Are you my Support Circle?

I know you love me very much and want to support my postpartum experience. Please feel no pressure to help or donate, but if you are inclined to part of my circle of support, this is what I really want instead of baby stuff.

Please sign up for one of the areas I need your help! You are enabling me and my baby to feel no stress as we adjust to our new life together.

More time than $$?

1 hour light housekeeping

1 hot meal (I have recipes sheets)

1 babysitting session

1 carpool for the older kids

1 postpartum oil massage (no experience necessary)

1 hand and foot rub

1 laundry room session

_____

_____

_____

_____

More $$ than time?

If you want to splurge on me, I would put it towards my postpartum health:

- bodywork
- healthy foods
- postpartum yoga
- self-massage oils

_____

_____

_____

_____

Name	Phone	Task Gift

mamabirthing.com