

One Small Thing Coupon Book



#OneSmallThing

One Small Thing Coupon

REDEEM FOR A

Free Load of Laundry

I'LL WASH, DRY, AND FOLD A LOAD OF LAUNDRY



A small act of support can make a big difference



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REDEEM FOR A

Free Babysitter for an hour

I'LL WATCH THE BABY WHILE YOU TAKE SOME ME-TIME



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Load of Dishes Washed

I'LL WASH AND DRY THE DISHES FOR YOU



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Postpartum Appointment Chauffeur

I'LL DRIVE YOU TO YOUR APPOINTMENT



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Listening Ear

YOU TALK, I'LL LISTEN



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Meal Delivery

I'LL DROP OFF ONE HOMEMADE OR DELIVERED MEAL OF YOUR CHOICE



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Favorite Beverage Drop Off

I'LL DROP OFF YOUR FAVORITE DRINK

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Walking Buddy

WE'LL GO ON A FRESH AIR WALK TOGETHER

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Time for Date Night

I'LL BABYSIT SO YOU CAN GO ON A DATE NIGHT



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REDEEM FOR

One Errand Off your Plate

I'LL PICK UP GROCERIES, DIAPERS, OR ANYTHING YOU NEED



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REDEEM FOR A

Sleep Reset

I'LL WATCH THE BABY
OVERNIGHT SO YOU CAN REST



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REDEEM FOR A

Postpartum Check-In

I'LL TEXT/CALL YOU TONIGHT
TO SEE HOW YOU'RE DOING



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Pet Care Moment

I'LL WALK OR FEED YOUR PET



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REDEEM FOR

Older Child Helper

I'LL BABYSIT YOUR OLDER CHILD



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Mental Health Moment

I'LL SIT AND HOLD SPACE FOR WHATEVER YOU'RE FEELING



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REDEEM FOR A

Paperwork Helper

I'LL HELP SORT YOUR MAIL, FORMS, AND APPOINTMENTS



A small act of support can make a big difference