

HOW TO HELP A NEW MĀMĀ

Simple ways to wrap care around her and her whānau

A new baby brings wonder, tenderness and very full hands. The kindest help is specific, practical and offered without creating another job for māmā.

Before you visit

- ☐ Ask what time suits, and make it easy for her to say no or choose another day.
- ☐ If you are unwell, postpone. Tiny pēpi do not need surprise germs as a welcome gift.
- ☐ Keep the visit short unless māmā clearly asks you to stay.
- ☐ Arrive ready to help—not expecting to be hosted, fed or entertained.

Make everyday life lighter

- ☐ Bring a nourishing meal or easy snacks. Check dietary needs first.
- ☐ Fill her drink bottle and make her a cup of tea.
- ☐ Put on or fold a load of washing.
- ☐ Wash dishes, wipe the bench or empty the rubbish.
- ☐ Pick up groceries, prescriptions or anything the whānau needs.
- ☐ Take older tamariki for a walk, play or little adventure.

Care for the māmā too

- ☐ Ask, ‘Would you like me to hold pēpi while you shower, eat or rest?’
- ☐ Listen without rushing to fix, compare or give advice.
- ☐ Notice her—not only the baby. Ask how she is, and make space for the real answer.
- ☐ Offer practical help again next week. Support matters after the first flurry of visits fades.

Words that make helping easier

- ☐ ‘I’m making dinner. Would Tuesday or Wednesday suit for me to drop some off?’
- ☐ ‘I have 30 minutes. Shall I fold washing, do dishes or take the kids outside?’
- ☐ ‘Would company feel good today, or would quiet be better?’
- ☐ ‘You don’t need to tidy for me. I’m coming to care for you.’
- ☐ ‘What would make today feel a little easier?’

The golden rule

Offer something specific. Follow her lead. Leave her feeling held—not indebted.

CIRCLE OF MĀMĀS • OURORA