

Adjusting to Parenthood



The arrival of a new baby in the family brings great joy, discovery and many unexpected surprises. This transition period is a time of many changes for expectant and new parents.

Becoming a parent will change your life in many ways including:



- **Feelings about yourself**
- **Relationships with your partner including intimacy, and communication**
- **Relationships with friends, parents, family and other children**
- **Couple disagreements about roles**
- **Personal interests, hobbies and social life**
- **Time for self, others, and your partner**
- **Your job/career goals**
- **Increased chores and housework**
- **Finances**
- **Energy level and sleep**

Labour and birth will last a day b

Here are some helpful tips:

- **Gather information and talk to others**
- **Dads and moms adjust differently, so communicate with your partner about expectations, division of tasks and relationship changes.**
- **Work together as a team. Moving from you and me" to we"**
- **Don't expect to know everything, being a parent is on the job training**
- **This is the new normal - not all things will go back to the way they were**
- **Take time out from being a parent**
- **Be flexible, life will continue to change as your child grows**



but parenthood will last a lifetime

Practical Tips for the First Few Weeks

- Take care of yourself
- Get plenty of rest
- Establish visiting hours
- Expect a roller coaster of emotions
- Try and get out of the house
- Accept a helping hand
- Relax your expectations and go with the flow



HEALTH
DEPARTMENT

Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/parenting



If you require this information in an accessible format,
contact 1-800-841-2729

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