

# 3 Ways to be Supportive of Expecting Parents



## Be Practical

Being practical is one of the best ways to support expecting parents. For example, you can help get their home ready for their baby.



You can also help by getting their groceries.

## Listen 1st, Ask 2nd

By first listening and then asking how you can help, you will know exactly how you can help without the added stress of not knowing what they truly need.



## Notice the Signs

Signs of perinatal or postpartum disorders include parents not sleeping or severe mood swings. Let your loved ones know they are not alone, and that you are there to help.

