



How can I get involved?

- Talk to a Child Health Nurse - they are a wealth of information and ideas
- Visit Upper Hunter Community Service to find out about groups and services in your area (uhcs.org.au)
- Visit Hunter Park Family Centre - 55 Wollombi Rd, Muswellbrook
- Find a local playgroup playgroupnsw.org.au
- Visit your local library (uhr.l.nsw.gov.au) for activities and events



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.

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

Act - Belong - Commit

Muswellbrook
HEALTHY & WELL



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

If you need support you can call:

- Parenting NSW Line - parentline.org.au or 1300 1300 52
- Post and Antenatal Depression Association's (PANDA) help-line on 1300 726 306
- Karitane Careline 24/7 support 1300 227 464



**act
belong
commit**



A GUIDE FOR NEW MUMS

Muswellbrook
HEALTHY & WELL



muswellbrookhealthyandwell.org

Keeping mentally healthy is just 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.



Walking is an ideal, low impact exercise for new mums. Get together with some friends or other mums from your playgroup and start a walking group.



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, and sharing your experiences, 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.

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.

