



How can I get involved?

- Talk to a Child Health Nurse - they are a wealth of information and ideas
- Find and join a local playgroup
playgroupaustralia.com.au/wa
- 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



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.

So 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



KEEPING MENTALLY HEALTHY

A Guide For New Mums

actbelongcommit.org.au

If you need support you can call:

- Parenting WA Line - 24/7 support and information
(08) 6279 1200 or 1800 654 432
- Post and Antenatal Depression Association's (PANDA) help-line on 1300 726 306
- Ngala - phone their parenting help-line on
(08) 9368 9368 or 1800 111 546 (country)

Keeping mentally healthy is as important as staying physically healthy, and it's as easy as **A-B-C...**

act

Keep physically, socially, spiritually and mentally active. Being active helps us cope with stress, builds friendships and lifts our spirits.

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



commit

Commitment gives us a sense of meaning and purpose in life which builds our self-esteem and resilience.

Becoming a mum is a big challenge in itself.

So 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.

The more mentally healthy we are, the happier we feel, allowing us to better cope with problems and stresses in life.

belong

Belonging helps build friendships, creates opportunities, strengthens communities and feels good.

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

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



Walking is an ideal, low impact exercise for new mums. Many communities have pram walking groups especially for mums. Visit actbelongcommit.org.au or call (08) 9266 3788 to find your nearest group.

