



TIPS FOR NEW PARENTS

FOCUS ON CONNECTION.

SLEEP WHEN THE BABY SLEEPS.

TRUST YOUR INSTINCTS.

STAY AWAY FROM COMPARISONS.

KNOW THAT IT'S OKAY TO MAKE MISTAKES.

BE SURE TO LAUGH.

DON'T BE AFRAID TO TELL SOMEONE HOW YOU FEEL.

KNOW THAT IT'S OKAY TO NOT LOVE EVERY MOMENT.

TAKE A BREAK WHEN YOU NEED TO.

KNOW THAT ASKING FOR HELP IS A WIN, NOT A FAIL.

REMEMBER, A BAD DAY DOESN'T MEAN THAT YOU ARE A BAD PARENT.

BE KIND TO YOURSELF.

GET OUTSIDE - IT'S GOOD FOR YOUR MENTAL & PHYSICAL HEALTH.

KNOW THAT THINGS WILL GET EASIER.

REMEMBER, EVEN THE BEST PARENTS FEEL LIKE THEY DON'T KNOW WHAT THEY ARE DOING SOMETIMES. IT'S OKAY TO MAKE MISTAKES AND TRY AGAIN.