

## **A little guilt-free book of new parent gift vouchers.**

Dear \_\_\_\_\_

I wouldn't be giving this to you if I didn't genuinely plan to honour each one. Use it guilt-free, just as it is intended. Got it? Yes? Good.

Love, \_\_\_\_\_

**Exchange me (guilt-free!) for...**

**An hour of  
housework help  
(kitchen, toilet,  
vacuum, whatever  
you need).**

**Exchange me (guilt-free!) for...**

**One "I don't want  
to talk about it"  
free pass when it's  
all feeling too hard  
to talk about.**

**Exchange me (guilt-free!) for...**

**A text from me  
reminding you that  
you are doing an  
AMAZING JOB AT  
THIS PARENTING  
THING!!!**

**Exchange me (guilt-free!) for...**

**Me to come and  
keep you company  
while you're  
feeding bubba.**

**Exchange me (guilt-free!) for...**

**Me to come and  
hold bubba so you  
can have a nice  
long shower and  
wash your hair.**

**Exchange me (guilt-free!) for...**

**A dinner dropped  
off to your front  
door, no obligatory  
chat necessary.**

**Exchange me (guilt-free!) for...**

**Me to come over  
and straighten  
your hair and/or  
paint your nails.**

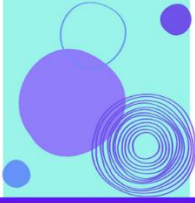
**Exchange me (guilt-free!) for...**

**Me to come over  
and take your  
other kids / dogs /  
partner for a walk  
so you can pee in  
peace.**

**Exchange me (guilt-free!) for...**

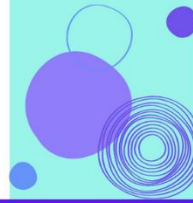
**One take away  
coffee / tea / hot  
chocolate and a  
treat dropped off  
at the front door.**

**Exchange me (guilt-free!) for...**



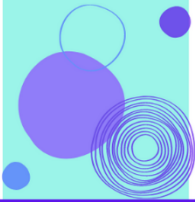
**Me to (politely) ask  
your parents / in-  
laws to back off and  
not judge your  
parenting, because  
you're doing great!**

**Exchange me (guilt-free!) for...**



**A cuppa and an  
opportunity for you  
to tell me EXACTLY  
how you feel about  
new parenthood.  
Even if it sucks.**

**Exchange me (guilt-free!) for...**



**A HUG!**