



Welcome to Our Home

A VISITOR'S GUIDE FOR FAMILIES WITH NEWBORN MULTIPLES

We're so happy you're here.

Thank you for taking the time to come meet our newest little additions. We couldn't be more excited to introduce them to the people who love them already.

Life with newborn multiples is amazing, exhausting, messy, and wonderful...sometimes all within the same five minutes. Our days are filled with feedings, diaper changes, laundry (so much laundry), trying to remember when we last drank a cup of coffee while it was still hot, and sneaking in sleep whenever we can.

If things around here look a little different than you're used to, that's because we're in survival mode—and we're embracing it.

As much as we'd love for you to enjoy meeting the babies, our biggest hope is that when you leave, our family feels just a little lighter than when you arrived. Maybe the dishwasher is empty, the bottles are washed, the trash has been taken out, or dinner is waiting in the fridge. Those little acts of kindness mean more to us than you could ever imagine.

We've put together a few simple suggestions to help make visits as easy, comfortable, and helpful as possible. They're not rules. They're simply the things that make the biggest difference during these early weeks.

One more thing...please don't worry if we don't offer you a drink, apologize for the unfolded laundry, or insist you sit down while we wait on you. We promise it's not personal. Right now, every extra ounce of energy is going toward keeping tiny humans fed, loved, and (hopefully!) asleep.

So make yourself at home. If you see a dishwasher that needs unloading, feel free to adopt it. If you notice a basket of laundry begging to be folded, it won't hurt our feelings. If you came bearing food, you'll immediately become one of our favorite people. And if all you do is offer a hug, listen without judgment, and remind us we're doing a good job, that's a gift too.

Most of all, thank you for loving our family. We know these newborn days won't last forever, and we're grateful to share this season with people who care enough to show up—not just to meet the babies, but to support the people raising them.

Welcome. We're so glad you're here.

Questions? We're here to help your family find the perfect newborn care specialist.

www.thencsa.com

602-695-6775 | agency@newborncaresolutions.com



SCAN TO GET STARTED



Visiting Our Family

A FEW THINGS TO KNOW

1 Please don't visit if you're sick.

Even a mild cold can be a big deal for a newborn. If you've been sick, recently exposed to someone who is sick, or just aren't feeling your best, we'd love to see you another time.

2 Wash your hands when you arrive.

Before touching the babies, bottles, or feeding supplies, please wash your hands thoroughly.

3 Respect our health precautions.

Depending on the season or our pediatrician's recommendations, we may ask visitors to be up to date on vaccines, wear a mask, or avoid kissing the babies. Thank you for understanding.

4 Please ask before holding a baby.

As much as we know everyone is excited for newborn snuggles, there may be times when a baby needs to stay with us for feeding, sleep, or simply because we're not ready to pass them around.

5 Please don't wake a sleeping baby.

We promise you'll have plenty of opportunities to meet them. Sleep is precious for everyone in this house.

6 Come with a heart of service.

The greatest gift you can give us isn't holding a baby. It's helping make our day a little easier.

7 Food is always appreciated.

A ready-to-eat meal, freezer meal, snacks, coffee, fresh fruit, or groceries are wonderful ways to support us.

8 Instead of asking, "Let me know if you need anything..."

Try asking: "Can I fold that laundry?" "I'll wash those bottles." "Can I unload the dishwasher?" "I'd love to run to the grocery store if you need anything." Specific offers are much easier for exhausted parents to accept.

9 Please don't expect to be entertained.

If we forget to offer coffee, our house isn't spotless, or dinner is leftovers, thank you for extending us grace. We're still figuring this whole "multiple newborns" thing out.

10 Help before you sit down.

If you notice something that obviously needs doing, ask if you can jump in.

11 Keep visits relatively short.

Unless you're actively helping or we've invited you to stay longer, shorter visits help everyone conserve energy.

12 Support our feeding choices.

Whether we're breastfeeding, pumping, bottle feeding, formula feeding, or doing a combination, encouragement is always welcome. Advice is best saved for when we ask for it.

13 Respect our routines.

With multiples, routines help everything run a little more smoothly. We appreciate your flexibility.

14 Ask before taking photos.

Please don't post pictures of our babies or family on social media without asking first.

15 Love on the whole family.

If there are older siblings, spending time with them is one of the greatest gifts you can give.

16 Leave our home a little lighter than you found it.

The best visitors don't just meet the babies. They help care for the family.

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Guest Helper Checklist

FOR FAMILIES WITH NEWBORN MULTIPLES

If you're wondering how you can help, here are a few ideas. Checking off just one or two of these makes a huge difference.

KITCHEN & AROUND THE HOUSE

- ☐ Bring a ready-to-eat meal, healthy snacks, or groceries.
- ☐ Wash bottles, pump parts, and feeding supplies.
- ☐ Load or unload the dishwasher.
- ☐ Fold and put away a load of baby laundry.
- ☐ Take out the kitchen trash, recycling, or diaper pail.
- ☐ Wipe down kitchen counters or other high-touch surfaces.

FOR THE BABIES, KIDS & FAMILY

- ☐ Restock diaper stations with diapers, wipes, burp cloths, and extra outfits.
- ☐ Play with or take care of older siblings so they get some special attention.
- ☐ Run a quick errand, such as picking up diapers, prescriptions, groceries, or coffee.
- ☐ Ask, "What would make today easier?"—and then do that.

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