

#2  
of 10

First 2000  
Days of life



# Adjusting To Parenthood

## Why is it important?

- Becoming a parent or carer will lead to many changes to your life. These changes can feel good or hard at times
- There are many ways to parent. Parents and carers learn as they get to know their baby
- Talking about being a parent or carer with your family or friends can help learning
- Children will learn and grow best when in a safe and caring space

## What to do?

- Keep it real: No one is perfect
- Talk to friends, family, and community
- Ask for and accept help
- Take time to talk, yarn, read, sing, and play with your child. This builds a safe and secure relationship and gives your child the confidence to explore their world

Scan here to learn more and contact local services >>

