



tips for new moms

Congratulations on joining the motherhood “club!” You are navigating many changes... physically, mentally, and emotionally. It’s important to adjust your expectations for yourself. Remember that if everything is a priority, then nothing is a priority.



good enough is good enough.

We know you can do everything, but it does not mean you have to. Even if you get one thing checked off your list, that is good - actually that's wonderful! High expectations can often lead to disappointment or feelings of failure, especially when you're learning new things about your baby, about yourself, need to recover and rest too.

ask for help when you need it (and when you don't.)

When you ask for help, ask for help in a way that works for you. This means that if you ask for help and someone offers to hold the baby while you shower, but you don't want to shower and what you really need is someone to do the laundry or clean dishes, ask them to do specifically that. Yes - maybe they want to love on the baby and that's great, but this is about the help that you need; what you need. They can hold the baby later.

moderate internet research.

The internet is a wormhole. This includes Google, social media and many other sites. It can be helpful and it can be very unhelpful. If you're looking for information, ask your providers for resources and if you do use the internet, use it as wisely as possible to find the specific answers you're looking for. Then give yourself a time limit or stop looking - no need to dive into every other topic or concern because you'll always find something else.

do not compare yourself to others.

Don't compare yourself to other moms or parents; don't compare your children to other children. This goes for in person and for social media. Social media in particular can feel like a trap in this way, but remember that it very rarely depicts the 100% real every day goings on for a parent, a child or family. It's important to find what works for you and helps you to feel good - and leave what doesn't.



you don't have to enjoy every moment.

Just because you do not enjoy every moment does not mean that you do not love your child(ren). This is an unrealistic expectation for anything, especially motherhood. All feelings that arise are natural and deserve acknowledgment - happy, sad, annoyed and beyond. Motherhood is one of the biggest transitions that you'll experience in your lifetime. Change is hard and that's okay.

note

This guide is designed to help mothers and families navigate discussions about their needs through the perinatal period.

It is not intended to be a comprehensive guide or a replacement for therapy. If you are looking for additional information and support, please see our list of upcoming workshops or reach out to us.



additional resources

Mental Health

- [Postpartum Support International](#) (lots of information, support groups and therapist directory)
- [2020 Mom](#)

Sleep

- [Safe Sleep Seven](#) (safe bedsharing)
- [Hey, Sleepy Baby](#) (developmentally appropriate child sleep)
- [Baby Temperament](#)

Feeding

- [La Leche League](#)

Meals

- [Meal Train](#)

Household Duties

- [Fairplay Life](#)

note

This guide is designed to help mothers and families navigate discussions about their needs through the perinatal period.

It is not intended to be a comprehensive guide or a replacement for therapy. If you are looking for additional information and support, please see our list of upcoming workshops or reach out to us.