

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.



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