

Health and wellbeing after the birth of your baby

It may be more difficult to look after your mental health and a new baby, especially with the restrictions that come with COVID-19.

Looking after your mental health

A lot of the information about looking after you and your mental health while pregnant still applies once your baby is born:

- > Stick to routines
- > Get enough rest and sleep
- > Eat healthy meals.

It may become much harder to look after yourself as your baby makes demands day and night, doesn't settle, etc. so do the best that you can.

Take some time out for yourself as this is particularly important.

Try to make time for yourself through:

- > Exercise
- > Meditation
- > Yoga
- > Mindfulness.

Your family and friends may not be able to visit at the moment but consider calling or texting them on your phone or video calling them through a platform like FaceTime, Skype, WhatsApp or Zoom on your phone or computer. Talking to people outside of your household can help improve your mental health.

If your baby is unsettled, getting help from Child and Family Health Services (CAFHS) is a good start. Contact CAFHS to make an appointment between 9.00 am and 4.30 pm weekdays by phoning 1300 733 606 or visit the [website](#) for more information and resources.

If you are concerned your mental health is becoming problematic, here are some paths to consider:

- > Contact your General Practitioner (GP)
- > Ring the PANDA helpline on 1300 726 306 for support and information between 8.30 am and 7.00 pm
- > Get more information from the following websites:
 - COPE - www.cope.org.au
 - Gidget - <https://gidgetfoundation.org.au>

If you begin to feel your mood is really plummeting or you have suicidal thoughts or plans, seek help from mental health services.

Call 13 14 65 or visit any emergency department at any major public hospital.



What to do with your baby

If you are feeling okay to be with your baby and want to know more about what you can do at home with your baby, you can visit these websites that have a wide range of information:

- > Child and Adolescent Family Health Services
www.cyh.com
- > Center on the Developing Child (based at Harvard University in USA)
<https://developingchild.harvard.edu/>

Both websites can provide you with ideas about how you can best help your infant's development.

The Center on the Developing Child is developing a series of podcasts focused on how to help children's development during the COVID pandemic. You can access these podcasts at their [website](#).

What if I am nervous about being alone with my baby?

If you are becoming concerned about your relationship with your baby, contact CAFHS (1300 733 606) or speak with your GP.

For more information

Information updated 15 May 2020

Please check the latest version of factsheet at:

www.sahealth.sa.gov.au/COVID19MentalHealthSupport