

Grandparents Provide Needed Support for New Parents

Being a new parent is overwhelming. A new mom and dad need time to:

- Bond with their baby,
- Adjust to meeting their baby's needs and
- Create their new lifestyle.

Grandparents can help assist the new parents with specific tasks and needs. Ask them what you can do.

Help with Routine Household Chores

- Cook meals. Bring in “take-out” meals. Freeze meals for use at a later date.
- Do laundry and ironing.
- Clean – if it is what mom and dad want. Do not make critical remarks. Everyone has their own style of housekeeping.
- Answer the phone and door while you are with the family.
- Rock the baby to sleep after the feeding.
- Run errands if needed.

Offer to Babysit the New Baby or Siblings

- Encourage mom to sleep while you care for the baby.
- Encourage the new parents to spend some time alone together. Go out for dinner. Go for a walk.
- Let mom get out and run a few errands.



Provide Support

- Listen to mom and dad's troubles.
- Do not be offended when they express anger and frustration. Stay calm. Offer kind words.
- Let them know you will help when needed. They just need to ask.

Build Self-Confidence

- Praise mom and dad as they care for their baby.
- Tell them their baby is lucky to have them as parents.
- Reassure them that they are doing a good job.
- Respect their opinions and decisions — even if they differ from yours.
- Do not criticize.
- Offer advice only when mom or dad asks.

Update Your Parenting Skills

Parenting has changed. Stay up-to-date with new parenting information.

- Read books, magazines and the Internet to keep up on current trends.
- Know how to keep your grandchild safe while asleep, in a moving vehicle and in your care.

Respect the New Parents' Privacy

Some parents want help the first week after their baby's birth. Other parents want time alone at first, and then have help. Ask what works best for them.

*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

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