

Thank you so much for celebrating with us!

A little about the postpartum time...

Our country is one of the only that doesn't support family's with new babies. We are the only developed nation without paid maternity leave and our culture tends to forget about the family after the new baby excitement wears off.

Unfortunately our culture has lost a lot of traditions and rituals when it comes to birth as a rite of passage. In an intact village, babies are held on average by 14 people after birth. This speaks to the large amount of people supporting a new mother so she can rest and recover as these people were not holding the baby just because they like babies. Many other cultures have strict traditions around the new mother doing nothing other than resting, recovering and bonding with baby for the first couple of weeks to a couple of months. During this time the extended family and friends ensure all of the other things are completed. This results in a healthy, happy, and supported family.

We believe that bonding with our new baby, adjusting to our new family and new versions of ourselves, and learning how to be the best parents we can be should take priority over laundry, tidying the house, and dishes. We believe that having support to be able to do this will allow us to be the best we can be for our little one, for all of our friends and family and for our community. If you feel called and would enjoy lending a hand please fill out the support form with what you would feel comfortable and enjoy doing.

With gratitude,



Bonnie M Griffin

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Support Form

Name:

Please circle which types of support you would feel comfortable doing.

- Cooking a meal for us (I can give you meal ideas that work for us)
- Cooking food I provide
- Picking up groceries
- Running errands
- Laundry
- House tidying
- Keeping me company
- Care for siblings (if applicable)
- Holding baby while I meet my own needs



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