New baby visitors: our welcome and help plan

Print this sheet, or talk through the prompts together. Use only the parts that help. Keep completed copies private.

Use this with another parent or trusted supporter, or fill it in on your own. It is a plan for this week, not a promise about every future visit.

What would help us now?

Company we would enjoy: _____

Times we want to keep quiet: _____

A comfortable visit length: _____

One person who can organise messages: _____

Three jobs we can ask for

Choose jobs that remove work rather than create more hosting. Example: “Bring a meal we can heat up” is clearer than “Help with food”.

A household job: _____

An errand or delivery: _____

Help with another child, if relevant: _____

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Messages to make our own

A short visit: “We would love to see you on _____ from _____ to _____. We are keeping visits short while we find our feet.”

Practical help: “Thank you for offering. Could you _____? That would make today easier.”

A different day: “Today is not a good day for visitors. We will message when we are ready to arrange something.”

Time to finish: “Thank you for coming. We need some quiet time now.”

Before the next invitation

What worked about the last visit? _____

What took more energy than expected? _____

One thing we will change: _____

Keep any contact details in your own private copy. The plan can include a doorstep hello or no visitors at all. The useful measure is whether the arrangement helps your family.

Browse all free resources.

For ideas to use alongside this resource, read Visitors after a new baby: making room for help and rest.