

Practical Ways to Support a Mama You Love

Things You Can Bring or Send

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| <ul style="list-style-type: none"> <input type="checkbox"/> Hand cream <input type="checkbox"/> Cozy blanket or prayer shawl <input type="checkbox"/> Quality tissue with lotion <input type="checkbox"/> Spiral notebook or journal and pen <input type="checkbox"/> Gift cards to hospital cafeteria, local restaurant, a favorite coffee shop, or Grubhub/UberEats <input type="checkbox"/> Slippers <input type="checkbox"/> Magnetic picture frame with inspirational quote | <ul style="list-style-type: none"> <input type="checkbox"/> Nice water bottle with straw <input type="checkbox"/> Dry shampoo or face mist for quick refresh <input type="checkbox"/> Portable charger <input type="checkbox"/> Snacks (include something sweet, something savory, and something fresh like washed and cut fruit or veggies) <input type="checkbox"/> Ear buds and gift membership to Audible, Headspace, or Pandora Plus <input type="checkbox"/> Good book |
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Things You Can Do

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| <ul style="list-style-type: none"> <input type="checkbox"/> Keep reaching out and reassure her that she doesn't need to respond but that you are there for her <input type="checkbox"/> Make a plan to go on a walk, even if just around the hospital grounds <input type="checkbox"/> Offer to come over so she can take a break (or even just a shower) <input type="checkbox"/> Ask if it would be helpful to take on the role of point person to share updates with a family/friend group <input type="checkbox"/> Offer to sit with her at rounds or doctor appointments to take notes <input type="checkbox"/> Drop off a large cooler on her front porch to hold groceries and/or delivered meals | <ul style="list-style-type: none"> <input type="checkbox"/> Place an order for "Grief groceries" with Instacart or a local grocery store with a variety of healthy foods and comfort foods, along with kid-friendly staples for any siblings at home <input type="checkbox"/> Organize a meal train with one of the free online resources and send it to friends and family for easy signups <input type="checkbox"/> Offer to bring her kids along on outings you're already planning or for playdates at your house <input type="checkbox"/> Set up a rotation for people to help with household tasks like mowing, walking the dog, and shoveling snow |
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Things You Can Say

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| <ul style="list-style-type: none"> <input type="checkbox"/> I'm happy to listen if you want to talk <input type="checkbox"/> You're doing a great job <input type="checkbox"/> You can do hard things <input type="checkbox"/> How are you doing...really? <input type="checkbox"/> Thank you for sharing with me and allowing me to be on this journey <input type="checkbox"/> How can I pray for you? <input type="checkbox"/> You are not alone | <ul style="list-style-type: none"> <input type="checkbox"/> Can I bring you coffee or lunch? I'm happy to come sit with you or drop it off <input type="checkbox"/> I just want to let you know I'm thinking of you <input type="checkbox"/> I don't know what (child's name)'s future will look like, but I know she will grow into the best version of herself with you as her mother |
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"Human relationships are primary in all of living. When the gusty winds blow and shake our lives, if we know that people care about us, we may bend with the wind but we won't break" – Fred Rogers