

fact sheet

At A Glance - Tips For Expectant & New Parents



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Acknowledge your feelings



Reach out and start a conversation



Stay connected with family and friends



Nourish your body with healthy food and stay hydrated



Move your body through regular exercise



Prioritise self-care and take breaks when needed



Set realistic expectations and simplify where you can



Create space for quality time with yourself and your partner



Build new friendships with other parents for shared support



Set healthy boundaries and show yourself compassion



Notice your stress triggers and focus on your strengths



Find simple ways to relax and unwind at the end of each day



Seek reliable information and limit social media



Remember that caring for a baby is demanding and it's all new



Remember that attachment with your baby may take time



Remember it's normal to feel overwhelmed at this time

If the tough days start to outnumber the good, it might be time to start talking with a professional. Please reach out to our team at Gidget Foundation Australia. 🌸

Gidget is here for you