

15 THINGS TO BRING A NEW MAMA WHEN YOU GO TO VISIT THE BABY

YOU'RE OFF TO SNUGGLE YOUR FRIEND'S LATEST ADDITION. DON'T SHOW UP EMPTY HANDED... INSTEAD, BRING ONE OF THESE FUN (AND INEXPENSIVE) NEW MAMA TREATS AND MAKE YOUR FRIEND FEEL PAMPERED AND LOVED.



BY ERIN MACPHERSON

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1. A JUICY NOVEL OR SOME MAGAZINES TO KEEP HER BUSY DURING THOSE MARATHON FEEDING SESSIONS.
2. DINNER.
3. LANISOH SOOTHIES—COOL, REFRESHING PADS FOR SORE OR ENGORGED BREASTS. (FIND THEM IN THE BREASTFEEDING SESSION AT TARGET OR WALMART.)
4. FUZZY SLIPPERS AND SOME FOOT LOTION.
5. A FULL-CAF LATTE.
6. A COMFY PAIR OF PJ PANTS.
7. STICKER BOOKS OR COLORING BOOKS FOR HER OLDER KIDS.
8. A FUN WATER BOTTLE SO SHE CAN STAY HYDRATED IF SHE'S BREASTFEEDING.
9. WOODEN (AND IF YOU'RE CRAFTY, HAND-PAINTED) LETTERS SPELLING HER NEW BABY'S NAME.
10. A NURSING TANK TOP.
11. A COUPON FOR AN HOUR'S WORTH OF BABY HOLDING SO SHE CAN TAKE A NAP... OR A SHOWER. (BONUS: THAT MEANS YOU GET TO HOLD THE BABY!)
12. A FUN NEW LIP GLOSS OR EYE SHADOW.
13. A NECKLACE OR BRACELET WITH HER BABY'S INITIAL OR NAME ON A CHARM.
14. AN AROMATHERAPY CANDLE OR LOTION IN A RELAXING SCENT LIKE LAVENDAR OR VANILLA.
15. YOUR CAMERA... ALONG WITH AN OFFER TO TAKE SOME SHOTS OF THE NEW BABY.