

# A BOOKLET of BIRTH GIFTS WHY? HOW?

Design & drawings :

Ingrid Bayot



Translation & adaptation :



Download the booklet at [www.ingridbayot.com](http://www.ingridbayot.com) or [www.lorianedoula.com](http://www.lorianedoula.com)

Each birth is the beginning of a new family adventure.

The new parents get to learn their new-born, welcome him, carry him and fulfil his needs. The parents' sensitivity to their baby's signals is the foundation of the bond of attachment.

The cares, interactions and breastfeeding punctuate and fill the days, often far beyond anything the parents had imagined.



The parents' availability for their baby depends among other things on the support and the encouragements they receive from their community.

In many human societies, the postpartum period was particularly accompanied and supported, in very concrete ways: benevolence, compliments, information, food, cares to the mother or to her older children, help for household chores. This observation has nothing to do with chance. The new mothers find natural to receive these services and expect it.

In our societies, the parents think they are on "holidays" during their maternity or paternity leave, families are sometimes apart. The popular belief that the new parents must succeed in managing everything alone doesn't encourage them to ask for external help.



**Therefore, it is interesting within the couple, or during the pre and postnatal meetings :**

▶ *to consider and evaluate the various household chores: cooking, cleaning, maintenance, etc.*

▶ *to make out the chores that can be entrusted to someone else,*

▶ *to discuss together to whom and for how long.*

*The needs for help vary from a family to another and depends on the way of living, on the culture and on the community.*

This "booklet of birth gifts" is a tool among others, to make the request of help funny, interactive and adapted to each family. It offers a series of services.

The one who gives, gives also a bit of her/his time, a bit of her/his heart, freely and plainly.

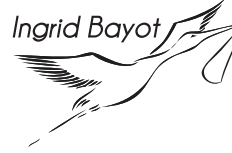
The last page of this booklet offers the possibility to write new ideas of specific services, which are not yet in the other pages.



- \* **This booklet may be printed out multiple times**
- ▶ *directly by the future new parents: print out as many times as you need the pages which are the most adapted to your family needs;*
  - ▶ *by the healthcare professional. Write down your name or the reference of your service.*
- In this way, the booklet that is offered to the parents becomes a useful and practical promotional item too.*

# BOOKLET of BIRTH GIFTS

Design & drawings :



Translation & adaptation :



Download the booklet at [www.ingridbayot.com](http://www.ingridbayot.com) or [www.lorianedoula.com](http://www.lorianedoula.com)

You have been offered this booklet by :

Design and drawings :

**Ingrid Bayot**, *trainer in perinatality*

Translation and adaptation :

**Loriane Montel**, *doula*

This booklet may be downloaded at [www.ingridbayot.com](http://www.ingridbayot.com) and [www.lorianedoula.com](http://www.lorianedoula.com). Copy is allowed.

## Food



Food



Some **full meals** ready to be heated up.

Here are some menus that we like :

---

---

---

---

---

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Food



Somes rations  
of **vegetable**  
soup

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

BOOKLET  
of  
BIRTH GIFTS



Download the booklet at [www.ingridbayot.com](http://www.ingridbayot.com) or [www.lorianedoula.com](http://www.lorianedoula.com)

# Food



Food

## Some rations of vegetables



On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Food

## Some dishes ready to be frozen



What we like : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Food

## My favourite dessert which is :



On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

BOOKLET  
of  
BIRTH GIFTS



Download the booklet at [www.ingridbayot.com](http://www.ingridbayot.com) or [www.lorianedoula.com](http://www.lorianedoula.com)



# Household

Household



An afternoon  
preparing  
**together**  
some meals to be frozen

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Household



Tidying  
the **kitchen**

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Household

Some  
**laundry**



On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

BOOKLET  
of  
BIRTH GIFTS



Download the booklet at [www.ingridbayot.com](http://www.ingridbayot.com) or [www.lorianedoula.com](http://www.lorianedoula.com)



# Household

Household



Giving me a hand with  
the **vacuum**  
cleaner

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Household



**Cleaning**  
the **windows**

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Household



Go  
**shopping** for me

- once  
 twice  
 \_\_\_\_\_ times
- a week for \_\_\_\_\_ weeks

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

BOOKLET  
of  
BIRTH GIFTS



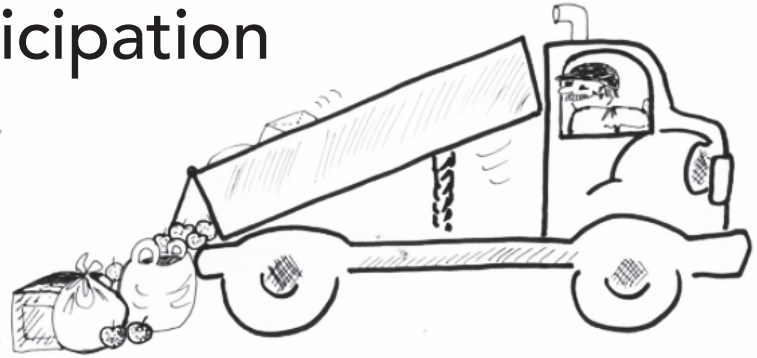
Download the booklet at [www.ingridbayot.com](http://www.ingridbayot.com) or [www.lorianedoula.com](http://www.lorianedoula.com)

# Utilities



Utilities

A financial participation  
to the  
**delivery  
fees of**  
our home shopping



On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Utilities



**Cleaning my driveway  
each time its snows**

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Utilities



Mowing  
**the lawn**

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!



# Family



Family

## Some hours with the older ones

so that we could  
be alone with the baby



On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Family

## Drive or pick up \_\_\_\_\_

## at school



On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Family



## Drive or pick up \_\_\_\_\_

## at her/his activity

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

# Friendliness

Friendliness

**Go together**  
to the shopping center

## I need

- to be accompanied
- to be driven by car
- somebody to carry my baby during my fittings
- help to carry my packages

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Friendliness

**Going for a walk together**

## I need

- to be accompanied
- to be driven by car
- to have someone to talk to during the walk
- somebody to carry my baby during the walk

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Friendliness

**Company / support** to  
an appointment

## I need

- to be accompanied
- to be driven by car
- you to take care of my baby during the appointment
- to talk to you about my concerns

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!



# Relaxation

Relaxation



## A massage

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Relaxation



If I need

## an emergency break,

I may call you to come  
and watch over my baby.

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

Relaxation

To lend me  
some good  
**films**  
or series.

### My favourite categories :

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Romantic          | <input type="checkbox"/> Documentary |
| <input type="checkbox"/> Adventure, action | <input type="checkbox"/> Humour      |
| <input type="checkbox"/> Thriller          | <input type="checkbox"/> Sci Fi      |

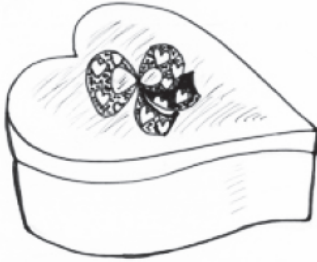
On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!

BOOKLET  
of  
BIRTH GIFTS



Download the booklet at [www.ingridbayot.com](http://www.ingridbayot.com) or [www.lorianedoula.com](http://www.lorianedoula.com)

# What else would you need ?



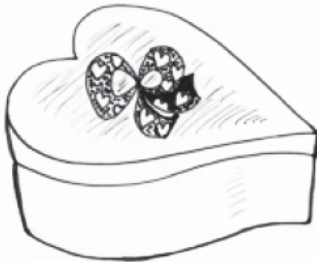
---

---

---

---

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!



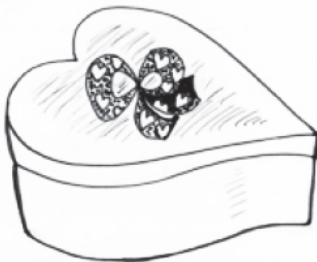
---

---

---

---

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!



---

---

---

---

On the occasion of the birth of \_\_\_\_\_ we would really appreciate this gift from you!