

STAYING EMOTIONALLY STRONG AS A MOTHER OR FATHER

WHAT WILL HELP ME?

I'm expecting a baby, and I'm looking forward to it.

I've become a mother or father. My child is finally here!

I didn't know what everyday life is like with a baby. I'm learning new things every day.

My life has changed. A lot of it is good. Many things are more difficult than I thought. I'm not getting enough sleep and I'm exhausted. Sometimes it's just all too much. Some days I'm not sure whether I can cope with the baby. That's normal.

It's important that I stay emotionally strong for my baby and my family.

These are signs that I am emotionally strong:

- I'm feeling good.
- I can look after my baby.
- My baby can develop well.
- I have a good relationship with my partner.
- I can manage the everyday things.
- I stay calm when problems arise.
- I can work and manage my tasks.
- I can maintain my friendships. And I'm not alone.

I'm learning more every day

I've only just become a mother or father. It's all new to me. I have to learn what to do. Often I don't know what's right. How should I decide?

That's perfectly ok. Am I doing things wrong? That's also ok. My child and I are learning more each day.



I don't have to do everything perfectly

Nobody can do *everything* right. Some things are particularly important to me, my baby and my family. I make an effort with these. I consciously leave out other things.

I am proud

I've already done a lot well. I'm doing a lot right with my baby. That's great. And I'm proud of it.



I take time to relax

My new daily routine is hard work. I make sure I take time to relax every day. Every day I do something nice that I enjoy.



I take care of myself

I take enough breaks. I notice how I'm feeling. I think about what I need. That way I'll notice sooner if everything gets too much.





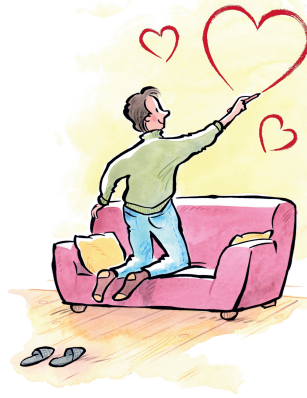
I take exercise

I'm often tired. But I still make time to exercise. It's good for me. I do what I feel like doing. I'll go for a walk, do some yoga, or go jogging for example.



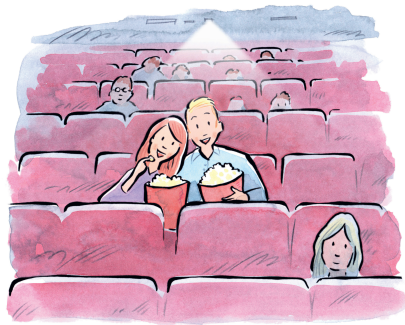
I meet up with other people

I see my friends. I meet up with other people. I talk about what I'm experiencing. I say what I'd like. Other people often have good ideas.



I am grateful

I have a lot of good things in my life for which I'm grateful. Someone might help me or be friendly to me for example. I think of that when I have a bad day. The good things in my life give me strength.



I trust in myself

I've learned a lot in my life and I've achieved a lot. I can do many things well. And I know that I can learn a lot more.



I keep our love and relationship alive

Everyday life with a baby makes you tired. Sometimes my partner doesn't agree with me and we argue. Our love is important. We need to take time for each other. So we enjoy doing something nice together - just the two of us.



I accept help

I don't have to do everything on my own. I ask others in good time if I need help.

Free help is also available here:

- **Advice for mothers and fathers** www.sf-mvb.ch
- **Midwives** www.hebamme.ch
- **Learning to become parents** www.elternbildung.ch
- **Pro Juventute advice for parents** 058 261 61 61 (day and night. The advisors speak German, French and Italian).
- **Emergency number for parents** 0848 35 45 55 (day and night. The advisors speak German, French, Italian, English and Spanish).

