Self-care in your baby’s first months

Becoming a parent is life-changing and it can be tough as well as joyful at times. To begin with, you may feel very tired, emotional, and need a lot of support.

Try to think of ways in which you can look after yourself and others can look after you – this will help you look after your baby.

Find the times when you most enjoy your baby – such as just after a feed or bath time. Short bursts of pleasure with your baby will help you through moments of feeling run down.

At times when you’re finding it difficult, remind yourself that looking after a baby is hard work because they are very dependent on you and not because they want to frustrate you.