

# Gabriel Patch



Many new mothers in your area may need help. Find out the reasons that they need help and how you can help them. Learn about the organizations in your area that help new mothers. Finally, Take Action to help them.

## Discover

Learn about the needs of new mothers and babies by doing one of the following...

- Research local organizations and see what services they provide.
- Learn what programs your local hospital or medical providers offer for expectant mothers.
- Research the needs of babies and new parents.

## Connect

Connect with mothers who need help and the organizations that help them. Do one of the following:

- Interview moms and ask what their needs may be.
- Interview a representative of an organization that works with expectant mothers to find out what they may need help with (supplies, donations, etc.). If possible, tour their facilities.
- Interview someone who works with moms in need such as a nurse or child care provider
- Visit a child care facility.

## Take Action

Do one of the following to help mothers in need:

- Volunteer your time. Some examples are babysitting, helping set up baby supplies, such as a crib, going shopping for the parent, and more.
- Make diaper bags and donate them to your local organization that helps moms in need.
- Organize a donation drive to gather support from your community for expectant mothers.