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Helpful Tips for new Parents

You are on a huge learning curve with your first baby.

A happy and healthy parent is necessary for your baby's health and wellbeing and one of the most precious gifts you can give your baby. Being the parent of a newborn infant requires large amounts of energy and good humour. At times this can be difficult, especially if you're feeling

tired and overwhelmed by your new responsibilities as a parent but there are a few tips you can try to help you through those times.

It's worth remembering:

- Give yourself time to adjust to the demands of parenthood; you are on a huge learning curve with your first baby.
- Start each day afresh even if things have been difficult the day before.
- Have realistic expectations of what you will achieve each day.
- There are lots of supports available to help you in your new role – a great place to start is your local Child & Family Health Nurse who will know what services are available in your community for new parents.
- A sense of humour is really important, particularly in the early months.

Caring for Yourself

- Think about starting a regular morning or evening walk with your partner and baby or a friend. It's amazing how exercise can lift your mood!
- Try to limit the amount of housework you need to do (especially in the early weeks of parenthood).
- Think about the help you need around the house – list

this on a piece of paper and put it on the fridge door – so when people ask if they can help you have lots of things you can ask them to do.

- Try to sleep when your baby is asleep. If you're finding it difficult to sleep, even just lying down for half an hour and closing your eyes can help you regain some energy.
- Eat a healthy, balanced diet and make time to relax each day to keep you physically and emotionally well.
- Be efficient when cooking and make extra meals that can be frozen for the time when you are feeling too tired to prepare a meal.
- Develop a strong support network with other new parents by joining a new Mothers/Fathers group (these are usually held at your local Child and Family Health Clinic). Stories over a coffee can be a great comfort!
- There are also countless blogs, and parenting forums where you can read and share parenting experiences, however be cautious about accepting 'advice' from other parents.
- Avoid spending too much time on technology, your baby will grow up very quickly!
- If at all possible, arrange regular childcare by a grandparent, friend or in a Council operated Occasional Care.
- Take care to avoid heavy lifting or placing strain on your back by twisting when lifting your baby or baby equipment.

- Talk about your feelings or concerns to a sympathetic listener – this may be a friend, parent or Child and Family Health Nurse.
- Postnatal depression occurs in 16% of women after the birth of their baby. If you are feeling lonely or isolated talk to your doctor or Child & Family Health Nurse about it.

Caring for your Partner

- Plan time together.
- Arrange a night out – arrange a night out for you and your partner.
- If a night out isn't possible – think of activities that you can do as a family e.g. a picnic in the park, a ride on a ferry, a walk around your neighbourhood.
- Identify and ask your partner about the things you can do about the house or to help with the baby – write a list and put it into action.
- Find time to have a conversation together about your feelings, relationship and needs.

**Our friendly team at Tresillian
are here to support your family!**

For a referral to Tresillian:

Ask your local Health Professional,
Child & Family Health Nurse, GP
or early parenting support service
to refer you and your child.



Self Refer by visiting the Tresillian website.
Fill in a short online contact form and
one of our Nurses will call you back.

Visit **tresillian.org.au**



For advice on your child or the
best service for your family, call the
Tresillian Parent's Help Line
FREECALL 1300 272 736



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander People as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of the land in the countries on which we live and work in NSW, the ACT and Victoria. We respect that Aboriginal and Torres Strait Islander People have lived in Australia for over 60,000 years and are recognised as having the oldest living continuous culture in the world, with unique languages and spiritual relationships to the land and sea. We pay our respects to Aboriginal and Torres Strait Islander Elders past and present and acknowledge all Aboriginal and Torres Strait Islander people living in the communities we serve.