

CELEBRATE THE SMALL WINS

Learning to parent every child takes time and practice. How you feel about it can change from day to day—and that's normal. Noticing even one small win each day can help you feel more confident and positive about how you're going.

Try to spot one thing—big or small—that felt okay or went well today.

See some ideas below:

Taking care of yourself

- ★ You enjoyed something just for you (e.g. a cup of tea or a quiet moment).
- ★ You moved your body or spent time outside.
- ★ You made time for your basic self-care (e.g. took a shower or rested).
- ★ You enjoyed a healthy meal or snack.

Building parenting confidence

- ★ You noticed how much you have learned about being your baby's parent so far.
- ★ You focused on your own parenting journey and not others.
- ★ You were patient with yourself whilst you learn to care for your baby.
- ★ You worked through a parenting challenge.

Caring for your baby

- ★ You noticed when your baby was hungry or full.
- ★ You spoke or sang to your baby during an everyday moment.
- ★ You changed your baby so they were comfortable.
- ★ You settled your baby when they cried.

Strengthening support networks

- ★ You spoke to a friend or reached out for support.
- ★ You made an appointment for yourself, your baby, or both.
- ★ You thanked someone who supported you.
- ★ You connected with another parent.

For
Parents/
Carers

Need help with parenting challenges?

Find more resources on the HB4HNEKids website: [CLICK HERE](#) or contact Parent Line NSW via phone 1300 1300 52 or online: [CLICK HERE](#)



Print these to keep as a regular reminder

If you have any concerns about your child, contact your local Child and Family Health Service, 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.



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