

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!