

Start The Conversation

If you know someone who is pregnant, a new parent or planning a family, you can make a real difference. Sometimes the simplest questions, or just being present, can offer the biggest comfort.

Conversation Starters

Try gentle and open ended questions like:

How can I support you right now?

How have you been feeling lately?

I'm here if you want to talk, vent, cry or simply have company



It's totally normal to feel overwhelmed. How are you coping day to day?

Do you feel like you're getting enough support?

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



Useful Ways To Help

You don't need all the answers, but small actions matter.

Listen without trying to "fix" things

Encourage them to seek professional support if needed

Drop off meals or snacks

Celebrate their small wins

Acknowledge and validate their feelings

Run errands or help with household tasks

Check in regularly

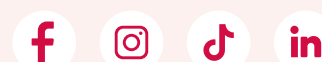
Scan for further information and helpful resources



Share support services and trusted resources

Offer to hold the baby so they can rest or shower

Invite them for a gentle walk



Supporting the mental health of expectant, new and potential parents.