

Special Delivery

By Paige Evers



When a new baby or a child arrives by birth or adoption, families may find it challenging to keep up with the basic needs of daily living, such as cooking meals, doing laundry, and taking care of the house. Bringing a meal to a family with a newborn is a great way to serve and to show you care. When your children help prepare and deliver the meal, they can shower the new baby with love and welcome him or her to your community.

For

Young Family

Season

Spring

Needed

Special Delivery: Meal Plan worksheet (see last page); pen or pencil; cookbooks or family recipes; ingredients for a meal to deliver to the family of a newborn, including a main dish, salad or vegetable, bread, and dessert

Activity Plan

1. Bring your family together and identify people you know who have a new baby, are in the midst of adopting, or are expecting a baby in the coming months. You might know a family from church, day care center, neighborhood, or preschool who will be adding a new baby to their family soon. (Even if it's a family you don't know well, offering to bring dinner is a great way to serve them and kindle a friendship.)
2. Once you have identified a family to serve, say this prayer aloud:

Dear God, thank you for new life! Please be with the [name] family. Bless them and their new baby. Help us serve them and share your love with them. Amen.
3. Use the Special Delivery: Meal Plan worksheet to help you plan what to cook for the family you have identified. Write down a list of ideas. Let your children know you'll be talking with the Mom or Dad in the family to find out what they like. You'll make a final choice of what you'll cook for them after that.
4. Contact the family you have in mind and find out their food preferences and allergies. Arrange a time to deliver the meal and ask for directions to their house.
5. Plan a shopping trip with your children to purchase the ingredients you will need.

6. Work together to cook the meal. Either label your dishes so they can be returned easily or cook everything in containers that the family can keep.
7. As you cook, share stories from when your children were infants. Who came to visit them? Who offered to help? How did God bless you as a family when your children were newborns?
8. Write down your favorite table grace in the box on the Special Delivery: Meal Plan worksheet. Include a brief message and your contact information. Cut out this message and include it with the meal.
9. Deliver the meal to the family at the arranged time. Keep your visit very short, as the new parents may be sleep-deprived and not up for a lengthy conversation.
10. At your next family meal or at bedtime, pray aloud:

Gracious God, thank you for letting us visit [baby's name] today! Be with him/her and his/her family. Give them all good health and help them get plenty of sleep! Fill them with your love and joy. Show us how we can keep serving them and sharing your love with them. Amen



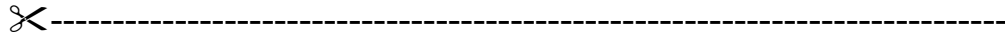
Special Delivery: Meal Plan

People we know who recently had a new baby, who are expecting a new baby soon, or who are adopting a child	How we know them

Things to find out:		
<i>Things they really like to eat</i>	<i>Things they don't like to eat</i>	<i>Food allergies</i>

Meal Plan for the _____ Family

When we are delivering this meal:	
Day:	Time:
Their address:	
Their phone number:	
Directions to their house:	



<i>A table grace from our home to yours:</i>	
<p><i>Let us know if there is anything we can do to help!</i></p> <p>Phone: _____ E-mail address: _____</p>	

