

## 7. Care about your own health:

Parenting can be stressful and lonely. As a new parent, make sure that you are aware of how you cope with this new stress: try talking to friends, communicating with your partner or family; and use our local maternity helplines, health visitors, GPs, children's centres or online resources.



## 8. Think about boundaries and routines:

Routines can help both you and your baby when they are a little older. Some older babies naturally fall into a routine and others may need a bit of help. For children, routines can help establish good habits like brushing teeth, bedtimes and eating together.

**Consistency** and routines can help you and your baby and helps create a reliable atmosphere that a child understands which makes them feel more secure.

## 9. Play:

Play is not just fun, it is essential for learning and development. Fewer toys are actually better for children because this encourages creativity, help develop attention spans, and teaches youngsters about taking care of their possessions. **Remember...** it's okay to allow children to be bored as this stimulates independent play.



## 10. Get involved in the community:

Your health visitor will let you know of free baby groups in children's centres, try them if you can. Phone apps are available that show what activities are available near you while helping connect parents together. It's important to talk to other parents who are experiencing the same things you are, or you can chat to friends and family for support.



# 10 top tips to help your child's emotional wellbeing and to help your own!



1. Talk to your baby
2. Acknowledge your own feelings
3. Recognise your child's individual personality
4. Make your child feel good...
5. Build your relationship
6. Think what kind of parent you want to be
7. Care about your own health
8. Think about boundaries and routines
9. Play: essential for learning and development
10. Get involved in the community

**Remember, this is a time to look after yourself too, you don't have to read all or any of this right now. Looking after yourself, gazing at your baby and holding them is more than enough.**

**When you have a baby, most information available is about practical matters, like feeding, sleeping or health. Your child's emotional wellbeing is equally as important and it's never too soon or too late to start thinking about it.**

## Baby: first few months



### 1. Talk to your baby:



Your baby will recognise your voice in the womb and hearing your voice helps language development. Support any early attempts of communication by making good eye contact

when your baby is babbling, try talking and smiling at your baby and respond to their cries with soothing or cuddling. This all helps with bonding.



### 2. Acknowledge your own feelings:

You might not have an instant bond with your baby which is completely understandable when you are not sleeping enough, you may be worrying about their feeding, sleeping patterns or you could be feeling a bit overwhelmed.



Big life changes such as having a child can lead to feelings of low mood, stress, guilt and unhappiness, as well as the more talked about feelings of love, pleasure and fulfilment. Many parents experience these feelings: they are normal and usually resolve but if you are worried, please speak to your Health Visitor or GP.

### 3. Recognise your child's individual personality:

By four months old, babies are starting to show their own personalities. It's good to recognise that babies are developing with their own styles even at a young age, and your parenting style may have to accommodate the differences.



## Older babies and young children

### 4. Make your child feel good about themselves:

This does not mean that you need to be constantly praising, it is good to remember that we all find it easier to criticise and harder to praise. It is important to praise the efforts of your child and not necessarily the outcome. Helping your child have self esteem builds confidence and allows the child to manage their own behaviour when they are older.

### 5. Build your relationship:

Listen to your child, find out their interests and recognise their frustrations. It all helps with positive communication and enjoyable play.



### 6. Think what kind of parent you want to be:

There are many sources of information on parenting and how to do it - these can be helpful but also sometimes overwhelming. Sharing your views and ideas with other parents can be supportive for everyone. There is not one right way of parenting, but there will be a way that works for you to bring up a happy, confident child.