

# ADJUSTING AFTER BABY

## It's Ok to Say:

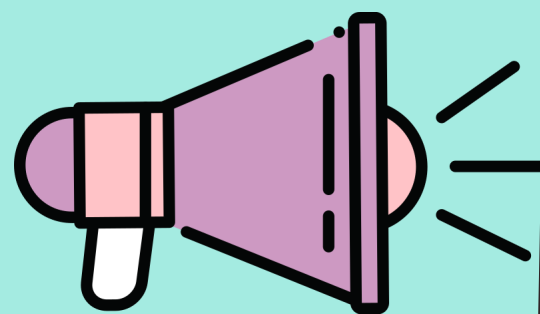


SOS

'I need help'



'I'd like a break'



'I need  
attention too'



'I'm so tired'



'No visitors, please'



'This is what works  
for us and baby'

Having a baby can often lead to lots of varying advice from friends and family members, although well meaning sometimes it can be overwhelming. Simple sentences like this can help.



'I'm  
overwhelmed'



'I don't feel  
myself'



'This isn't what  
I expected'



'I don't feel  
bonded  
with my baby'

## Remember:

You matter  
too!

It's always ok to ask for help. Sharing how you feel lets others know how they can help!

We are always here to listen. Give us a call for a listening ear and some support.

 **Parent  
LineNI**

 0808 8020 400

A new baby brings a lot of change, both physically, emotionally, and mentally. Try not to compare yourself to other parents. This journey can be difficult, and it's important to take care of yourself. Be honest when people ask how you are doing, and don't be scared to ask for help! You will be the best parent to your baby when you are your best self!