

Wellness plan for new parents

Sleeping

It can be hard to sleep with a new baby.

The way you sleep will change. Try these tips:

- It is normal for babies to sleep for 2 or 3 hours at a time. Try to sleep when your baby sleeps, even in the middle of the day.
- When your baby wakes up to eat or needs a diaper change, give your baby what they need and then put them back to sleep.
- Don't turn on lights, watch TV or play on your phone, it will make falling back asleep harder.
- Keep your room dark, quiet and comfortable.



Image from: [Healthychildren.org](https://www.healthychildren.org) from the American Academy of Pediatrics



Eating

What you eat and drink changes how much energy you have.

- Keep water nearby and drink it whenever you feel thirsty.
- Try to eat protein, veggies, fruit and whole grains at each meal.
- Ask family and friends to help by making food and packing it into single meals. This will make meal time easier for you.
- Keep snacks next to where you sit when you feed your baby.

Moving and talking

- Try to move for 30 minutes each day. Start easy, try taking a walk.
- Talk to your family and friends. Ask for help if you need it!
- Invite people over for short visits but don't feel bad about telling people to leave.

My support system

People and places

- The best place for me to relax is: _____
- Healthy foods I like are: _____
- People I can ask for help are: _____
- When I want to exercise and talk to other people I can go:

Just in case

Having a new baby is a big change. Many people feel sad or anxious. There is help if you need it.

- I know that I need help if: _____
- If I am feeling bad, depressed or anxious I can call:

- When I talk to them I will say: _____

Help

If I have an emergency, I can call:

- 911
- Crisis hotline: 1-888-NYC-WELL (1-888-692-9355)
- National Maternal Mental Health Hotline: 1-833-9-HELP4MOMS (1-833-943-5746)

If I do not have an emergency, but I need advice, I can call:

- CHN Prenatal Coordinator: _____
- Doctor's Office: _____ (daytime)
- Doctor's Office: _____ (after hours)