



To the Loving Support Team of This New Mama

Hi beautiful humans,

If you're reading this, it means someone you love is becoming, or has just become, a mother. She's shared this letter with you because she trusts you. You are part of her sacred circle. And I'm so grateful you're here.


My name is Ash, and I've had the privilege of supporting her through pregnancy and birth. I want to offer you a few gentle insights to help you support her in a way that's truly meaningful and nourishing.


The time after birth, often called the first forty days, is not just a recovery period. It's a rite of passage. A time of deep rest, rebirth, and bonding. A time when the new mother needs to be held, just as much as her baby.

In many cultures, this window is honored with great care. The mother is surrounded, nourished, and protected. She rests. She heals. She is served, so that she may fully step into her new role.

Today, many women go without that support, but they shouldn't have to. That's where you come in.

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How You Can Truly Help Protect her rest

Birth is a full-body transformation. Even when she looks “fine,” her body, hormones, and emotions are shifting rapidly. Let her rest. Encourage her to stay in bed. Remind her it’s okay to do nothing but heal and bond.

Nourish her with warm, healing foods

Warmth is medicine in the postpartum period. Think soups, stews, slow-cooked meals, broths, porridge, herbal teas. This isn’t a time for salads or cold smoothies, her body needs warmth to restore energy, encourage digestion, and support milk production.


Show up with hands, not expectations

She may not be up for chatting. She may not want visitors. But she will deeply appreciate someone folding laundry, cleaning the kitchen, dropping a meal with no strings attached. Helping quietly and practically is one of the greatest gifts you can give.

Be gentle with her emotions

She may laugh and cry within the same hour. This is normal. Hormones are real. She is raw and open and stretched beyond what she’s ever known. What she needs is not advice, but presence, validation, and love.

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Support, not spotlight

This time isn't about baby cuddles for everyone else. It's about supporting the mother-baby dyad as they bond and settle in. She is the center of this moment. Honour her. Check in often. Ask her how she's really doing, and listen.

Things You Can Do

- Drop off a warm meal (bonus: make it freezer-friendly or easy to reheat)
- Bring nourishing snacks or tea supplies
- Do a load of washing, tidy a bench, or run a quick vacuum
- Offer to hold baby only if she's ready, so she can nap or shower
- Take older kids for a walk
- Ask what she needs at the shop
- Text, don't call, and be okay with no reply
- Keep visits short and sweet, or drop off and go
- Leave a note or flower by the door, even if she's not up for company

This season is sacred. It's tender. It goes quickly, but its impact lasts a lifetime. When a mother is cared for during her postpartum window, she emerges more grounded, more connected, and more whole.

You don't have to get it perfect. You just have to care enough to try.

And by being here, reading this, you already are.

With Love,

Ashley Ellen x

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