



“Try to be a rainbow in someone else’s cloud.”
(Maya Angelou)

Kindness is one of the things that we can control during difficult times. Often, it can feel as though there is so much happening that is out of our control, and the impact of this is deeply felt by us all.

Acts of kindness benefit everyone involved: they are a form of self-care as well as a welcome remedy to the feelings of fear and anxiety that also unite us.

Expectant and new parents are more isolated than ever before, and kindness can connect us in lovely ways to support those who need us most.

BE INSPIRED TO RADIATE A LITTLE EXTRA KINDNESS WITH OUR LIST OF IDEAS:

- Take and share cute photos of your pets, this always creates a bit of cheer!
- Leave kind notes on new parents, family and friends social media accounts and pages that you follow
- Bake a cake for a new parent or neighbour you have never met; use it as an opportunity to introduce yourself
- If you can, consider donating blood
- Let a mum or dad with young kids go in front of you in a queue
- Write some kind, motivational messages to expectant and new parents that you know and send them by text or email
- Video call a friend and watch a movie or show together with a cuppa or glass of wine
- Did you know that you can watch Netflix with friends virtually? Learn how to set it up here: <https://www.netflixparty.com>
- Offer to wash someone’s car while you are doing your own
- If you spot a busy or flustered mum or dad share a smile and a compliment
- Try some Facebook Messenger calls with the fun filters
- Connect with an old school or work friend on social media
- If you can, consider helping a busy parent who is struggling with their groceries or shopping
- Send a card to someone in your community who makes a difference (e.g. nurse, postman)
- Play a game with someone online (e.g. Words with Friends)
- Remind loved ones how much they mean to you by sending photos and kind notes
- Arrange for a virtual cup of tea with a new parent who is isolated with their children
- Offer to weed the garden of a busy new parent who is isolated at home
- Share funny jokes or memes on social media and tag a few new parents to brighten their day
- Donate to charity; sit down with your family to research the causes you are care about
- Send a random note of thanks each weekday to a colleague or someone in your work network
- When paying for something for yourself, offer to pay for something of someone else’s
- Offer to mentor or help someone at work or in your community
- Look into ways that you can virtually support businesses that are run by parents for parents, by shopping online
- Send a pre-paid coffee card for your local cafes to teachers and frontline workers



fact sheet

GIDGET KINDNESS IDEAS
#GIDGETKIND



SELF-CARE TIP kindness ideas_14.5.20



- Do some research into your local charities that are supporting expectant and new parents; consider volunteering or donating
- Offer to walk dogs or babysit children to give parents a break
- Print some notes of kindness to drop into your neighbour's letter boxes; compliments, offers of help – whatever you think they would like, keep an eye out for those with young children
- Consider sending a care package to a new parent in your neighbourhood

If you have any additional #gidgetkind ideas, please let us know.

We would love to hear from you!
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Gidget Foundation Australia exists to support the emotional wellbeing of expectant and new parents to ensure they receive timely, appropriate and specialist care.