Are You Taking Care of Yourself?

One of the most important things a parent can do for their new baby is to take care of themselves.
It is easier to provide care for a newborn if you are rested and healthy.

		Do you take the time to have a leisurely bath or shower?
		Do you take time to brush your teeth?
		Do you sit down and enjoy your meals?
		Do you eat without a child or baby on your lap?
		Do you accept help when your partner or friend offers?
		Do you ask for help when you need it?
		Do you have friends you can call when you feel down?
		Do you rest or nap while your children nap?
		Do you buy things for yourself, not just for the kids?
		Do you relax without worrying about all the work you have to do?
		Do you read a magazine or book, just for pleasure?
		Do you get enough fun exercise?
		Do you say yes or no to sex because that's what you want?
		Do you make time for solitude, if you want it?
		Do you ever accept yourself for who you are?
		Can you remember the last time you laughed until you cried?

Niagara Region PUBLIC HEALTH