

# 6 TIPS FOR NEW PARENTS

## A mental health guide

1

### BE KIND TO YOURSELF

Let go of unrealistic expectations and trust your instincts. Don't assume parenting comes naturally to others.

2

### FIND YOUR BALANCE

Fit calming routines into your new life. Do what used to help you relax e.g: gaming, fitness, music. Personalise it to you.

3

### KNOW IT GETS EASIER

Early struggles are temporary. Life will settle and better sleep, more time, and less chaos will come with time and experience.

4

### COMMUNICATE WITH YOUR PARTNER

Share responsibilities, talk openly about challenges, and ask what each other really needs.

5

### CONNECT WITH OTHER PARENTS

Talk to parents going through the same thing. Make sure to share tips, and lessons along the way.

6

### TALK TO SOMEONE YOU TRUST

If you're finding things tough, you don't have to ask for help right away, though it can really help to share how you're feeling with someone who will listen and care.

