HOW CAN SUPPORT PEOPLE HELP NEW AND EXPECTANT PARENTS RIGHT NOW?

With all the COVID-19 related stressors – in particular, the physical restrictions imposed on us for safety – new families and expectant parents have faced an isolating and lonely time in recent months. They have lost their village of support at a critical time in their lives. This isolation has been felt by those close to them, as well.

If you know a new parent or someone who is expecting a baby soon, there are many ways you can help ease some of the stress right now.

Here are a few other ideas:

• Acknowledge how hard it is for them right now and validate their feelings
• Adjust expectations of expectant or new parents; ask them what kind of support they need or make a few suggestions
• Stay in touch regularly without the expectation of a quick response. Sending a message telling the person that you are thinking of them, but do not expect a response, is a lovely way to show your support without overwhelming them
• Deliver a meal that can be easily re-heated
• Offer to take their toddler for a walk or to the park

Any support (as long as you check first) is usually very much appreciated. There is much loss and grief surrounding this period of time; offering support to those in need is essential if we are to get through this together and try to maintain connection as much as we can.

*This topic was requested by a concerned relative of new parents. Thank you for the feedback, and we hope it is helpful!