

# LOOKING AFTER YOURSELF

Healthy Beginnings for HNEKids has given you info and tips on why it's important to look after your mind and body.

Your baby needs a lot of your time and attention. Looking after yourself is still important. Allow yourself to have some 'me time'.



Try one of the ideas below, even if it is 10 minutes a day



Enjoy nutritious meals and eat in peace if you can



Move your body for as little as 10 minutes at a time to feel energetic



Close your eyes, clear your mind or do some deep breathing



Knots and tension can be massaged to reduce stress



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



Read a book, magazine or whatever you enjoy. Try Audiobooks and Podcasts.



Writing in a journal or diary can be therapeutic

## For telephone support

Perinatal Anxiety & Depression Australia (PANDA) - 1300 726

306 beyondblue - 1300 224 636

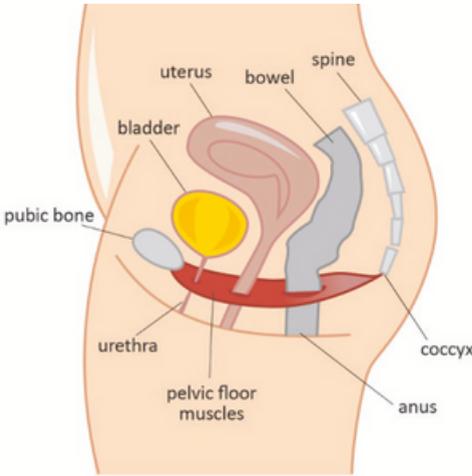
Pregnancy, Birth & Baby - 1800 882 436

Get Healthy - 1300 806 258



# Pelvic floor care

Locating your pelvic floor muscles



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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 be 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 sensations

More info can be found at [Pelvic Floor First Natation 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 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.