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.

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.

Mecklenburg Birthing Connections