Helping your partner

Having a baby can also be hard for men or Dads.

If you have a partner, there are things you can do to help.

- **Talk to him.** How does he feel about being a Dad?
- **Involve him with baby care.** Show him how to change and feed baby. Let Dad and baby get to know each other. They can bond at dinner, bath time or play. (And you can rest!)
- **Give him space to be a Dad.** His way may be different to yours. That’s ok.
- **Ask him to go with you to appointments.** Learn together. Help each other.

Services

Get help from your local Aboriginal health worker, nurse or doctor.

You can also call these numbers:

- **Yorgum Aboriginal Corporation**
  9218 9477
- **Pregnancy Birth and Baby helpline**
  (24 hour) 1800 882 436
- **Parenting WA** (24 hour)
  1800 654 432
- **PANDA Perinatal Anxiety and Depression Australia**
  1300 726 306
- **Lifeline (24 hour)**
  13 11 14

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Feelings when you have a baby

Pregnant women and new mums feel lots of different emotions.

You might feel:

- Happy,
- Excited,
- Worried,
- Scared,
- Tired,
- Grumpy,
- Sad, or
- Confused.

All these feelings are normal.

Feelings to look out for

Being pregnant and having a baby is hard. If you feel sad or stressed a lot, you might have depression or anxiety.

Some symptoms of depression or anxiety:

- Worry that stops you sleeping
- Fast heart-beat, sick in the stomach, dizzy
- Afraid that something will go wrong
- May not want to go places or see family and friends
- Need for control
- Crying a lot, feeling very down
- Less energy
- Wanting time out to clear your mind.

People with anxiety or depression can have other symptoms too. They might use alcohol or drugs to cope. They might think about hurting themselves.

Taking care of yourself

- **Be kind to yourself.**
  Every Mum makes mistakes. Do the best you can.
- **Talk to friends and family.**
  Have a yarn with Mum, Nanna, Aunty, sisters or cousins. They might know just how you feel.
- **Eat healthy food. Do gentle exercise.**
  Don’t drink alcohol or take drugs. Eat plenty of fruit and vegies.
- **Rest.**
  Try to sleep when baby sleeps.
- **Talk to an Aboriginal health worker, doctor or nurse.** Sometimes counselling or medication can help too.