

#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
- Yarning about being a parent or carer with your family or friends can be deadly (good)
- Children will learn and grow in a safe and caring space

What to do?

- Keep it real: No one is perfect
- Have a yarn with 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 >>

or call Child and Family Health Nurses on
1300 244 288 for more info

