

# CARING FOR YOURSELF

Your baby needs a lot of your time and attention. Looking after yourself is still important. Asking family or friends to help with jobs around the house such as laundry, cleaning or shopping can help you find the time to do the things you enjoy.



For  
Parents/  
Carers

**Try one of the below ideas. Even as little as 10 minutes can make a big difference.**

## Physical wellbeing



Enjoy a healthy snack and drink a glass of water



Take your baby for a short walk outside



Read a book, magazine or whatever you enjoy. Try audiobooks and podcasts.

## Emotional wellbeing



Catch up with your mob, a friend or family member. Try to meet in person, phone or video chat.



Writing in a journal or diary can be therapeutic



Close your eyes, clear your mind or do some deep breathing. This can help release muscle tension

# 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 extra support

**Perinatal Anxiety & Depression Australia (PANDA)** - Mental health support service  
Available Monday - Friday, 9am - 7:30pm and Saturday, 9am - 4pm (AET). Call 1300 726 306 or [click here for their website](#)

**BeyondBlue** - Brief counselling service  
Available 24/7. Call 1300 224 636 or [click here for their online webchat option](#)

**Pregnancy, Birth and Baby** - Support and information service with child family health nurses. Available 7 days a week, 7am - midnight (AET). Call 1800 882 436 or [click here for their videocall option](#)

**Get Healthy** - Free telephone-based health coaching  
Available Monday - Friday, 8am - 8pm (AET). Call 1300 806 258 or [click here for their website](#)

# 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



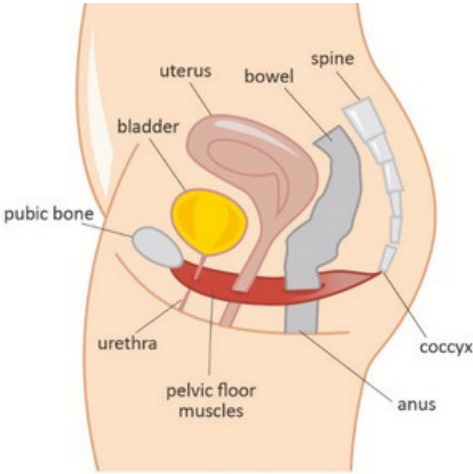
Seek trusted sources of information, such as Child and Family Health Nurses, GP, family and friends



Look after your own health

# Pelvic floor care

Locating your pelvic floor muscles



© Continence Foundation of Australia



**After having a baby, you may notice some changes to your pelvic floor. Help is available if you experience any of these things:**



Leaking urine when you cough, sneeze, lift, laugh or do exercise



Not able to control your wind



Feel like you urgently need the toilet for your bladder or bowel



Loss of bowel or bladder strength and/or control



Pelvic organ prolapse; organs might sag down into your vagina, feeling heaviness, or a bulging or dragging sensation

**More info can be found at [Pelvic Floor First National Continence Website](#) or [Hotline 1800 330 066](#)**

**A Child and Family Health Nurse, GP and physio can also help.**

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