

RESOURCE FOR PARENTS BIRTHING DURING COVID-19

Information shared is designed to support, not replace, the relationship that exists between you and your healthcare professional/s.

CONGRATULATIONS ON THE BIRTH OF YOUR BABY.

Following the birth, you get so much information about how to take care of your baby, we recognise how important it is to also look after yourself. You may have left the hospital sooner than you expected and as you recover, you may start to think more about how the labour and birth went. You, your partner or other support person may have questions about the way things happened or why certain decisions had to be made about you or your baby's care. Sometimes, you may find it helpful to have a conversation with your midwife or doctor to have your questions answered.

IS WHAT I'M FEELING RIGHT NOW NORMAL?

It's hard to know what feelings are normal, especially if you are first-time parents.

'Baby Blues' usually occurs between the 3rd and 10th day after birth and may be associated with the hormonal changes in your body. It is normal to have a period of adjustment as you navigate life with a new addition to the family. However, if you are feeling distressed, sad, down or overwhelmed and are struggling to cope or you have physical trauma from the birth process that you're having difficulty adjusting to, we want you to know that you are not alone and that there is support available.

A good place to start is with your GP, when you make your first appointment post-birth, we recommend that you book a longer appointment. They can refer you to relevant specialist services if required. We know it can be difficult to ask for help, but the sooner you do so, the better it is for your long-term well-being.

Helpful organisations and support networks

ABTA (Australasian Birth Trauma Association - that's us)

birthtrauma.org.au

- Support for women and their families who have experienced birth-related trauma.
- Peer2Peer Chat (online support) available Monday to Friday 8-10pm AEDT or by appointment and 'Peer2Peer Meets' a trauma informed online peer support group.
- Private Facebook Support Group for Mothers:
- facebook.com/groups/birthtrauma.org.au

COPE (Centre for Perinatal Excellence)

cope.org.au

- Provides support for the emotional challenges of parenthood.

Gidget Foundation

Gidgetfoundation.org.au

- Provides programs to support emotional wellbeing of new parents.

PANDA (Perinatal Anxiety and Depression)

panda.org.au

- National helpline operating Monday-Friday
- Their website contains a checklist to help you identify whether what you are feeling could be anxiety or depression.

Peach Tree Perinatal Wellness

peachtree.org.au

- A parent to parent support service offering peer support online and call back support services.

Dedicated services for Dads

We recognise the vital role that fathers and partners play in the lives of women affected by psychological and/or physical trauma and acknowledge the trauma those fathers and partners experience themselves during a traumatic birth.

