

New Parent Wellness Kit

Becoming a new parent brings joy, change, and often a wide range of emotions. Many parents feel both excitement and exhaustion at the same time. Adjusting to life with a new baby can take time, and needing support along the way is common.

What to Expect

The early weeks of parenting can feel overwhelming. It is common to experience:

- Fatigue from disrupted sleep
- Mood changes, including sadness, anxiety, or irritability
- Difficulty adjusting to new routines
- Feeling unsure or less confident at times
- Moments of disconnection or loneliness

These experiences are common and do not mean you're doing anything wrong.

Ways to Support Your Well-Being

- Rest when you can, even in short periods
- Eat regularly and stay hydrated
- Keep simple daily routines when possible
- Limit pressure to do everything or do it perfectly
- Talk openly with someone you trust about how you are feeling
- Take breaks, even brief ones, to reset and recharge
- Accept help when offered by someone you trust

Build Your Support System

Having support can make a meaningful difference in your well-being.

- Identify people you can reach out to for help
- Accept help with meals, errands, or household tasks
- Stay connected with friends, family, or community supports
- Consider professional support, such as a therapist or support group

Many new parents feel they should manage everything on their own, but support is an important part of staying well.

Prioritize Rest and Sleep

Sleep disruption is one of the biggest challenges for new parents and can affect both physical and mental health.

- Share nighttime responsibilities when possible
- Rest when your baby sleeps
- Ask for help overnight if available
- Create a simple plan for managing sleep

Even small improvements in rest can make a difference in how you feel.

Give Yourself Grace

You are still a good parent on hard days.

- You do not have to love every moment
- It is okay if things feel difficult or unfamiliar
- Being present matters more than being perfect
- Asking for help is a sign of strength

When to Seek Support

If you are feeling overwhelmed, disconnected, or not like yourself, it may be helpful to talk with a professional.

Reach out if you notice:

- Ongoing sadness, anxiety, or irritability
- Difficulty sleeping even when your baby is resting
- Trouble bonding with your baby
- Thoughts of harming yourself or your baby

Wyandot BHN offers therapy, psychiatry, and crisis services for individuals and families. Support is available, and reaching out can be an important step.

For additional tools and guidance, refer to the full [Postpartum Mental Wellness Toolkit](#).

If you or someone you know is in immediate distress, call **988** for the Suicide and Crisis Lifeline.