

ForWhen

Strong Mind, Strong Bub

Early beginnings

What is Perinatal Wellbeing?

Perinatal wellbeing means feeling strong in your mind, body and spirit during pregnancy and in the first year after bubs is born. It's about looking after yourself so you can feel connected, supported, and ready to care for your little one.

It's Normal to Feel Ups and Downs

Having a baby is a big deal. It can bring joy, but sometimes it can feel like you're not coping.

You might be feeling:

- Tired and overwhelmed
- Often sad or teary
- Disconnected from bubs or family
- Anxious, scared, or worried
- Like you've lost your spirit

Your feelings matter – and these feelings don't make you a bad parent. They just mean you may need some support.

Why does perinatal wellbeing matter?

Perinatal wellbeing is not about what's wrong with you, it's about what happened to you and how having a bub can change everything.

Your Wellbeing Shapes Bub's World

When you're supported, your little one feels it too.

"A strong, connected parent means a strong, secure bub"

Let's grow strong families – together

1300 24 23 22

Perinatal Wellbeing – You Are Not Alone

Need a yarn? Reaching out early means you're giving your bub the best start and looking after yourself too.

Let us walk alongside you to connect you with the support you need. Call a Navigator or Aboriginal Family Support Worker today 1300 24 23 22.

ForWhen receives funding from the Australian Government.

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Call 1300 24 23 22

