

Your baby is finally here!

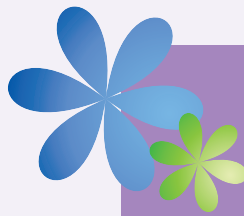
Bringing home your new baby is a moment filled with wonder, warmth, and the beginning of a beautiful new adventure.

Learning your baby's needs and daily routine may feel overwhelming. You might feel tired and alone. That is normal, and it can affect your physical and emotional well-being. Taking care of yourself can help. Here are a few things to try:

- Rest when your baby sleeps. Even short naps can help you feel better.
- Learn your baby's cues. Crying, yawning, or turning away can all be signs your baby needs something.
- Eat simple, healthy meals. Try to drink water and eat snacks throughout the day.
- Talk about how you feel. Sharing your thoughts can help you feel less alone.
- Stay connected. Join a parent group or talk to other parents online or in person.
- Be kind to yourself. You are learning something new every day. It is okay to make mistakes.
- Take a few minutes each day to relax and focus on yourself. Self care is not selfish, it is necessary and important.

You don't have to do it alone. Asking for help is one of the best ways to cope with this transition. You can ask for help with things like:

- Cooking
- Cleaning
- Laundry
- Caring for your other children
- If someone says, "Let me know if you need anything," take them up on it! People often genuinely want to help.



*Asking for help can be hard, but remember: everyone needs help sometimes, and **you deserve support.***