

Loveliest masterpiece of the heart of God is the heart of a mother



# Gift guide for postpartum mothers



By Sarah Merck

"The most important person on earth is a mother. She cannot claim the honour of having built Notre Dame Cathedral. She need not. She has built something more magnificent than any cathedral—a dwelling for an immortal soul, the tiny perfection of her baby's body. The angels have not been blessed with such a grace. They cannot share in God's creative miracle to bring new saints to Heaven. Only a human mother can. Mothers are closer to God the Creator than any other creature; God joins forces with mothers in performing this act of creation. . . . What on God's good earth is more glorious than this; to be a mother?"

Joszef Cardinal Mindszenty

# I'm Sarah Merck

## Welcome

I am beyond excited to share this gift guide for mothers with you! I wanted to curate a guide specifically towards the support of the mother—something that can often get lost during pregnancy and following the beautiful birth of a child. This season is unique; one to navigate as a mother from the physical, mental, emotional and spiritual intricacies. So you won't find my recommended baby products in this guide—this one is all for mama!

This is for motherg.

Whether you are a loved one hoping to give to a first-time, new mother, or you're a mother who has welcomed multiple children, I hope this guide can be a helpful tool for you to refer back to (or share) with loved ones during your season of postpartum with the ways you need support.

Sarah



# Categories



1. SERVICE

2. TANGIBLES

3. TRANSCENDENT



# GIFTS OF *Service*



01

offer to clean  
– laundry,  
dishes, etc.

02

cook and drop  
off a healthy +  
wholesome  
meal and/or  
snacks.



03

offer to  
babysit/entertain  
their child(ren).

04

organize a meal  
train for the  
family.

03

respect her  
boundaries.

04

ask her how she  
is truly doing + be  
a listening  
companion.



# Tangibles

01

comfy nursing friendly bra, undies, robe. or lounge set.

02

clean postpartum + self care products as she is healing physically.

03

gift cards for place to eat, clothing for this new season or a spa day.

04

new rosary, miraculous medal or prayer book for this season within her vocation.

# transcendent

01

motherly  
affirmations.

02

offer up a  
Mass, Rosary,  
Holy Hour or a  
Divine Mercy  
for their family.

03

offer up some  
form of  
fasting.

04

offer a whole  
Spiritual  
Bouquet from  
you and her  
loved ones.



# What is a Spiritual Bouquet?

A spiritual bouquet is the offering of prayers and/or sacrifices to another as a gift. This can be indicated in many ways!

Traditionally, Spiritual Bouquets can be shared in the form of a card,

letting the person know what prayers or sacrifices have been offered up for them.

It is a beautiful Catholic tradition that makes a great gift for hard times or important occasions.



*A spiritual bouquet in  
your honor*

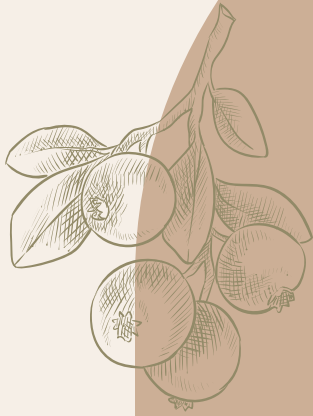


THE  
FOLLOWING  
PRAYERS  
HAVE BEEN  
OFFERED UP  
FOR YOUR  
INTENTIONS:

OFFERINGS: \_\_\_\_\_

TO: \_\_\_\_\_

FROM: \_\_\_\_\_



## *A simple reminder*

Don't forget to ask mama what she specifically needs in this season + follow up with her.

Remember to extend her grace as she learns new (or different) priorities in this season. She is

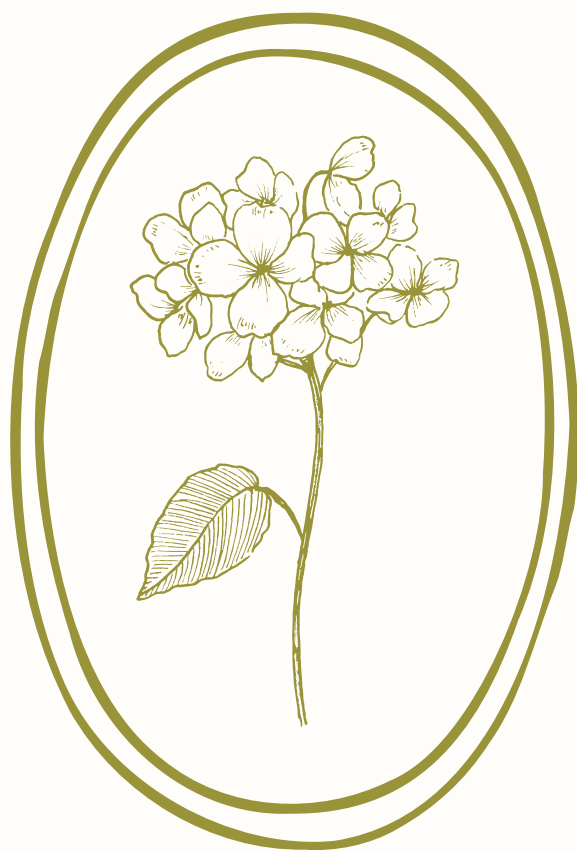
navigating life with a new little one, and needs to heal physically, mentally, and juggle all the hats she wears.

affirmations

for a new  
mother

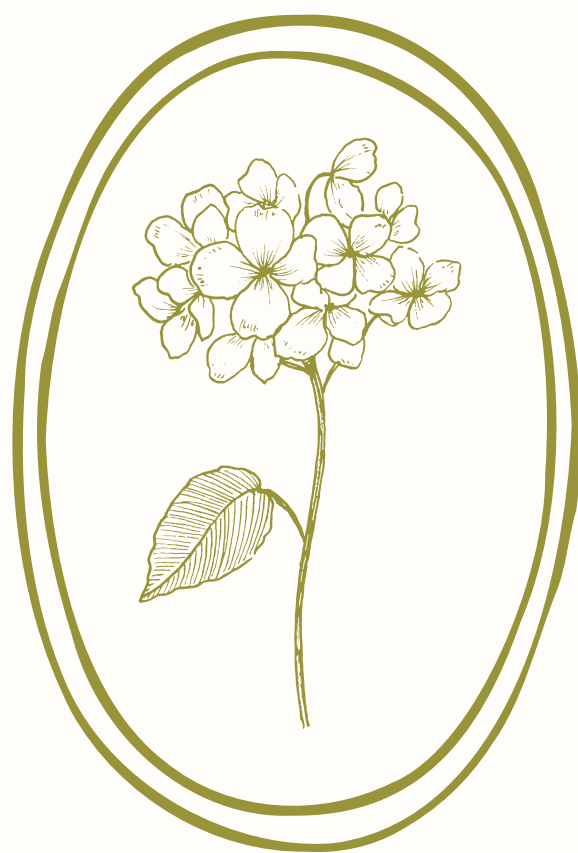
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MOTHERHOOD LOOKS



GOOD ON YOU!

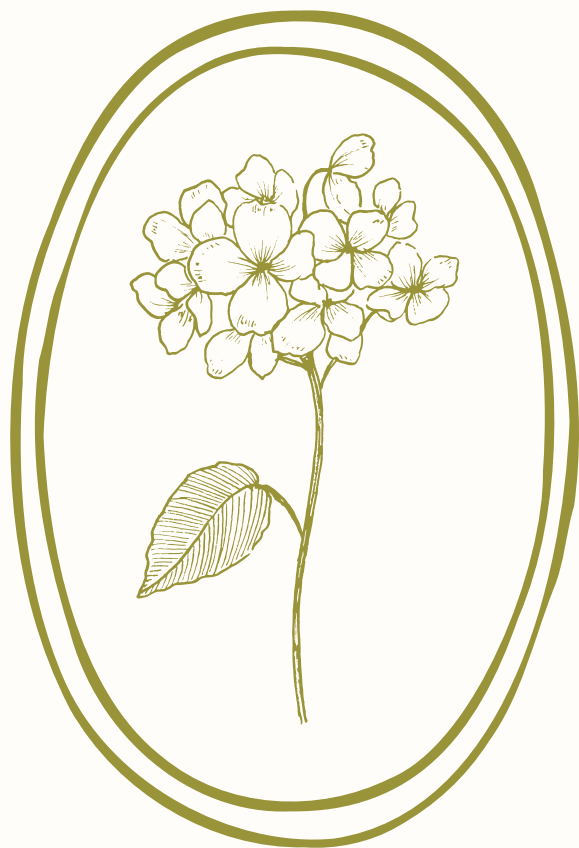
YOU ARE CAPABLE OF



DOING HARD THINGS.



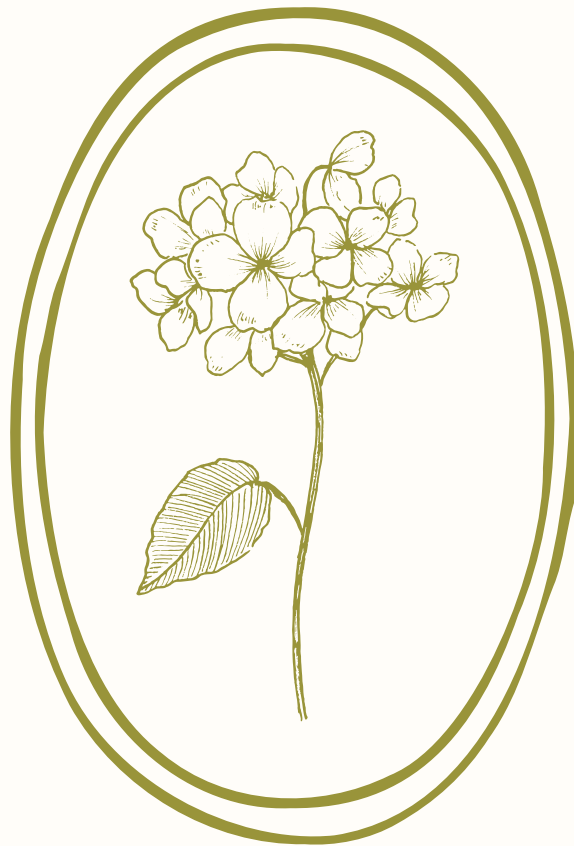
IT'S OKAY TO



ASK FOR HELP

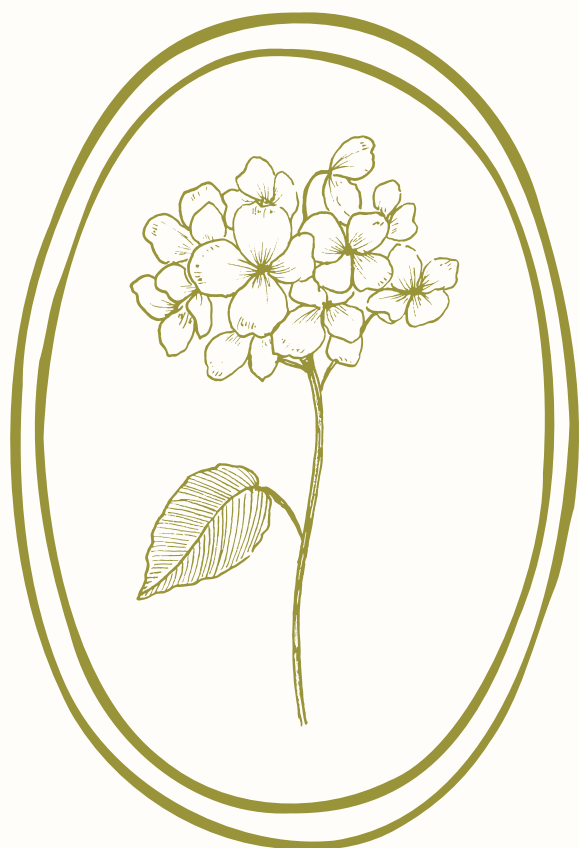


THIS JOURNEY IS EXACTLY



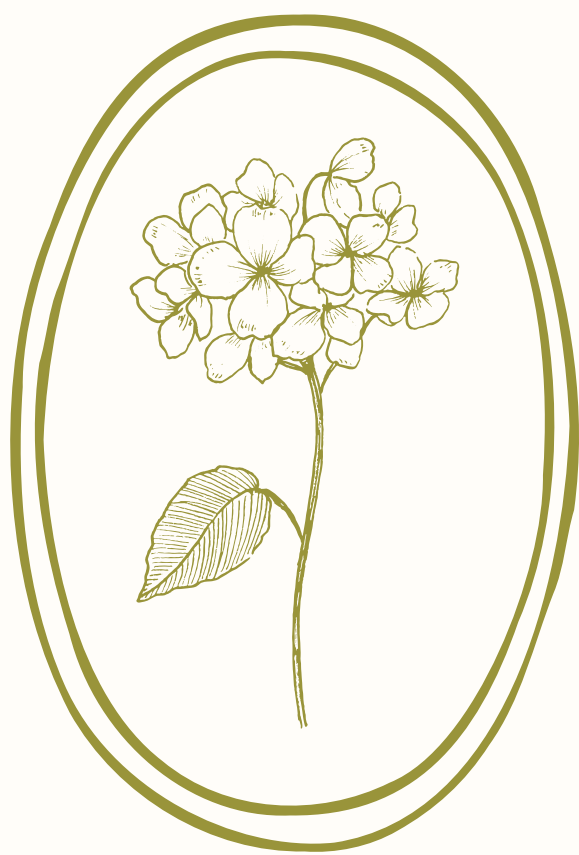
HOW IT'S MEANT TO  
BE FOR YOU!

GIVE YOURSELF



GRACE IN THIS SEASON

YOU ARE A

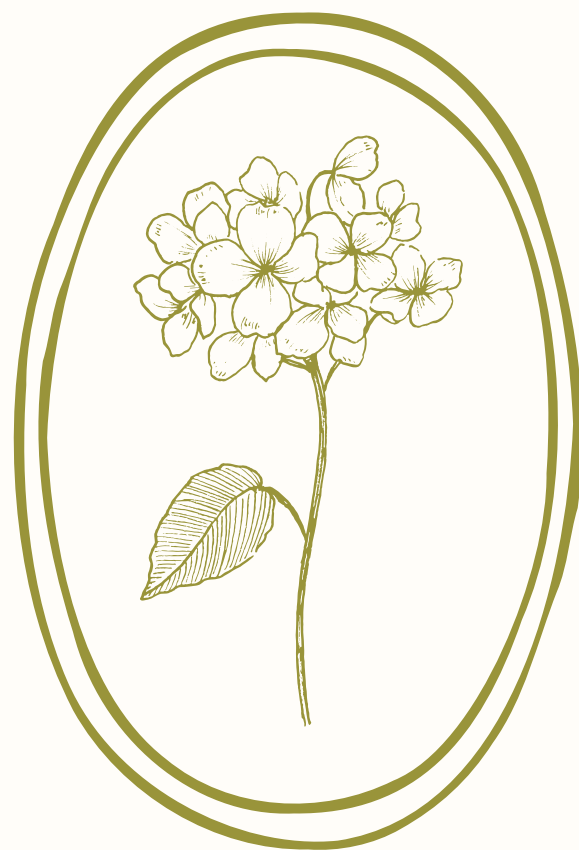


GOOD MOTHER.

YOU WERE CHOSEN  
BE THIS CHILD'S MOTHER

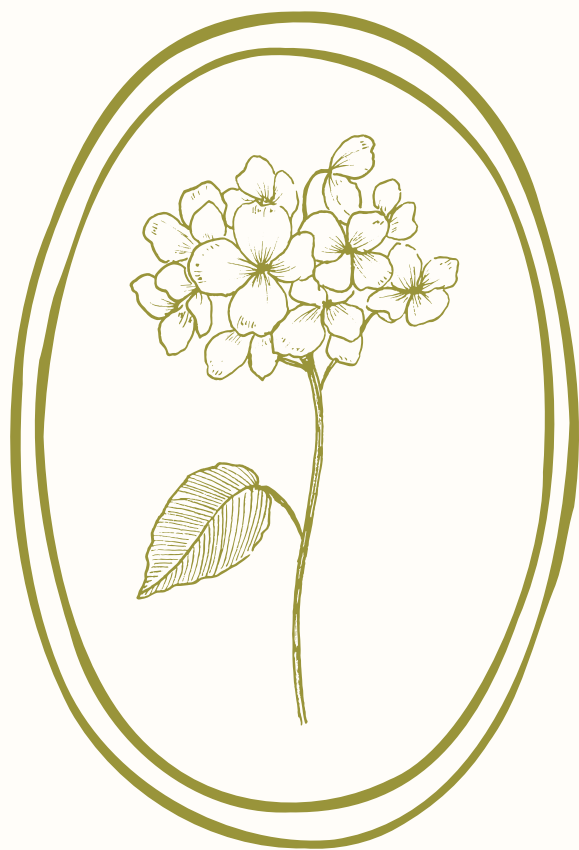


YOU ARE NOT



ALONE IN THIS

YOU HAVE THE



FREEDOM TO SAY NO

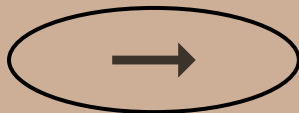


# GIFT GUIDE

QUICK LINKS

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Tap Through To Browse



POSTPARTUM

GIFT GUIDE

# Meal Train



Tap To Shop

GIFT GUIDE

POSTPARTUM

POSTPARTUM

GIFT GUIDE

# Clean postpartum care



Tap To Shop

GIFT GUIDE

POSTPARTUM

POSTPARTUM

GIFT GUIDE

# Rosary



Tap To Shop

GIFT GUIDE

POSTPARTUM

POSTPARTUM

GIFT GUIDE

# Prayer book



Tap To Shop

GIFT GUIDE

POSTPARTUM



## *I hope I lighten the Load...*

Whether you have a loved one that is due soon and you're looking for ways to support her as she enters more deeply into her vocation, or you are an expectant mother with loved ones asking how you'd like to be supported after your little one(s) arrive, my hope is that this guide can be a helpful aid in giving ideas on how to support mothers as they navigate a new season of motherhood.

Lastly, know that my family is praying for you.



# STAY CONNECTED!

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*Sarah Merck*