

# 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 ways to do this include:

Practising mindfulness	Muscle relaxation	Breathing exercise	Social interaction	Physical activity and nutrition
				
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

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

If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health  
Hunter New England  
Local Health District



HNEkidshealth  
Children, Young People & Families



Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community. We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.