

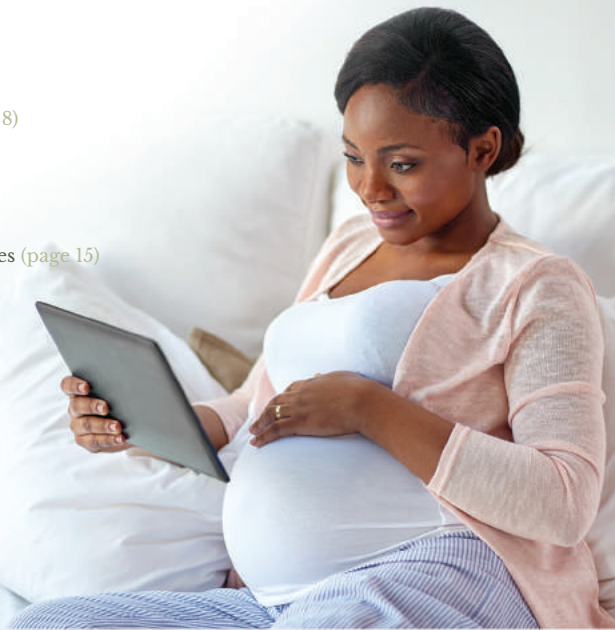
A pregnant woman with blonde hair, wearing a white long-sleeved top and blue jeans, stands in a field of green grass and white flowers. She is wearing a crown of white flowers and greenery. She is looking to the left of the frame. The background is a soft-focus landscape with more greenery and white flowers.

Your Essential Maternity Guide

Essential Advice from
Newborn Care Specialist

Millie Poppins

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Welcome to our Essential Guide to Maternity, we really hope it will support you and your family through your pregnancy and help you to prepare for baby's arrival into the world.

This booklet contains honest advice, not only about pregnancy but also the birth and beyond. Although some things may sound daunting, it will help to prepare you for your journey into parenthood. It will cover each trimester with tips to make pregnancy easier, and the truth about breastfeeding and birth. There is also a handy pull out guide in the centre of the booklet for your partner or your family so they can support you every step of the way.

Meet the Expert

Millie Poppins

I'm Millie, a newborn care specialist with nearly ten years' experience maternity nursing for VIPs. I have spent my career helping women and their partners navigate the crazy but beautiful experience of bringing a new life into the world.



As a maternity journey coach, I work with expectant and new mums to offer bespoke support and specialist advice, so you can thrive instead of simply survive.

My unique approach blends my professional expertise with a side of realness, because let's face it, caring for a newborn is never a piece of cake (although sometimes, a piece of cake can definitely help... a spoonful of sugar and all that).

The right guidance and tips can make all the difference in learning to adjust to being an expectant mum. I hope my advice, support and product recommendations will help you to feel confident and calm about your pregnancy.



Millie Poppins



millie.poppins

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First trimester

Weeks 0–12

The first trimester of pregnancy begins from the first day of your last menstrual period until 12 weeks. Because of this, some women can be 5 or 6 weeks pregnant before they even realise. The first trimester is vital for baby's development. Although you may not be showing a lot on the outside, there is a lot going on inside you. During these 12 weeks, your baby will grow quicker than at any other stage. The fertilised egg will first implant in the



lining of your womb where it will continue to grow and develop from an embryo to a small foetus. By the end of the first trimester baby will already have a heartbeat (around 6 weeks) and will have developed bones, muscles, and organs, already starting to look like a tiny human.

Changes to mum Changes to hormones, fatigue, morning sickness, headaches, constipation. Need to avoid smoking, alcohol, and drugs (even some prescription ones).

Changes to baby Crucial time for baby's development and to avoid miscarriage. Baby is about 3-4 inches by the end of the first trimester, and will be starting to swallow.

Important moments Initial pregnancy test. First doctor's appointment around 6-8 weeks. Doppler machine/ultrasound done and you'll find out your estimated due date.

Things to think about Pregnancy, childbirth, breastfeeding (reading this booklet will help with many of these) and registering for parenting classes in the community or online.



Second trimester

Weeks 13–27

Baby will continue to grow in size and weight and will become stronger. At this stage, your baby's head is the biggest part of their body, over this trimester the rest of their body will grow to catch up. As their muscles grow, baby will be getting ready for life outside of you. They will be learning how to suck, kick and open and close their hands (some of which you will be able to feel). You will notice your belly growing and you will start to look pregnant.



Changes to mum Often the most comfortable trimester for mum, some symptoms will have reduced and you may have more energy. Your appetite maybe increase, stretch marks might start to appear as well as swollen ankles, body aches and possibly a little dizziness.

Changes to baby Baby will grow from the size of a peach to the size of a cauliflower and will start moving around. Might start to grow hair. Will begin to develop sleep-wake cycles that you may be able to notice.

Important moments Ultrasound scan (will likely be able to distinguish sex). You might be tested for gestational diabetes at 26-28 weeks. By 20 weeks you can feel baby move for first time and baby will start to recognise voices at around 25 weeks.

Things to think about Maternity wear. Telling friends/family. Exercise (for healthy weight gain only). Buying some baby products and creating a space for baby to come home to. Think about where you would like to give birth and filling out a birth plan.



Third trimester

Weeks 28-40

This is the last trimester of pregnancy, the end is in sight, it won't be long until your little bundle is born. You may be feeling a mix of emotions from worry and fear to excitement but that is very normal, having a baby is a life changing experience and it's ok to think like this. As baby grows and gets heavier you will probably feel quite achy and tired, your body will naturally start to slow down a little. You may find that you need some help



e.g. with other children or shopping. Take any offers you get! As you only have a couple of months left until baby arrives remember to take some time for yourself especially after your maternity leave starts. It's time to make sure you know what's going to happen at the birth and get the last-minute essentials for baby's arrival.

Changes to mum You'll start to see healthcare professionals more frequently. Your bump will be a lot larger (backache). You'll be tested for strep B.

Changes to baby Baby will open his or her eyes, gain more weight, and prepare for delivery.

Important moments Take childbirth classes to meet other expectant parents and prepare for the birth.

Things to think about When travel restrictions start. Birth plan. Making sure the house is ready for baby to come home to. Accepting offers of help if you need it.



Baby's first weeks

The start of a whole new adventure

For the first few weeks your newborn will be adjusting to the outside world; sleeping, drinking, and making dirty nappies! Here are some things to look for as they do so:

Rooting

Baby will likely turn their head towards a hand if stroked on their cheek or mouth. This reflex helps them find a nipple for suckling.

Suckling

This will occur when a nipple, bottle or finger is placed in their mouth.

Moro

Your baby does this reflexively in response to being startled. It is something that newborn babies do and then stop doing within a couple of months.

Bonding

As your baby has been listening to you for 9 months whilst in your belly, they will recognise your voice from birth. You can communicate with them through touch, sight and smell as well.

Crying

It's perfectly normal for babies to cry. However, it can be quite stressful if you don't know why. Your baby may cry because they need feeding, may need to burp or be winded, need a nappy change, they feel uncomfortable (hot/cold) or maybe they just need a reassuring cuddle.

Seek help for crying if baby has a high-pitched cat-like cry, seems to have a weak cry or is crying for long periods of time (and you have tried all of the above).



From RRP £279

Owlet Smart Sock

Worry less, sleep better - track your baby's heart rate and oxygen levels while they sleep using clinically-proven pulse oximetry, and be notified if something appears to be wrong.

Millie says

“Those early weeks can be incredibly rewarding but also relentless.”





Tips to avoid/reduce pregnancy aches

Back pain

- Avoid lifting anything heavy to avoid damage to softened ligaments, however if you already have children this can be difficult. Maternity belts can help with extra support.
- Wear flat shoes - preferably with good arch support.
- Try and distribute weight evenly across your body (e.g. one shopping bag in each hand).
- Sleep on your side - if it's uncomfortable, pregnancy pillows can help. When getting out of bed it's better to roll shoulders, hips, and knees at the same time to avoid strain.
- Hot/cold compress or gentle massage.
- General exercise can help, swimming takes weight off your back and bump. There are lots of helpful exercise videos online to help with back pain in pregnancy.
- *Note:* In second or third trimester back pain can be a sign of early labour, contact your midwife or doctor if in doubt.

Sickness

- Get plenty of rest and sleep well at night. Napping can also help but not immediately following a meal.
- Ginger and peppermint teas can help or add a slice of raw ginger to water or tea.
- Wear loose and comfortable clothing.
- Reduce screen time.
- Avoid personal triggers. You may find for example, that the smell of a certain food can make you suddenly feel sick, so try and avoid these when you can.
- *Extra diet tips:* Keep a stash of protein snacks or salty crackers by the side of your bed for when you wake up. Potassium can prevent morning sickness so try having some citrus fruits or bananas with your breakfast. Reduce the amount of gas-prone foods in your diet such as beans, fried or sugary foods, onions and rich sauces.

Any concerns?

Contact your GP or midwife if you have any concerns about sickness and pain in your pregnancy.

Bloating & Constipation

- Drink plenty of water to keep things moving through your system.
- Gradually increasing fibre in your diet is another way to curb pregnancy constipation - think leafy greens, legumes, whole grains, and fruits.
- More frequent smaller meals (rather than 3 larger ones) will help and reduce heartburn.
- Take your time and relax when you eat your food to avoid swallowing air.

Safe ways to stay active in pregnancy

Running/brisk walking Anything from a gentle walk with the dog to running can raise your heart rate enough to be beneficial. Just make sure that you only do what you could do before pregnancy or less, and take it easier during later stages of pregnancy (you will be carrying a lot of extra weight by then). The best thing is you can do it anytime, anywhere and it's completely free!

Strength training If strength training is usually part of your exercise regime then it can be safe to continue into your pregnancy. Lower the weight amount and use light-medium weights instead of heavier ones. Be careful not to strain yourself - only do what is comfortable.

Swimming At any stage of pregnancy, swimming has low impact on the body, it takes pressure off your feet and back as well. You will be safe to do most strokes, however breaststroke should be avoided if you have Symphysis Pubis Dysfunction (SPD). Check out your local pool as some run specific classes for expectant mums or discounted swim sessions.

Yoga Yoga is a great way to not only relax and de-stress, but to also connect with your baby. It can help you maintain your strength and flexibility whilst also helping to reduce backache. Many hospitals/gyms offer specialist exercise classes including pregnancy yoga.



Millie says

“Pregnancy is not the time to be taking up any new strenuous activities or exercises. Relax into what your body and mind are already familiar with and what you enjoy!”



RRP
£16.50

Love Your Bump BellyBelt

Transform your favourite pre-pregnancy clothes in to maternity clothes. BellyBelt adds inches to the waistband of your favourite jeans, trousers and skirts to help stay comfy.

summer outfit

BellyBelt includes 3 fabric panels in black, white and denim to allow the elastic belt to blend in seamlessly with your outfit.



going out outfit



Wear the Bando under AND over a dress!



How to dress your bump

everyday outfit



Multi-wear design means you can wear the Bando as a boob tube and as a bump support!



RRP
£16.50

Love Your Bump Bando

The extra-wide, soft and seamless gentle support band that will keep you comfy as your body changes in pregnancy.



PULL OUT HERE

4 page
pull-out
section

Pregnancy, birth and beyond for dads, partners and family

Your pregnancy and baby guide

What is your partner feeling?

It's very hard to describe what it feels like to be physically pregnant to someone who hasn't experienced it. However, if you haven't, many of the symptoms that accompany pregnancy such as sickness and backache are more relatable.

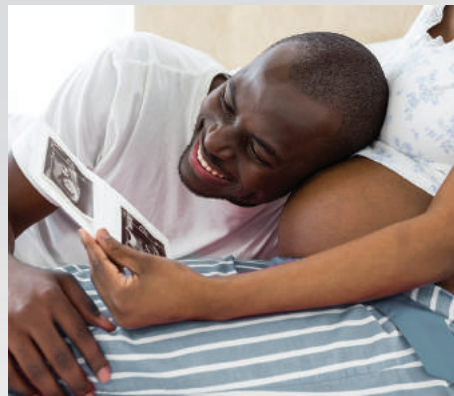
In the early stages of pregnancy, a lot of changes are happening to both mum and baby. Mum may experience morning sickness and vomiting, fatigue, headaches, irritableness, and constipation. Every pregnancy (and woman) is different so they may experience none or all of these symptoms, listen to what they are suffering with or ask if they look uncomfortable.

After around 14 weeks, many women have an increase in energy and start to feel a little more like themselves again. However, as their belly grows, they may start to experience back ache and show some stretch marks.

Later in pregnancy, mum's belly will become increasingly heavy, back ache may get worse and the irritability and fatigue from the first few weeks might reappear. Emotionally, both you and your partner may be feeling anxious or worried about the actual birth and the prospect of a new baby. If either of you find this is the case, your midwife will happily talk to you, or you could speak to friends or family who have been through this process.

How to feel included in the pregnancy

For those playing a supporting role in the process of pregnancy, it can be easy to feel disconnected. If you feel like this, there are many ways you can get involved and feel more connected to both mum and baby.



Touch and rub mum's baby bump

This will increase the production of oxytocin which will enhance the connection that you feel.

Talk to baby

After around 25 weeks baby will start to listen and recognise voices so let them learn your voice.

Talk to other dads/partners/family

Find someone else who has been in a similar position to you they may be able to give you tips that they used.

Communicate with mum

Ask her what things feel like when they happen.

Ways to help mum through her pregnancy

There are many ways that you can help mum though these 9 months, when pregnant even the little things can make a big difference.

1 - Take over cooking meals/arranging food

The smell of food cooking can make mum feel sick.

2 - Trigger foods

Make sure you find out what foods mum isn't allowed to eat and if there is anything she craves/can't stand, either stock up or cut them out.

3 - Heavy lifting

This can put a lot of strain on mum's back. Take over the lifting when you are around e.g. helping with shopping and especially lifting an older sibling/s.

4 - Smoking/drinking/drugs

Mum will be avoiding these so it may be nice if you do too in support of this. If you decide to continue to smoke, even second-hand smoke can be harmful to mum and baby, so do not smoke around them.

5 - Classes, scans and appointments

Mum will have lots of appointments, tests and classes to attend. Your support at these is important. It's also good to understand and prepare yourself for the labour and what's involved for both of you.

6 - Help around the house

Especially in the later months when mum's mobility will decrease, help with housework may be needed.

Millie says

“Remember that your partner is in pain - their uterus is contracting and they may have had a c-section (which is major abdominal surgery). Do as much as you can for them, even if they don't ask.”

Your feelings

Although you are not the one carrying the baby, this doesn't mean that pregnancy isn't a journey for you too. You may be scared about all the responsibilities that come with a baby and you may not feel ready. This is ok! No one is the perfect parent, you just have to do your best, some aspects will come more naturally than others, but you will get there in the end.

Bringing baby home

It may be a good idea to take some time off work for at least a week or so after baby is born if you can. You may also have friends and relatives that are able to help on the first few days.

In the first couple weeks:

- Make sure that mum is getting enough rest (take baby so she can do so).
- Continue to help with chores and housework.
- Take time to get to know your baby and their needs e.g. nappy changes, bathing, cuddles etc.
- Babywearing can be especially good for new dads who may be concerned about bonding/caring for newborns. Many fathers are looking for a way to support their partners and to form strong bonds with their children, so using a baby carrier can be a great help.
- Be considerate about sex with your partner as they may be unable to for a while (weeks or possibly months).
- Think of some ways to help mum out e.g. bringing her a snack while she's feeding baby or doing some housework (if you can't think of any just ask!).
- Be aware of the symptoms of postnatal depression and where to get help. Also be mindful of your own mental health - if you feel like you are struggling talk to your GP or family and friends.

Visit www.cheekyrascals.co.uk for all your newborn baby essentials, award winning products and helpful advice and tips to make parenting that little bit easier.



From
RRP
£1123

RRP
£249

mima Pushchair & iZi Go Modular Car Seat

Convert your mima pushchair into a complete travel system and travel with style and ease.



From
RRP
£50

Izmi Essential Carrier

Award-winning carrier that gives parents and babies the soft intimacy of a fabric sling with the ease and comfort of a buckle carrier, without the bulk.



When to avoid sex:

- If you experience any heavy bleeding.
- If your waters have broken (or if you suspect they might have).
- If you suspect either of you has an STI (even if there's a chance you might - take a test to be safe).
- In the late stages of pregnancy if you're having twins or if you've previously had early labour(s).

Safe sex during pregnancy

Unless told otherwise by your doctor or midwife, sex throughout pregnancy is perfectly safe. Your hormones will be in overdrive with your pregnancy so this may impact your sex drive. It may make your sex drive increase, or you may not feel like you want to have sex at all. For some it will fluctuate throughout the pregnancy. It's nothing to worry about, but talk to your partner about how you feel so you are on the same page.

If you decide you want to have sex, it may be a little different and you may have to compromise on things such as positions. Sex with your partner on top can be uncomfortable, try having sex on your side either facing each other or in a 'spooning' position. If you decide you don't want to have sex, there are lots of other ways you can make love or just be close to one another (don't forget to communicate).

Breast changes

Your breasts will change in many ways over the course of your pregnancy as they prepare to feed baby.

They will grow By just 6 weeks some women will have already gone up a full cup size. To help the mammary glands and milk ducts grow, your body will be increasing the fatty tissue and blood flow. With this you may find that you get stretch marks and may appear more veiny than normal.

They will be tender This is often one of the first signs of pregnancy, the extra blood and swollen tissue may leave them very sore (sometimes right up to near your armpits).

They may leak In the second trimester you may notice some goo leaking from you, often a creamy gold colour. This is colostrum, the rich, initial milk. It may crust on your boobs without you noticing or it may be damp, if the latter is the case then breast pads can help stop you getting patches on your clothes.

They need support Invest in a supportive bra to help relieve you of the increased weight, you may even want a sleep bra if they also keep you up at night.

Hospital bag checklist

You can start packing for hospital whenever you want to. But it's a good idea to have your bag ready at least two weeks ahead of your due date. Use the checklist below to ensure you don't miss anything.

For Mum

- Birthing plan & notes
- Pyjamas / lounge wear
- Comfortable clothes for labour
- Comfortable going home outfit
- Socks & slippers / flip flops
- Nursing bras / tank tops
- Breast pads
- Nipple creams / lotions
- 5 x cotton / disposable briefs
- Toothbrush & toothpaste
- Deodorant
- Shower toiletries
- Towel & flannel
- Hairbrush & hair ties
- Contact lenses / glasses
- Makeup / skincare bag
- Lip balm
- Phone and charger
- Books / magazines
- Lots of food & drink
- Any medication you take

For Partner

- Comfortable clothes
- Underwear
- Socks & comfy shoes
- Toothbrush & toothpaste
- Toiletries
- Phone / camera & charger
- Books / magazines
- Food & drinks
- Money (for parking / food)

Notes

For Baby

- Car seat
- Going home outfit
- Hat / mitts / socks
- Baby bodies / vests
- Baby gowns / sleepsuits
- Baby blanket
- Muslins & burp cloths
- Baby wipes & nappies
- Pacifiers



RRP
£359

Owlet Monitor Duo

When integrated with the Owlet Smart Sock, the Owlet Cam provides parents the most complete baby monitoring system ever allowing them to track their baby's heart rate and oxygen levels.

Information about the birth

Filling out a birth plan is a great idea. However, you need to understand that it may not plan out the way you wish, mother nature may have other ideas in mind! So it's good to learn about alternatives (e.g. forms of pain relief, inductions etc.) so you are prepared if your labour takes a different course. Speaking of courses - there are a wide range of online courses (for both you and your partner) that can be extremely useful to help you prepare. Alternatively, there are many books available as well.

You may find many people will talk about their labour and what happened, however often leave out the uglier things that follow birth that no one really wants to talk about. Here are a few of those things that you may not expect:

Your first poo Your first bowel movement after birth will feel like you're doing the whole thing all over again, lots of pushing and pain. You will also not be allowed home until you have done one.

Lochia (vaginal discharge) If you've had vaginal delivery then you can expect to have various coloured liquids in your underwear for a little while. For the first few days it will be similar to menstrual discharge and after that it will be waterier and a pinkish/brownish colour before going a creamy yellow after about a week or two.

Perineal pain If you have an episiotomy (a small cut from vagina to anus), the area may remain sore and sensitive for a while. Try and sit in a bath of shallow, warm water (no bubble bath!) to help relieve the pain.



Millie says

“Giving birth is the most wonderful and empowering experience. Your job is simply to relax and allow your body to birth your baby.”

RRP
£19.99



Cheeky Rascals Bath Support

Soft-touch baby bath support for hands-free, confident bath times. You and your baby can relax and have fun together!



RRP
£149

Owlet Cam

The Owlet Cam provides parents with visual reassurance without disturbing baby and streams live to a smartphone.



From
RRP
£27.50

Korbell Nappy Bin

Keep a lid on bad smells with the hands-free nappy bin. Easy and convenient to use, it traps away bad smells in a biodegradable liner keeping homes and nurseries clean, fresh and tidy.

Bringing baby home - the essentials you actually need



From
RRP
£26.99

Love To Dream Swaddle

Swaddling from birth is an essential part of your babies' sleep routine, helping your baby go to sleep more easily and to sleep for longer.



From
RRP
£50

Izmi Wrap

Offering natural, comfortable closeness during your baby's first months. Made from bamboo fabric, the wrap gives you simple, adaptable, flexible support every day.



RRP
£899

Ark Pushchair

Thoughtfully designed for little adventures. With a narrow frame, one-handed fold, temperature regulation system, and natural fabrics. Ark is compact without compromising on the detail.

The truth about the first few weeks with a baby

There is a lot to think about with a new baby (particularly if it is your first). Making sure they are safe, fed and happy is one thing, but finding time to do anything for the house or for yourself may become a challenge (especially sleeping). As well as this, your body is still recovering from quite a major event. No matter how your labour panned out, you are bound to be exhausted and tender. You may have stitches that are still healing, aching boobs and will likely be wearing pads/disposable pants for longer than you first thought!

You will probably be feeling a whole range of emotions when you have brought baby home and are adjusting to caring for them 24/7. This may be quite intense. You will probably be relieved labour is over and happy to have baby home safe, but also very tired, run down and sore!

For the first few days after giving birth you may find that you feel moody, irritable and very teary-eyed. It may not be what you expected to feel after just giving birth, but this is totally normal. It's called the 'baby blues' and should subside after the first week.

The first few weeks will be incredibly tough, most parents will admit that it's difficult, but you won't realise just how much until you're there. But despite how hard you may find them; they will be 100% worth it.

To help ease the load (especially while you're still recovering), take offers of help from friends and family and make sure you have a good support network around you. If your partner is with you, encourage each other as you learn about your baby - you're both trying your best.

Millie says

"A 'normal' baby is a baby that needs you. That wants to be held, to be close and to be loved. Doing this does not create bad habits or increase stress in the coming months. Secure bonding and attachment in the fourth trimester is imperative to growth and development as well as maternal health."

Breastfeeding

In theory, breastfeeding is quite a simple concept; baby latches onto the nipple and has their lunch. But in reality, only a very small number of women find breastfeeding that easy.

Latching on

Getting baby to latch onto your nipple can be a real struggle in itself! Especially if this is your first time breastfeeding, both you and baby are learning the ropes. Even when you figure out how to do it they may still need some help but there is lots of support available.

Pain

Many say that if you're doing it right it shouldn't hurt but in some cases, technique may be faultless and it can still be quite painful. It may come from just the initial latch but after a while your nipples may become sore which will cause discomfort. Try a nipple cream or cold compress to ease the pain.

Bonding

Breastfeeding can be a great way to bond with your baby, not only are you feeding them with your own body but it's also another chance for skin-to-skin contact. This said, breastfeeding can be sore and at times relentless, you may just feel like crying rather than thinking about bonding. But that's ok, it will pass and your baby will be thankful.

For parents who make the decision not to breastfeed, whether for personal, health or other reasons, or for parents who choose to supplement their baby's breast milk with formula, preparing bottles becomes a regular, potentially stressful chore. There are some fantastic machines that make the process that much easier and quicker.

Breastfeeding
is 10% milk and 90%
determination!



RRP
£235

Formula Pro Advanced

The most advanced way to automatically make a warm, formula bottle instantly.

Safer sleep for babies

Follow our safer sleep guide on where and how you should place your baby to sleep. Share this guide with family and friends so that everyone in your baby's life knows how to keep them safe.



Always place your baby on their back to sleep. Side and tummy positions are not safe.



Use a cot that meets current safety standards. The mattress should be firm and fit snugly in the cot. Cover the mattress with a tight-fitting cot sheet.



Do not use blankets for sleep time. Use LOVE TO DREAM SWADDLE UP™ from birth and choose according to baby's weight, not their age. Stop swaddling as soon as your baby shows signs of rolling and transition to arms free sleep using the SWADDLE UP™ 50/50 TRANSITION BAG and SWADDLE UP™ TRANSITION SUIT.



To help prevent your baby from overheating, monitor the room temperature to ensure it is comfortable and well ventilated. Don't overdress your baby or add blankets. The room should be between 16-20°C.



Do not put anything in your baby's sleep space. This includes pillows, blankets, comforters, bumper pads, stuffed animals or toys.



Place your baby's separate, safe sleep space near your bed to help protect them and sleep in the same room for the first 6 months after birth.



Offer your baby a dummy to settle to sleep at both bedtime and daytime naps.



Do not expose your baby to cigarette smoke and avoid the use of alcohol or illicit drugs.

Love To Dream™ Swaddle

Swaddling from birth is an essential part of your babies' sleep routine, helping your baby go to sleep more easily and to sleep for longer.



From
RRP
£26.99

Mental health during pregnancy and after birth

It is very important to look after your mental health, especially during pregnancy. Here are some tips that you may like to try:

Tip 1 - Talk about things

Being both pregnant or a new mum can sometimes get rather lonely. Whether this is your first baby or your fifth, finding other mums to talk to and laugh about the woes of babies and motherhood can really help. There are many antenatal classes where you can ask questions and share stories or if you have specific questions about the birth then you can always ask your midwife. If you are finding things unusually tough, many find that talking to someone they don't know is easier. Counselling may be helpful to put any worries and stress at ease so you can focus on enjoying pregnancy and your new little bundle.

Tip 2 - Exercise

Whatever exercise you like (even if it's just a gentle stroll in the park) will give you something different to think about and can help you de-stress. Not only is it beneficial for yours and your baby's health, the endorphins will help you feel good and sleep easier.

Tip 3 - Treat yourself

Have some time for yourself to take a break from thinking about babies (and other children if you have them). Anything from a cinema trip to a spa treatment or meeting up with friends for a meal. You're growing a human inside of you - you deserve it!

Tip 4 - Use extra support, asking for help is ok!

If you're finding things to be too much either emotionally, physically or mentally, accept offers or ask for help from others. Even if it's just for little things like help with the shopping or support for appointments.

Tip 5 - Take some time to find new ways to connect with your baby

Read to your belly/baby, meditate or find your own special way to bond even before they arrive. It can help you feel much better about things, after all, you and your baby are in this together.

Some mums can feel very low after baby is born, make yourself aware of the signs of postnatal depression. Talk to your partner and family about this as well as it is often hard to recognise symptoms in yourself. There is also lots of online support and chat lines if you need it.

Postpartum Psychosis

www.app-network.org

Association for Post Natal Illness (APNI)

020 7386 0868 info@apni.org

Mind, the mental health charity

0300 123 3393 info@mind.org.uk

www.mind.org.uk

Pre and Postnatal Depression Advice and Support (PANDAS)

0843 28 98 401

Samaritans (free 24-hour helpline)

116 123 jo@samaritans.org

www.samaritans.org

Men's Health Forum


020 7922 7908

www.menshealthforum.org.uk

NCT

0300 330 0700

www.nct.org.uk



"When I had my baby I felt anxious all the time & realised I needed to get some help. I spoke to my health visitor & she put me in touch with the right people. Now I feel so much better & have bonded more with my baby."

- Sarah, Mum to Sophie

Millie says

"It is normal to feel overwhelmed, anxious or to feel as if you are not bonding with your baby. You are not alone, please reach out."



“My newborn baby is so impatient when he is hungry... I'm trying to rush to give him the bottle and I spill it or pour the wrong formula measurements. The Formula Pro Advanced really is a lifesaver!” - Sally



“Sleeping to the rhythm of my heart - Zack just loves to be close to his mama and it means we can cuddle all the time! I couldn't be without my Izmi Carrier.”
- @mrsewilliams



“Baby Chase is so warm and comfortable in his LOVE TO DREAM™ SWADDLE UP™. He loves to sleep with his arms near his face, and this swaddle keeps him in his comfort zone as he sleeps better and longer through the night.”
- @marcialachae



“My wife isn't anxious about our son sleeping since we bought this. She now sleeps through the night as well as the little man. That makes me relax, so it's paid for itself in my mind.” - @mr_sean_sims

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