

A photograph of a woman with long, wavy blonde hair lying on her back on a white blanket. She is smiling and looking up, with her eyes closed. A baby is lying on her chest. A man with dark hair is lying behind her, looking down at the baby. The background is a dry, grassy field.

THE VILLAGE A NEW MOM SURVIVAL KIT

The postpartum guide that makes the
first 40 days easier - for moms and the
people who love them.

CHELSEA E. HAINES



Welcome

You're holding this because someone loves a new mom. Maybe you don't know what to say. Maybe you're afraid of getting it wrong... bringing the wrong thing, saying the wrong thing, showing up at the wrong time.

This guide has already made those decisions for you.

Everything in here—what to bring, what to say, what to never, ever say, what to cook, when to leave—is here so you don't have to guess. So she doesn't have to tell you.

Being the village isn't about knowing the right thing instinctively. It's about having tools, decisions, and options written down so that you can show up and simply BE a support without anyone having to over think it.

“*Everything you need to buy, cook, say, and do... already decided for you.*”

How to Be The Village for the New Mom in your life

A GIFT OF PRACTICAL LOVE

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How to Be The Village for the New Mom in your life



01 Foundations

How to use this guide

This isn't something to read cover to cover.

Flip to what you need, when you need it. Bringing a meal? Go straight to the recipes. Not sure what to text before you show up? There's a script for that. Think of this less like a book and more like a cheat sheet—for when you want to help but don't want to add one more thing to her plate.

I didn't know what I didn't know until I became a mom.

This guide exists because of that.

You don't have to be a mom to show up for one. You just need this.



The new mom bill of rights:

Your newly postpartum friend is adjusting to a brand-new life, a new identity, a new body, a new rhythm.

Her hormones are surging, and her brain has been reprogrammed in the most intense and unexpected ways. These are a few things you can expect, not take personally, and please, do not judge her for!

She has the right to:

- Say no without explaining why
- Ask you to leave, even five minutes after you arrived
- Not offer you a drink, a seat, or small talk
- Cry in front of you and not be asked what's wrong
- Let the house be messy while you're there
- Not hold the baby out for you the second you walk in
- Rest instead of hosting



“I would have really appreciated it if everyone who came had told me, “Leave me things to do such as broom, dishes, laundry; I'm coming to see you and the baby and to help.” ~Mama R.M.

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Postpartum Mom Default Settings

Dear new mom,

Your whole mind, body, and spirit have been rocked, changed, evolved, and shifted from matron to mother. Here is a simple guide, made for you, so you don't have to think when your typically highly productive brain starts tricking you into thinking you need to be "doing more." You're a mom now. It's not just "it" or "enough." That's the most important and precious role you'll play in your life. Cherish yourself as you do your baby.

Body

Protein first meal. Water within reach. Ten minutes outside.

Feelings

"I'm not behind. I'm postpartum." Said out loud, if needed.

House

The floor is off duty. Pick one chore to keep current.

Visitors

Visitors come with a job, or they come later.

Food

Someone else decides dinner for the first two weeks.

Money

No big financial decisions for 12 weeks. Full stop.

What Every New Mom Wishes People Knew

- ✓ When she says that she needs less interaction with people, she isn't asking for 'less love.' She's asking her people, her Village, to pick up and carry more responsibility than she is capable of doing in this moment.
- ✓ Picture a weighted vest. The physical and emotional weight of having a new baby (and keeping them alive) feels metaphorically similar to an actual weighted vest that she put on the day the baby arrived - and hasn't taken off since. Each "to-do" is another weight added to that already heavy vest.
 - It's:
 - The feeding schedule.
 - The laundry.
 - Everyone else's emotional state.
 - Her own body's repair and recovery.
- ✓ She's not overwhelmed because she's incapable. She's nourishing a brand-new being who can't soothe themselves, while society pressures her to keep going as if nothing has changed. She's carrying the weight of the world, and needs to put something down.
- ✓ This is where we can step in as her Village to pick it up.

The kindest thing you can do isn't to ask what she needs.

Most days, she doesn't know either.

It's to quietly anticipate her needs and take a little of that
"weighted vest" off her shoulders.

02

Scripts & etiquette

General visitor etiquette overview:



You don't personally need postpartum experience to become the friend every new mom needs.

Before you visit, ask yourself: am I here to help her, or to see the baby?

Both can be true — but let hers come first. Text before you come, not the day of. Keep the visit short unless she asks you to stay. Take something off her plate before you leave — dishes, laundry, a walk with the dog — even if she says she's fine. She will say she's fine. Do it anyway.

What to say (and what to never say):

Say This:

- "I'm not staying long, I just wanted to drop this off."
- "You don't have to talk to me, I'll just be in the kitchen."
- "This is so hard and you're doing it anyway."
- "I did your dishes, no need to thank me."
- "What can I take off your plate today, no need to answer if you don't know."

Don't Say This:

- "Sleep when the baby sleeps."
(She's heard it. It's not helpful.)
- "Enjoy every second, it goes so fast."
(Not right now, it doesn't.)
- "I don't know how you do it."
(She doesn't either. Don't remind her.)
- "At least the baby's healthy."
(True and irrelevant to how she feels.)
- Any version of "back in my day."

Texting before you visit:

Don't just show up. Text first, and make it easy for her to say no.

- ✓ "Thinking of you both. No pressure at all, but I'd love to drop off dinner Thursday — just leave it on the porch if that's easier, no visit required."
- ✓ "Can I come by for 20 minutes tomorrow? Totally okay if today's not a good day, just say the word."

The move: always give her an out. The easier you make it to decline, or the more clear you are about your intentions, the more likely she'll actually say yes.

Ways to help without asking

The kindest help removes the need to think.

So instead of asking:

- "What can I do?"
- "Let me know if you need anything!"
- "Want me to come over sometime?"

Try saying:

- "I'm doing a grocery run Tuesday, sending you my list — want anything added?"
- "I'll take the dog for a walk while you rest, just point me to the leash."
- "I'm coming by to fold and put away one load of laundry, no need to talk to me."
- "I'll sit with the baby for 30 minutes so you can shower alone."
- "I'm dropping off dinner for two nights, no dishes to return."
- "I'll answer texts from the group chat so you don't have to update everyone."
- "I'm free Thursday to hold the baby while you nap. No agenda beyond that."



Why it works: open-ended questions create work. Specific offers remove it. She doesn't have the bandwidth to assign you a task — so don't make her.

Handling unsolicited advice:

You will have opinions about her feeding choices, her sleep training, her return-to-work timeline.

Keep them to yourself unless she asks.

If she vents about a decision she's made, the only right response is: "That makes sense."

Not "have you tried—", not "well, when I had mine —".

She's not asking for a solution. She's asking to be believed.

If she directly asks what you think, you've earned the right to answer. Until then, your job is to hold her decisions, not audit them.



The newly postpartum mom in your life is emotional. She just went through the most intense transformation any human experiences. When in doubt, offer compassion and kindness. That's all that she needs to come back to her true self.

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03

Gifts + Groceries

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*Whoever you are —
friend, sibling, aunt,
coworker, neighbor —
if you're holding this,
you're already doing
the right thing.*

Gift ideas that aren't onesies

Because she has enough onesies. Here's what she actually needs.



Meal delivery gift card

One less dinner decision this week.



Postpartum recovery basket

Extra large water bottle with straw, Nipple blam, Warm/cold packs. Comfy slippers/socks. Lip balm, hand cream, and dry shampoo



A cleaning service, even once

Time back just for her and her baby to enjoy their home, not more stuff.



A cozy robe or nursing loungewear

Something soft that's just for her. Button down PJ tops.



A freshly made coffee or tea

A reason to sit down for five minutes.



Diapers in the next size up

Saves a future errand.



An extra large water bottle

Bonus points if it has the time of day listed on it so she remembers to drink through the day.



A cute "snack tray"

Something easy to place on the couch or side table where she can place her water bottle, snacks, TV remote, book, and phone.

What NOT to bring

Well-meaning gifts that quietly become one more thing for her to manage.



Newborn-size clothes

She likely already has a stack. The baby will outgrow them in two weeks.



A big bouquet of flowers

Beautiful, but now she has to find a vase and remember to change the water.



Advice books

Even good ones. She's drowning in information, not short on it.



A judgment about feeding, sleep, or schedules

Leave your opinions at the door, always.



A visit longer than you were invited for or that you proposed.

If your or she said 20 minutes, it's 20 minutes.



An empty-handed "let me know if you need anything"

Bring an actual offer instead.



A camera out the whole visit

Ask before taking photos. Only post online with explicit approval first. She may not want the world seeing her or her baby yet.

The grocery list

Drop these off at the door without needing to visit. They need to eat!



Rotisserie chicken

Dinner solved; zero effort required from her.



Fresh fruit, pre-washed

Easy to grab one-handed while holding a baby.



Bagged salad kits

Something green that takes 90 seconds and one hand.



Sparkling water & electrolytes

Hydration matters more than she'll remember to prioritize.



Coffee

Instant, already ground, or pods for her machine. A small, fast comfort.



Paper plates, cutlery, and cups

One less thing to wash.



Snack bars, mixed nuts or trail mix

For one-handed, standing-up or breastfeeding snacking.



Water wipes and Diapers one size up

Always useful, never wasted.



Jarred, ready to eat or freshly frozen spaghetti sauce

Bonus if it's homemade! All she has to do is boil the pasta.



04

Recipes

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Ingredients + steps layout, freezer-friendly meals.

RECIPES 01

DISH: Postpartum Lactation & Protein Balls

PREP TIME: 10 minutes COOK TIME: 0 minutes

SERVES: 6 TO REHEAT: thaw if frozen; eat chilled

INGREDIENTS:

1 cup rolled oats

1/2 cup nut butter

1/3 cup maple syrup

1/4 cup vanilla protein

2 tbsp ground flaxseed

1 tbsp brewer's yeast

1 tbsp chia seeds

2 tbsp chocolate chips

1 tsp vanilla extract

pinch of salt

DIRECTIONS:

Mix: In a large bowl, stir all ingredients together until a thick, uniform dough forms.

Chill: Place the bowl in the fridge for 10-15 minutes so the dough is easier to handle.

Roll: Use a spoon or cookie scoop to portion the dough and roll it into bite-sized balls.

Freezer note: Store them in an airtight container in the fridge for up to a week, or freeze them for up to 3 months to grab anytime!

Allergen note: Contains nuts (nut butter), oats (gluten unless certified GF), and dairy (whey protein powder, chocolate chips).



RECIPES 02

DISH: One-Pot Chicken and Rice Soup

PREP TIME: 15 mins

COOK TIME: 20 mins

SERVES: 8

TO REHEAT: Stovetop, medium heat, splash of broth

INGREDIENTS:

2 lbs shredded chicken

2 cups rice

8 cups chicken broth

3 carrots diced

3 celery stalks diced

1 onion diced

2 tsp garlic

salt and pepper to taste

DIRECTIONS:

Sauté onion, carrot, celery until soft. **Add** garlic, broth, and rice. **Simmer** 20 minutes. **Stir** in chicken, season, cool completely before freezing.

Freezer note: Freeze flat in a labeled bag for up to 3 months. Reheat on stove, adding a splash of broth.

Allergen note: Gluten-free if using a certified GF broth. No dairy or nuts.



RECIPES 03

DISH: Baked Ziti

PREP TIME: 15 mins

COOK TIME: 55 mins from frozen

SERVES: 6

TO REHEAT: Oven, 375°F, 55 min from frozen

INGREDIENTS:

1 lb ziti pasta

1 jar marinara

15 oz ricotta

2 cups shredded mozz

1/2 cup parmesan

1 egg

1 tsp Italian seasoning

salt and pepper to taste

DIRECTIONS:

Boil pasta al dente and strain. **Mix** ricotta, egg, and seasoning in a separate bowl. **Layer** pasta, sauce, ricotta mix, and mozzarella in a foil pan. **Cover** tightly; freeze unbaked.

Freezer note: Label "bake at 375°F for 45 min from frozen, covered, then 10 min uncovered."

Allergen note: Contains gluten (pasta - can sub for gluten-free pasta), dairy (ricotta, mozzarella, parmesan), and egg.



RECIPES 04

DISH: **Breakfast Burritos**

PREP TIME: **20 mins**

COOK TIME: **20 mins**

SERVES: **12**

TO REHEAT: **Microwave, 2–3 min, flip halfway**

INGREDIENTS:

12 eggs scrambled

1 lb sausage, cooked

2 cups shredded cheese

12 flour tortillas

salsa on the side

DIRECTIONS:

Fill each tortilla with eggs, sausage, and cheese. **Roll** tightly, **wrap** individually in foil, and **freeze** in a labeled bag.

Freezer note: Reheat from frozen: unwrap completely, microwave for 2–3 minutes, flipping halfway.

Allergen note: Contains gluten (tortillas), egg, and dairy (cheese). Check sausage for pork if needed.





05

Printable Resources

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Easy to print tasks and lists for The Village

[illegible][illegible]

[illegible]

NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

POSTPARTUM NEEDS LIST

For the partner or closest family member to fill out on her behalf — she may not have the bandwidth to ask directly.

Meals we still need covered:

Household tasks that would help most:

Childcare needs (for older kids, if any):

Errands someone else could run:

What NOT to offer right now:

Notes / Other:

“

Being the village isn't about grand gestures — it's about showing up with the right small thing, at the right time, without making her ask.

If this helped you support someone you love, that's exactly what it's for.

- CHELSEA E. HAINES

How to Be The Village for the New Mom in your life

About Me



I'm Chelsea Haines.

They say the first 40 days postpartum can shape a woman's entire motherhood and her memories of bonding with her baby for a lifetime.

I've lived the version of "the village" that doesn't show up on its own.

Between rotational family life, living abroad, and solo-parenting stretches while my husband worked abroad, I learned firsthand what actually helps and what just adds to the pile.

This guide is what I wish someone had handed my people.

I pray your postpartum is uneventful and nourishing, and that your people know exactly how to support you.

May this resource serve you and your babies for a lifetime!

xo, Chelsea H.

How to Be The Village for the New Mom in your life



Conclusion and Next Steps

You just spent this whole guide learning how to carry a little of someone else's load. Here's the truth: you're allowed to ask for that too.

If you're the one who's tired, stretched thin, or standing in the middle of your own version of the "new mom vest" — the mental load, the invisible decisions, the never-quite-resting — I work with women one-on-one to help them carry less without caring less.



The Reset

A 90-minute call to map where your mental load is heaviest, then two weeks of support putting the plan into action — not just talking about it.

No long-term commitment. For some women, it's the start of working together further. For others, this was the exact Reset they needed.

[BOOK YOUR RESET](#)

“A life without a cause is a life without effect.” ~Paulo Coelho



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