

Welcome Baby!



Name:

When:

Weight:

Length:

Warmest congratulations on
the birth of your baby!



A Message from the Midwives:

Please limit your visit.

This family is busy recovering and caring for their new baby. We have asked them to stay in bed for at least two weeks. Please limit the length of your visit to 15-30 minutes and allow the baby to stay with the parents.

If you're asked to stay longer, please lend a hand:

- Prepare a meal
- Wash dishes
- Run an errand
- Take out the trash
- Do laundry
- Take care of pets
- Play with a big sibling
- Jump in and help out

Thanks for helping support this family!

