

Parenting



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Having bubs and becoming new parents isn't easy and can be physically and emotionally overwhelming and stressful. It is important to check in with yourself daily and make sure you're taking care of yourself as well as your loved ones!

Do you get enough time for yourself?

Let me guess? No? Although it can feel completely impossible, it is important to try to find some time for yourself to regroup, reserve and regain your energy. Taking time for yourself and feeling well makes it easier to cope with stress, maintain relationships and enjoy parenting.

Take a walk, get up before the bub to have a cup of tea, have a bath, meditate, go to the gym, stretch, get in the garden are all ways you can take time for yourself. Make a promise to yourself, to take even as little as 5 minutes a day to focus on yourself and regroup.

What is your support network like?

It is important to have a support network and community while becoming and learning the ropes to parenting. This community becomes a group of people who you can seek help, advice and connection from. Sourcing a Mums or Dads group is a good way to find your people.

Don't be so hard on yourself.

If you are having a bad day or your bub isn't feeling too well, don't be hard on yourself, you're doing the best you can at this time. When things do get overwhelming and difficult, remember to call on your community for help and to take a 5-minute breather.

Seek professional advice

Remember that you're not alone in the challenges of parenthood. Sometimes the best thing to do is seek professional advice and get regular check-ups for your bub/s and for yourself. We encourage you to go to your local Aboriginal Medical Service. There, you will receive culturally safe, professional help with anything you might need!

Here is a list of Aboriginal Health Services in Australia: <https://healthinfolnet.ecu.edu.au/key-resources/health-professionals/health-workers/map-of-aboriginal-and-islander-healthmedical-services/>



<http://deadlytots.com.au/> - Deadly tots was designed under the NSW Health Department to assist parents with recognising milestones, assist with teaching bub, and schedules for childhood immunisations and check-ups.