



MomsBloom

Moms (& Dads) flourish when they have a chance to grow.

Flourishing Families Program

MomsBloom knows how exhausted and overwhelmed parents can feel after the birth of a baby. Today, with extended family members geographically dispersed or away at work new mothers (and fathers) often do not get the help they need.

MomsBloom was born to bring volunteers and families together to provide physical and emotional support to any family with a newborn – free of charge. **MomsBloom is the extended family for the twenty-first century!**

When *MomsBloom* receives a request for service, we match one of our skilled volunteers based on the family's needs. The mother may need help with simple things like preparing a meal, reading a story to a sibling or simply rocking the baby so mom can shower and rest. No task is too small, but it makes a big difference in the life of the family and the community as a whole. The happier and more stable the family, the healthier our community becomes.

In-Home services

- › Nonjudgmental support and companionship
- › Promotion of parent-infant bonding
- › Emotional and physical recovery from birth
- › Newborn care
- › Meal preparation and light household tasks
- › Connection to community resources
- › Infant feeding support
- › Care for siblings
- › Parent education
- › Soothing and coping skills



How you can help

Become a volunteer

For many volunteers, helping a family with a newborn is a life-affirming experience. Volunteers must be available a few hours a week and make a three-month commitment to a family. All volunteers are screened and an orientation program is required.

Make a contribution

Your tax-deductible donation will help train new volunteers and provide service to more families in our community.

How we can help

MomsBloom is dedicated to caring for families in West Michigan. Contact bloom@momsbloom.org or call **616-828-1021** to arrange a home visit.

The mission of MomsBloom is to provide physical and emotional support for families in the childbearing years and to create a sense of community through education and mentorship regardless of race, income or family type.

"I had a birth which involved complications that made recovery very difficult. It was life-saving to be able to count on the help of my wonderful MomsBloom volunteer!" - Jen M.

www.momsbloom.org
MomsBloom is a 501(c)(3) organization.

