



THE FAMILY TREE

Advice for New Moms and Dads

- Get as much rest as possible. Sleep when the baby sleeps, and moms and dads take turns sleeping late on weekend mornings.
- Eat nutritious meals. If a neighbor or friend offers to help, ask him or her to bring you dinner or do your grocery shopping.
- Join a parenting group. You will learn about caring for your baby, and you will meet other parents who share your interests and concerns.
- Don't expect too much from yourself. Homework won't always get done, but eventually you will get back to a routine.
- Call your doctor or clinic with any questions or concerns.
- Visitors can be helpful, but don't let them interrupt your rest or family time.
- Be sure your infant receives necessary immunizations and visits to the doctor as required.
- If you find yourself frustrated and angry with your baby, call The Family Stressline for help 800-243-7337. Ask a friend or neighbor to take care of the baby while you take a break.

Have fun with your baby! The early weeks can be the basis for a lifetime of love and sharing.