

8 Ways to avoid Guilt

- 1 Read parenting books as information is power, but in the end do what suits you and your baby.
- 2 Talk to a neighbour, relative or friend with young children about the changes they have had to make since becoming a parent.
- 3 Think about what being a parent means to you personally
- 4 Talk to your partner about what kind of parent he/she would like to be and discuss how roles will change in the household (chores, finances, power balance)
- 5 Try to keep an open mind about what parenthood will be like
- 6 Attend antenatal or parenting classes with your partner
- 7 Seek professional help if you feel you are not coping with the new demands of motherhood
- 8 Read '*Emotional Health During Pregnancy and Early Parenthood*' - a guidebook produced by *beyondblue*'s National Postnatal Depression Program and distributed through many maternity hospitals or available through www.beyondblue.org.au