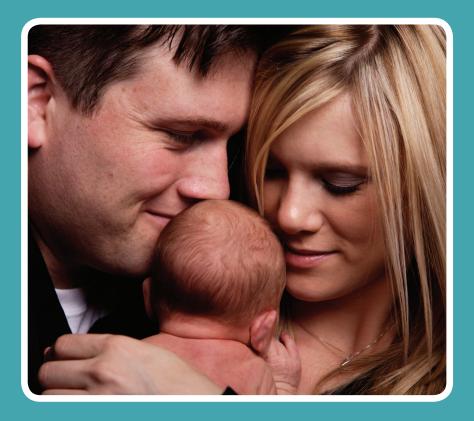
Adjusting to Parenthood



The arrival of a new baby in the family brings great joy, discovery and many unexpected surprises. This transition period is a time of many changes for expectant and new parents.

Becoming a parent will change your life in many ways including:



- Feelings about yourself
- Relationships with your partner including intimacy, and communication
- Relationships with friends, parents, family and other children
- Couple disagreements about roles
- Personal interests, hobbies and social life
- Time for self, others, and your partner
- Your job/career goals
- Increased chores and housework
- Finances
- Energy level and sleep

Labour and birth will last a day b

Here are some helpful tips:

- Gather information and talk to others
- Dads and moms adjust differently, so communicate with your partner about expectations, division of tasks and relationship changes.
- Work together as a team. Moving from you and me" to we"
- Don't expect to know everything, being a parent is on the job training
- This is the new normal not all things will go back to the way they were
- Take time out from being a parent
- Be flexible, life will continue to change as your child grows



ut parenthood will last a lifetime

Practical Tips for the First Few Weeks

- Take care of yourself
- Get plenty of rest
- **Establish visiting hours**
- **Expect a roller coaster of emotions**
- Try and get out of the house
- Accept a helping hand
- Relax your expectations and go with the flow





Durham Health Connection Line 905-668-2020 or 1-800-841-2729

durham.ca/parenting





