

One plus one = Three

A NEW BABY

Congratulations! A new baby is very exciting and signifies a whole new chapter in your life – that of being a Dad. As a Dad, you want to be able to protect, provide and be in control of your baby's health. To be able to do this, you need to look after yourself at the same time.

The birth of a baby significantly changes relationships and affects you and your partner. Mostly this is a wonderful and happy event but it can also be stressful, during which many adjustments have to be made. The most important thing is to communicate your feelings and fears; your relationship can be a great source of strength and support.

Everyone's experience in the early months after the birth of their child is different. Many couples adjusting to parenthood find their relationship

blossoms as they become closer and enriched by their new circumstances. But for some couples, it can be a time of tiredness and stress that causes them to become anxious, distant and withdrawn.

Most importantly, share your feelings, thoughts and anxieties with each other and make time to talk, even about the most trivial concerns. You may find you both have similar worries and that you can laugh together as you resolve the issues.

**: DID YOU KNOW THAT
: 1 IN 20 MEN SUFFER
: FROM ANTENATAL
: OR POSTNATAL
: PATERNAL
: DEPRESSION?**

**APPROXIMATELY 1 IN 20
FATHERS (5%) WILL DEVELOP
DEPRESSION OR ANXIETY AT
ANY TIME DURING THE FIRST
YEAR AFTER THE BIRTH.**

If your symptoms last longer than two weeks, ensure you take action and seek help. Your GP is a great starting place and further information can be found online.

MORE INFORMATION

www.howisdadgoing.org.au

www.panda.org.au

www.beyondblue.org.au

www.betterhealth.vic.gov.au

