

Helpful Activities for Mums

Caring for your baby also means caring for yourself.

Sometimes, you need to take time to do things just for you.

Use your “time-out” to do something you enjoy – something that will recharge your batteries and help you keep things in perspective.

So what are some things you can do? Try these ideas!

- **Stay active**
 - Take a walk
 - Go for a swim
 - Pick some flowers from the garden
- **Stay in touch with your friends**
 - Call or visit a friend
 - Catch up on gossip over a coffee and cake!
- **Rest and relax**
 - Have a nap
 - Run yourself a bubble bath
 - Listen to some gentle music
- **Try something new - have you ever...**
 - Played netball?
 - Bought yourself flowers?
 - Tried yoga?
 - Received a professional massage?
 - Joined a book club?
 - Thought about scrapbooking?

As a mum, you probably don't have a lot of time to spare! But remember – even 10 minutes of “time-out” each day can be beneficial for you, your partner and your baby.

For more ideas, visit www.actbelongcommit.org.au



Useful phone numbers:

Parenting line – 6279 1200 (Metro) or 1800 654 432 (Country)

Health Direct – 1800 022 222

Mental Health Emergency Response Line – 1300 555 788

For more information:

www.wnhs.health.wa.gov.au/emotionalhealth.php

