

the suite set.

Support script for help in COVID19

Your precious baby will be here soon. Your baby's well being and your wishes as a family need to come before anything or anyone else.

Many family members and friends will be excited to share in your joy and happiness, now more than ever people need the joy new babies bring. This is one of the loveliest things about parenthood, however it is important to be able to set your expectations and be clear about what you need in these challenging times.

We know it can be hard to have sensitive conversations, we don't want to dampen anyone's enthusiasm but we want to put baby first. This script may be helpful to share with family and friends via email or social media before baby is due to arrive.

Our sweet baby is almost here and we are excited to share our joy with you.

We are welcoming our baby into the world in unprecedented times and we will try and manage this the best we can. We would love to be able to count on your support. It's hard to ask for help, but we anticipate we may need some extra help

Obviously we won't be able to have visitors, but we can still find ways to introduce you to the latest family member. We've got to be really strict on this - even without COVID19 to consider our babe will not have any immune system, so we can't make any exceptions to the no visitor rule.

Let's make sure to keep in touch, we use (skype/zoom/houseparty/facetime) so make sure we can see and hear you. We'd love to make our catch ups a regular thing.

Keep us in mind when you've got a few moments to send us a text or a photo and keep us in your loop too.

We know that some of you have asked how you can help, first off - please just keep in contact with us as much as you can! We may not be able to respond as much as we usually would, we may be knee deep in milk or trying to sleep but we want to make sure our social connection keeps strong.

If you'd like to drop food off, we would always welcome it. Please let us know when you're coming so we can do a wave from the window. And don't think we're rude for not coming out.

If you're doing a milk, bread or grocery run, could you check in with us to see if we're low on any essential supplies?

We're going to try and get some fresh air on a short walk, but we don't think it will be enough exercise for fido, so if you want to take our dog for a walk - that would be a great help to us.

We'd love to get letters in the mail of any ideas or advice you have for us too!

Thanks for being our support team, we appreciate you so much and will repay you in baby cuddles when we can!

