_\_\_\_\_ naps?  
(Mom's Name)
5. Do you have any special skills or interests you can share? (Massage,  
expertise in baby basics, driving a car, etc.?)

If you'd like suggestions about what kind of help to offer, call a friend or  
relative so he or she can let you know what's most needed and which times  
are best.

Thank you for being a special part of \_\_\_\_\_'s mothering-the-new-  
(Mom's Name)  
mother circle.

