Some ways we can truly support parents with newborns:

- Feed them
- Make them cups of tea
- Hug them while they cry
- Massage their shoulders
- Collect and fold their washing
- Vacuum their house
- Walk their dog
- Entertain their older children
- Tell them how awesome they are rather than what we did or what we think they should do

Give them space to develop a powerfully loving relationship with this brand new person in their lives. Their role is to love and nurture baby - our role is to love and nurture them.