

# Welcome friends!

**Meet** \_\_\_\_\_,  
(name)

**who was born on** \_\_\_\_\_ **at** \_\_\_\_\_.  
(date) (time)

**This precious baby came into the world weighing**  
\_\_\_\_\_ **and** \_\_\_\_\_ **long!**  
(weight) (length)

**Before entering, please wash your hands (and mask up if unvaccinated). If you're feeling under the weather, please come back another time when you're in better health. Childbirth and the first days and weeks are hard work, but we can do it with your support! To help us get off to the best start, please keep your visit brief and help out if you can. Here is a list of ways you can help us rest, recover, and care for our sweet baby!**

laundry

wash dishes

sweep/mop

run an errand

make a meal

take out trash

clean the kitchen

clean the bathroom

(write your own)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



EveryMotherCounts.Org/ChoicesInChildbirth

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