

## ***A New Mom's Wish List:***

- ✓ An hour of uninterrupted sleep
- ✓ Laundry that folds itself
- ✓ Grocery delivery right to the kitchen
- ✓ Time to shower



*As a Good Beginnings volunteer, you can make wishes come true. Donate a few hours a week to help a family adjust to life with a newborn. Call (603) 448-6826 for more information.*



**Good Beginnings of the Upper Valley**  
**[www.goodbeginnings.net](http://www.goodbeginnings.net)**