

# BURGEONING BUD

## POSTPARTUM DOULA

Sample Letter Organizing Help For The New Mom  
(adapted from Sally Placksin's *Mothering The New Mother*)

*Use this letter template as a guide to help your community help take care of you! Gather your list of email contacts and ask a trusted family member, friend, or neighbor to send this message out on your behalf. Many find setting up a formal [Meal Train](#) or [Lotsa Helping Hands](#) is also a great idea to keep everything and everyone organized.*

Dear [NAME],

Thanks so much for your generous offer to help after [FAMILY]'s baby is born. As you know, it's sometimes overwhelming for new parents to sort out or anticipate all of their needs, and many well-meaning and eager loved ones who want to help may not know exactly what to do. We are trying to help [FAMILY] prepare for an honor [her/his/their] early weeks at home with baby by setting up a [mothering-the-new-mother/new parent] support circle to help in a variety of ways. If you'd like to be a part of it, we would appreciate having an idea of when and how you'd feel most comfortable lending a hand. For instance:

*Can you bring a nutritious meal, like a soup, salad, casserole, or other dish?  
Can you do an activity or play date with her older child?  
Can you be called on for grocery or other shopping?  
Can you come over for a few hours to sit with the baby while parents nap?  
Do you have any special skills or interests you can share (massage, expertise in baby basics, driving a car, etc)?*

If you'd like suggestions about what kind of help to offer, you can respond to this email. We will be in touch to let you know what help is most needed and which times are best.

Thank you for being a special part of [FAMILY]'s community during this incredibly special time. We know your help will be deeply appreciated.

Warmly,

[NAME]