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## Gift Ideas to Make Life Easier for New Parents

The addition of a child to a family is a major life change. For a while at least, everyone and everything will be focused on the baby. Mom and Dad can get lost in the shuffle. A little something “just because” is a thoughtful way of letting them know you’ve been thinking of them. Here are a few ideas from **Arizona Seventh-Day Adventist Children’s Ministries**.

### **Around-the-House Helpers**

Time becomes more and more valuable as it becomes more scarce as a new parent. The new addition to the family demands attention and time that used to be spent on other essentials, like cooking and cleaning. Think of how you could alleviate some of the daily chores, down to making the living quarters a smart home.

- If they haven't caught on to the Instant Pot craze, you can enlighten them. In addition to [easy one-pot meals](#), they can use it to make baby food or to sterilize bottles.
- Add functionality to their home or apartment while bringing them into the 21st century with [easy to install](#) smart devices.
- They've probably got a crib cam to keep an eye on the baby, but a doorbell camera will [let them know](#) if they need to get off the couch.
- Enlist the help of professionals when it comes to maintaining the property, whether it's getting someone to mow the yard or hiring a [gutter cleaning company](#).

### **Creature Comforts**

The temptation for new parents to hit the nearest fast-food drive-thru escalates when family meals tend to come and go, especially when the baby first gets home. Besides dropping off meals yourself, consider these creative ways to feed the growing family:

- They probably won't be able to go out to a restaurant for a while. But you can [bring the restaurant](#) to them with a meal delivery service.
- The next best thing to bringing delivery from the restaurant is bringing them [everything they need](#) to make dinner at home. With a meal kit delivery service, they can pick out the meals and learn new recipes.

### **Just for Them**

The added stress of having a newborn in the house doesn't mean there aren't self-care strategies to employ for the parents. A healthy couple is a happy couple, so do what you can to help them along in tending to their personal needs.

- Introduce them to aromatherapy as a way to encourage [better sleep](#).
- Get them a spa day. If they can't both go, they can take turns. Or maybe Mom [needs it most](#).
- Mom also needs to be as comfortable as possible during the nursing months, so look into getting her clothes and [undergarments](#) made from high-quality fabrics and materials.
- As a special gift that will last a lifetime, buy a personalized [youth Bible](#) the baby can grow up with.

Making life easier for a new parent can mean anything from helping them get more sleep to finding ways for them to take care of themselves while their focus remains on the baby. This is a time of their lives they'll never forget, but that doesn't mean it will be easy. A small gift can go a long way toward helping out the new parents in your life.