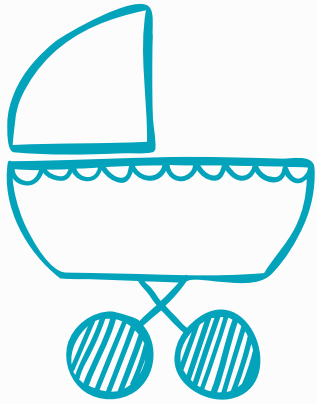


THANK YOU FOR VISITING!

PLEASE WASH YOUR HANDS OR
USE HAND SANITIZER



WAYS YOU CAN HELP:

- Offer to do the laundry
- Offer to fold a load of laundry
- Do the dishes/tidy kitchen



ASK MOM:

- Do you need a drink?
- Do you need a snack?
- Can I help with dinner?
- Do you need a break?
- Do you need a nap?

ASK MOM OR DAD:

- Are there any errands I can run?
- Do you need anything from the grocery store?

