



Having a baby is a life-changing experience.

Being a new mum can bring excitement and happiness, but sometimes also stress.

Taking action to boost your mental health can help you manage the challenges you experience and improve your overall wellbeing. This will help you to feel happy and enjoy your experience as a mum, which will have a positive impact on your baby.

Keeping mentally healthy is as important for you as it is for your baby.

And it's as easy as A-B-C...

Act - Belong - Commit

How can I get involved?

- Talk to a Child Health Nurse - they are a wealth of information and ideas
- Join a local playgroup - check out playgroupwa.com.au
- Contact your local library - they often deliver sessions for mums and babies
- Surf the web and scan your local newspaper. You can find lots of information about local mothers groups, hobby groups and activities
- Contact your local council and talk to a Community Development Officer

If you need support you can call;

- Post and Antenatal Depression Association (PANDA)
National Helpline: 1300 726 306
- Ngala Parenting Line:
(08) 9368 9368 or 1800 111 546 (country)
- Pregnancy, Birth and Baby: 1800 882 436



actbelongcommit.org.au



KEEPING MENTALLY HEALTHY

A Guide For New Mums

actbelongcommit.org.au

Keeping mentally healthy is just as important as staying physically healthy.

act

Keep active - physically, mentally, socially and spiritually. It will help you to feel happier and cope better with stress.

Take bub out for a walk, grab a coffee, call a friend, try a new recipe, or find an activity such as post-natal Pilates classes, where you can take baby along and get them involved in your exercise.



Walking is a great, low impact exercise.

Many communities have pram walking groups especially for mums. Contact your local council or visit actbelongcommit.org.au to find a walking group near you.



belong

Belonging helps build friendships, create opportunities, strengthen communities, and it feels good.

Find support networks in your community, such as mothers groups and playgroups. Spending time with other new mums and sharing your experiences of motherhood can be fun, relaxing and helpful.

Mothers groups are a great way to keep socially active, make new friends and talk to other mums just like you.

commit

Commitment provides a sense of meaning and purpose in life, which builds self-esteem and resilience.

Becoming a mum is a challenge in itself.

Set yourself small, manageable goals and celebrate when you achieve them.

Learn about mindfulness, register for a parenting class or offer to support other parents in need.

Being active, having a sense of belonging and having a purpose in life all contribute to happiness and good mental health.

