

What is Parent Club?

Parent Club is a website from the Scottish Government that offers help and support for your child's health and wellbeing. It has lots of tips and advice from parents and carers, as well as up to date information to help you look after yourself and your family.



Mental health support for new mums

It's natural to feel up and down when you have a new baby. There's a lot to get used to - physically, socially and emotionally. Plus, Coronavirus has made it even harder.

Your wellbeing is important for both you and your baby and there are lots of things you can do to help improve it.

Tip #1: Talk about your feelings

Speak to your partner or your friends and family about how you feel, by phone or in person.

Tip #2: Sing along

Your baby loves music and singing can help lift your mood too. The Scottish Book Trust have a series of online [Bookbug](#) sessions with songs, rhymes and dances to get you and your baby moving.

Tip #3: Rest

Getting enough rest whilst looking after a new baby is so important but it can be really hard to do. If you're ready to accept help from others now that restrictions are easing, this can help. So does eating well and trying to sleep when your baby sleeps.

Tip #4: Take it a day at a time

At the moment it might feel like life is changing a lot. Try to not spend too much time looking at the news and social media as this can feel make you feel worse.

Tip 5: Understanding your relationship with your baby

Every day is different with a new baby. They'll learn something new from you and you'll learn from them too. As your relationship grows you will find it easier to understand what your baby needs. Talking and cuddling can help your baby feel warm, secure and loved.

Tip 6: Don't worry about being supermum

Don't be too hard on yourself and accept that looking after your baby is a full time job! As long as your baby is happy and healthy, you're doing a great job.

Always remember that your midwife, Health Visitor, Family Nurse or GP are there to talk if you have any worries about how you're feeling.



Useful Links

You can visit **ParentClub.scot**, where you'll find further support, advice and resources.

Or follow Parent Club on social media for new updates:

- Facebook: @ParentClubScotland
- Twitter: @parentclubscot
- Instagram: @parentclubscotland