

LOOKING AFTER YOURSELF

Healthy Beginnings for HNEKids has given you info and tips on why it's important to look after your mind and body.

Your baby needs a lot of your time and attention. Looking after yourself is still important. Allow yourself to have some 'me time'.



Try one of the ideas below, even if it is 10 minutes a day



Enjoy nutritious meals and eat in as 10 peace if you can



Move your body for as little as 10 minutes at a time to feel energetic



Close your eyes, clear your mind or do some deep breathing



Knots and tension can be massaged to reduce stress



Catch up with your mob, a friend or family member. Try to meet in person, phone or video chat.



Read a book, magazine or whatever you enjoy. Try Audiobooks and Podcasts.



Writing in a journal or diary can be therapeutic

For telephone support

Perinatal Anxiety & Depression Australia (PANDA) - 1300 726 306

beyondblue - 1300 224 636

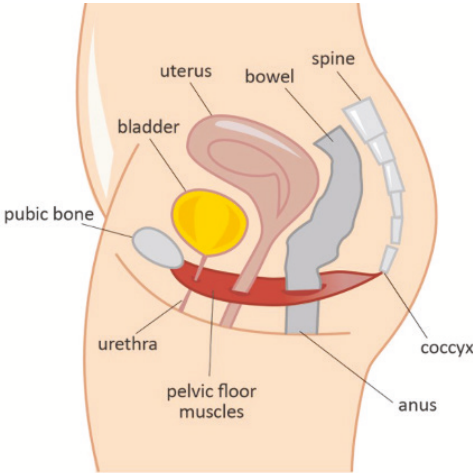
Pregnancy, Birth & Baby - 1800 882 436

Get Healthy - 1300 806 258



Pelvic floor care

Locating your pelvic floor muscles



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After having a baby, you may notice some changes to your pelvic floor. Help is available if you experience any of these things:



Leaking urine when you cough, sneeze, lift, laugh or do exercise



Not be able to control your wind



Feel like you urgently need the toilet for your bladder or bowel



Not have good support for the bladder, your uterus, or your bowel



Pelvic organ prolapse; organs might sag down into your vagina, feeling heaviness, or a bulging or dragging sensations

More info can be found at Pelvic Floor First Natation Continence Website or Hotline 1800 330 066

A Child and Family Health Nurse, GP and physio can also help.



Health



HNEkidshealth
Children, Young People & Families

Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.

We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.