

Babies Need Resilient Parents

From the moment you bring your newborn home from the hospital, you have a change in your daily routine.

For the first few months, this new baby-care routine can overwhelm you. You

- Deal with emotions – ups and downs.
- Adjust your schedule to your baby's.
- Endure the healing process and lack of sleep.
- Drag through routines – at home and work.
- Worry about mastering childcare skills.

To survive and thrive, you need resilience. Some parents have more resilience than others. However, *all* parents can learn skills and adopt behaviors that help them handle the unexpected.

Focus on your personal strengths that help you cope. What inner strengths and skills will help you parent? What support can family and friends provide? What new skills will help you – right now - to find success and joy in parenting?

Resiliency involves a change in thinking. Take these steps to build your resilience.

- 1. Assess and resolve problems.** What are your current needs? Who can help you meet those needs? Do you need change in your routine?
- 2. Become a flexible parent.** Explore several solutions to a problem. Try each solution until you find one that works for you and your family.
- 3. Find humor.** Laughter reduces tension.

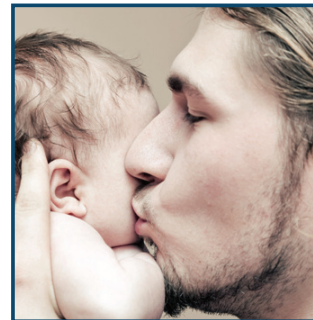
- 4. Practice a daily routine.** This helps reduce the stress of daily planning. If older children are at home, stay as close to their routine as possible.
- 5. Emphasize the positive!** Do not dwell on “what went wrong.”
- 6. Practice self-care.** Eat regular, healthy meals and exercise.
- 7. Find moments to relax.** Meditate. Pray. Play calming music.

Resilient parents raise resilient children. Your successful efforts at change will give you life-long benefits, especially in your role as a parent. As your child grows, your words and actions will teach your child skills and develop his strengths.

Use Positive Words and I-messages

Step 1 – Express your feelings and needs using I-messages. "*I have had a bad day. I am tired. Could you give the baby a bath tonight?*"

1. Step 2 – Express your gratitude. "*Thanks, that really helps.*"



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

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 **Children's**
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