

SUPPORT FOR NEW PARENTS



Caring for families with a new baby

Let them know you are proud of them, reassure them they are doing a great job. Your words can really help.



Make sure whoever is looking after baby has plenty of water and snacks when they are feeding. Check in and ask if they need anything.



When baby wakes up in the morning, take them for a play.



Look after older children so they can focus on baby and rest.



Encourage them to connect with other parents, this can be great support.

Caring for baby

You can support by giving baby cuddles, burping or settling. Try having skin to skin time with baby or carry them in a sling or baby carrier.



Take charge of nappy changing and help to settle baby after a feed.



Play with baby. Try different ways to make baby smile.



Give baby a bath, it can be a special time for you to connect and create a routine with baby.



Take baby out for a walk.



Helping around the house

There are lots of ways you can help reduce the load so they can focus on feeding baby and looking after themselves.



Keep essentials stocked – restock nappies, wipes, toilet paper, paper towel.



Help sterilise pumps, bottles, dummies or other feeding equipment.



Look after the laundry, tidy, and do other chores. Sometimes houses are a little messier with a new baby to look after. Let parents know it's ok and help where you can.



Help with the cooking as often as you can or organise others to help. Make healthy meals and snacks, and regularly top up water bottles.



Talk to visitors about the best times to visit and let them know when it's time to leave so everyone can rest.



If you have any concerns about your child, contact your local [Child and Family Health Nurse](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



Health
Hunter New England
Local Health District

Proudly supported by
GLENCORE



HNEkidshealth
Children, Young People & Families