



## **Ways a MomsBloom Volunteer can Help**

This is not an inclusive list. Your family may have other special needs. **If you ever have a question about services, please call: 616.828-1021**

### **A MomsBloom volunteer may:**

- Make sure that mom is getting enough to drink and eat.
- Assist a breastfeeding mom by helping with positioning, using pillows, keeping snacks, water, etc. available. Answer questions and/or refer.
- Educate other family members on how to “mother the mother” through modeling, demonstration, and explanation.
- Play with older siblings.
- Hold or feed the baby while mom gets rest/naps, showers or plays with older children.
- Protect family from too many visitors or phone calls.
- Support parents when they are bathing and dressing the baby or perform these tasks at the parents’ request.
- Prepare meals – by being aware of any dietary restrictions. The volunteer will only use food in the home.
- Wash, fold and put away baby clothes.
- Organize the nursery by making sure diapers, laundry, etc are stocked and tidy.
- Tidy up the kitchen.
- Sit and really listen to mom describe her day, feelings and concerns.
- Listen to the mom’s birth story.
- Make suggestions for resources, referrals and networking with other parents.

- Answer questions or find the answer if the volunteer doesn't know.
- Answer the questions of other family members and visitors.
- Will be there for encouragement and support.

## **IMPORTANT!**

Do not clean or worry about “picking-up” before a MomsBloom volunteer comes to help. You just had a baby and need to be focusing on more important things!

If a MomsBloom volunteer is holding the baby so you can get some rest – make sure you do! It's important that you take advantage of the help and get the rest you need.

MomsBloom volunteers are not allowed to drive family members in either her own or the family's car.

At least one parent must be home at all times. MomsBloom volunteers are not allowed to babysit.

Confidentiality is a priority for MomsBloom volunteers.

Don't be afraid to ask for help. MomsBloom volunteers are trained to find areas where support might be needed, so you don't always have to ask, but some guidance may be needed.

If there are any concerns or you feel the volunteer is not a good match for your family, please call MomsBloom at 616.828.1021 - so we can find you a better match.

MomsBloom volunteers are not experts. They are there to provide guidance and connect you to the right resources, if needed. If you would like additional support, contact MomsBloom 616.828-1021 and we can link you to an appropriate resource.

We have only provided you with a very short list of possible resources in your area. We have a more extensive list, if needed or requested.

Please initial \_\_\_\_\_ to let us know you read the above information.