



Advice for New Moms and Dads

Many volumes of books have been written to help new parents and their babies thrive. These are some quick tips to get you started.

Caring for Yourself

- Get some REST! Sleep when your baby sleeps.
- Eat nutritious meals. Healthy eating habits will give you more energy, improve your mood and help you focus better.
- Accept help or support when you need it. You cannot always do it all and need to take some time for yourself. Do activities that you enjoy.
- Pay attention to your mood after you deliver your baby. You may have the baby blues or postpartum depression. Tell your health care provider if you have concerns about your mood. Read Helping Hand HH-I-403, *Postpartum Depression and Baby Blues*.
- If you find that you are frustrated or angry with your baby ask for help from a trusted relative or friend. If you have thoughts of wanting to harm yourself or your baby get help immediately! Go to your nearest hospital or call Netcare Access at 614-276-2273.
- Join a parenting group. They can be a lot of fun and teach you many helpful skills as a new parent.

Caring for Your Children

- Schedule an appointment with a doctor for your baby as soon as you get home from the hospital. See your TaP Clinic for a list of pediatricians.
- Make sure your baby sleeps safely. Remember the ABC's of safe sleep. A baby should sleep **ALONE**, on the **BACK** and in a **CRIB**. Read Helping Hand HH-IV-69, *Safe Sleep Practices for Babies*.
- Bond with your baby. This is really important! Babies like to be touched by being held, hugged, stroked and caressed against your bare skin. Babies love to watch faces. Look into your baby's eyes often. Breastfeeding is great for bonding. Whether you breast-feed or bottle-feed, hold your baby close.
- If you have other children, having a new baby around that gets most of the attention may be difficult for them. Make sure to give them attention too. Teach them how to be gentle and helpful to the new baby.