

How to ask

If you know an expectant, new or potential parent, there are many ways to offer support, including emotional support. It can be hard to know where to start, so here are some conversation starters you can try.

A simple question, listening and just ‘being there’ sounds so straightforward, but it can be so impactful.

Conversation Starters

How can I help?
What do you need?

How have you been feeling lately?

What’s the transition to parenthood been like for you?

Do you feel like you’re getting enough support right now?

I’m here if you ever want to chat, vent, cry or just have some company.

I know things can feel overwhelming sometimes—how are you coping day to day?

Useful Things You Can Do To Help

Listen without fixing

Validate their feelings

Check in regularly

Encourage professional help

Celebrate small wins

Drop off home cooked meals

Offer to do some housework (laundry, dishes)

Offer to take the baby so they can have a break

Share support services and resources

Run errands for them (grocery or baby supplies)

Invite them out for a walk

*What you need,
when you need it*

We’re here. Visit pmhweek.org.au