

For When

you take your baby home



You will probably experience a whole range of feelings when taking your baby home. You may not know what you are supposed to be doing.

You may find:

- Your daily routine may shift and change
- The new skills of looking after your baby may feel hard and challenging
- You have no time for yourself and your needs are the last priority

You may feel:

- Scared
- Overwhelmed
- Exhausted
- Terrified
- Mixed emotions
- Grief over the life you had before
- Excited about the journey that's about to begin

Caring for this tiny human can feel like such a big responsibility.

Falling in love with your baby may be a process, it may not happen overnight.

What can you do?

There is always a period of adjustment when your life changes. Give yourself permission to not have it all together the minute you get home.

When your baby has moments of being awake and curious, connect with them by looking at their face and responding to their expressions.

You will get LOTS of advice. It's ok to work out what may work for you.

Problem solve how to take care of yourself e.g. bring your bassinet into the bathroom while you have a shower, take your baby for a walk.

When to get help?

There is a normal period of emotional adjustment that occurs for mums and dads after having a baby. It could be due to a mix of physical, emotional and social changes. How you cope with these may take a few weeks to begin to settle.

However, you may need to get help if:

- you are feeling low and/or anxious which is getting in the way of being able to do the things you need to do, and it lasts for 2 weeks or more
- you have thoughts of harming yourself, your baby or someone else

What help is available?

- Talk to trusted friends and family
- Child health nurses, GP or other health professionals or Aboriginal Health Worker
- Parent groups

Contact ForWhen to help navigate you to the right mental health services and supports.



1300 24 23 22

Mon-Fri
9am - 4.30pm

@ForWhenHelpline



forwhenhelpline.org.au

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We acknowledge the Traditional and Continuing Owners of the land and waters of Australia, and we pay our respects to Elders, past, present and emerging. We pay tribute to the wisdom, richness, diversity and resilience of First Nations peoples and cultures.

