



Support for new parents



The transition to parenthood is often a difficult one. New parents may struggle with:

- » a baby's feeding and sleeping issues
- » uncertainty and anxiety about taking responsibility for a baby's needs
- » lack of sleep
- » decreased income and/or a sudden role change
- » isolation
- » relationship stresses
- » physical issues (and sometimes trauma) from pregnancy and birth
- » hormonal changes
- » mood changes

POSTNATAL DEPRESSION

Mothers experiencing a particularly difficult transition to parenting can be at risk of anxiety and Postnatal Depression (PND), a serious illness experienced by nearly one in seven, or 16%, of women giving birth in Australia.

HOW WE HELP

Camcare provides a targeted Parenting Support Outreach Program to give support and assistance to new mothers and their families who are struggling with the impacts of parenthood. Our outreach worker will provide practical parenting support, including links to services such as sleep schools, psychologists and parenting groups.

HOW TO ACCESS PARENTING SUPPORT

Mothers/parents can be referred to Camcare by their Boroondara Maternal and Child Health Nurse.



Protecting Your Privacy: camcare.org.au/privacy
Valuing Diversity: camcare.org.au/diversity



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