

Tips for Tired New Parents

- Take care of your **sleep** needs by napping when baby does.
- If you have a partner, **ask them** to do night nappy changes. This way all you need to do is feed and then go back to sleep.
- Save your energy by **delegating** tasks wherever possible.
- Go easy on yourself! No one ever died from eating takeaway or sitting near a dusty coffee table! Be **realistic** and set simple goals. Many things can wait.
- Consider a babysitting **roster** with other new mums, for instance you mind the two babies at the pool while they swim then you have a turn to swim and both mums have coffee at the end.
- Don't be a martyr! **Time-out** to do something you enjoy is very important!
- **Reduce extra** demands. For instance, now isn't the time to agree to have anybody extra stay over or to take on extra responsibilities at work.
- Accept that all new parents feel fed up at some stage with their newborns. It's **normal**. Things do improve!
- Be **flexible** about timetables and schedules. Accept that you have little control over your time with a newborn. This reduces a lot of frustration.
- **All babies are different! Accept your baby for who they are and for their particular temperament.**



This article is taken from PIRI's Community HUGS group session handouts. If you would like more information on Community HUGS and see piri.org.au