

# Looking After Yourself & Your Baby

The weeks and months after your baby is born will be one of the most challenging experiences of your life. Because your role as a mother is so vital to your baby and your family, it is important that in the middle of the feeding, cleaning and nappy changes that you remember to look after yourself. Here are some tips on how to do so.

- Remember to eat regularly and healthily. Try to get a balanced diet with lots of cereals, fresh fruit, vegetables and meat.
- Try to get dressed each morning. Don't spend the day in your pyjamas.
- Remember to rest when your baby is sleeping. This is the time for you to rest, not to catch up with house cleaning or other work.
- Take time out each day to relax and do something you enjoy. This may be something simple such as going for a walk or listening to music.
- Do keep in contact with friends. Expand your social circle by meeting up with other new mothers through Playgroup or the Early Childhood Centre.
- Talk openly to your partner and family about the changes happening to your lives since the baby's arrival. Remember that it is a big change for them too.
- Do not be afraid to ask others, such as family and friends, for help. They may not do things just as you would but they can give you time to rest or time to spend with your baby.
- Get to know your local resources for mothers and babies. You can find out about these from the Early Childhood Centre, your family GP, the local library or from your neighbours.
- Do not expect perfection from yourself – you are only human after all, and so is your baby.

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