

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 the lights, watch TV or play on your phone, it will make falling back asleep harder.
- Keep your room dark, quiet and comfortable.



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)

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

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