

How First Baby Changes Your Life

First time parents often talk about loving their new baby, but find changes in their life overwhelming. Is this what you're feeling? Is this normal?

Exhaustion

Night after night of interrupted sleep makes parents irritable and, at times, unable to concentrate or cope. Baby sleep patterns are different than yours. To help shift to your sleep pattern, try waking baby during the day to eat. Sleep, rest and eat well yourself.

Nothing Gets Done

Parents are amazed at the amount of time involved in caring for baby. Keep housekeeping and cooking simple. Let family and friends bring meals and do household chores for you. Organize tasks in time segments of 15-20 minutes.

No Time For Yourself

These early weeks are hard. Do not forget to take time each day to shower and care for yourself. Even a 5-10 minute break will refresh you. Schedule a "date" from a few weeks from now to reconnect with your partner. Help each other get "alone" time, even for 15 or 20 minutes.

Your Life Seems Out of Control

Feelings of guilt, resentment and sadness are common. This new "24-hour-a-day job" may lead to feelings of aloneness. Talk about your feelings. Schedule one small activity per day for yourself. Take a walk, call a friend, listen to music or go to a quiet place.

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Graphics/Condit/D/Data/Nursing/Newborn Baby Flyers*

Will our Relationship Ever Be the Same?

Men and women respond differently to parenthood.

The role of mom and dad change your relationship.

This can be confusing. Talk to each other and

share your frustrations. Are household

tasks still equally shared? How is

work being affected? Is one

partner taking on more

financial responsibility?

Talk about a new

household routine.

Create time for each

other. You will adjust

to your new roles as

mom and dad. Be gentle

with each other in the

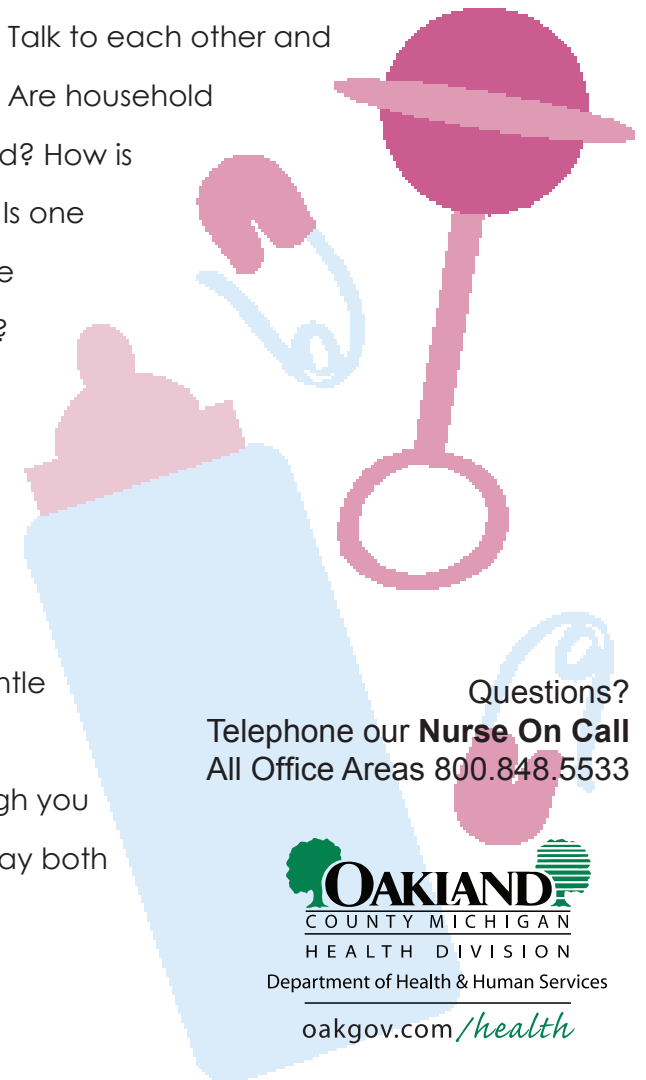
meantime. Even though you

love your child, you may both

be grieving the loss of

many freedoms.

The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and Federal eligibility requirements apply for certain programs.



Questions?

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