



ADVICE

for new moms and dads

Being a parent is the most difficult—yet important and satisfying—work you'll ever do. During the busy and exciting days that make up the first weeks of parenting, remember to take good care of yourself as well as the new baby. Here are some tips on how to survive the early weeks with the new baby:

1. **Get as much rest as possible.** Sleep when the baby sleeps, and moms and dads take turns sleeping late on weekend mornings.
2. **Eat nutritious meals.** If a neighbor or friend offers to help, ask him or her to bring you dinner or do your grocery shopping.
3. **Join a parenting group.** You will learn about caring for your baby and you will meet other parents who share your interests and concerns.
4. **Don't expect too much from yourself.** Housework won't always get done, but eventually you'll get back to a routine.
5. **Call your doctor or clinic** with any questions or concerns you may have. This will save you from needless worry.
6. **Visitors** can be helpful, but don't let them interrupt your rest or your family time together.
7. **Dads, don't let mothers have all the fun!** Spend lots of time caring for and playing with your baby. The rewards are great!
8. Be sure your infant receives **necessary immunizations and visits to the doctor** as required.
9. If you have older children, be sure to let them know **everyday that you love them.**
10. **If you find yourself getting frustrated and angry with your baby, call for help.** Ask a friend, neighbor or relative to take care of the baby while you take a break.