

LOOKING AFTER YOURSELF



As you become more comfortable with your baby's feed and sleep patterns take time to look after yourself and do things you enjoy. Asking family or friends to help with jobs around the house such as laundry, cleaning or shopping can help.

Your emotional wellbeing

Looking after a new baby can be hard so it is important to take care of your wellbeing too. Some things that may help:

Some ways to do this include:

| Practising mindfulness | Muscle relaxation | Breathing exercise | Social interaction | Physical activity and nutrition |
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| Live in the moment rather than thinking about the past or the future | Relaxing your body can help you feel calmer | Focusing on your breathing helps release muscle tension | Catching up with friends and family | 20-30 minutes of physical activity per day Eating a variety of the 5 food groups |



YOUR RELATIONSHIPS

Your wellbeing is important for your child too. With less sleep and more demands on your time your relationships with others can change. Talking to someone you trust can help you feel connected and supported. If you are not enjoying your usual activities, are overwhelmed or have regular low moods, talk to your Child and Family Health Nurse, GP or one of the services below. These services are there to provide confidential counselling and peer support to parents.

For telephone support

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| Perinatal Anxiety & Depression Australia (PANDA) - 1300 726 306 |
| beyondblue - 1300 224 636 |
| Pregnancy, Birth & Baby - 1800 882 436 |
| Get Healthy - 1300 806 258 |

Parenting challenges

Becoming a parent is a time of great change. Different advice on how to look after your baby from family, friends or even social media can make it hard to work out what is best for your baby, yourself and the family. It takes time to develop the confidence and know what information is helpful.

Helpful Tips



Be realistic and do not let information on social media set your standard



Seek trusted sources of information, such as Child and Family Health Nurses, GP, family and friends



Look after your own health