

# fact sheet

## AT A GLANCE – TIPS FOR EXPECTANT AND NEW PARENTS



Tips for new parents 10.12.20



Strive for mindful moments



Reach out and start a conversation



Talk to health professionals if feelings intensify and they do not settle within two weeks



Stay connected



Daily exercise



PNDA responds well to evidence-based interventions delivered by experienced perinatal specialists



Make priorities/keep life simple



Seek reliable information



Acknowledge feelings



Invest in self-care. Be kind to yourself!



Gidget Foundation Australia is here to help

*temporary*

Remind yourself this is temporary



Remember it's normal to feel overwhelmed at this time



Attachment to your baby takes time



**GidgetFoundationAustralia**  
Supporting the emotional wellbeing of expectant & new parents

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Gidget Foundation Australia exists to support the emotional wellbeing of expectant and new parents to ensure they receive timely, appropriate and specialist care.