

10 early parenting tips

to support mental health and wellbeing



1. Take time for selfcare



Make time for the activities that bring you joy, peace, and satisfaction. Get a massage, go for a walk, spend time with your pet.

2.

Practice Progressive Muscle Relaxation (PMR)

A great technique to reduce anxiety, combat stress, and improve overall sleep. Learn more [here](#).



3. Meditation



Practice mindfulness and staying in the present to encourage calmness and a more balanced mood.

4. Take your time

Understand how common it is to experience possible changes in your thoughts, emotions, and physical reactions – this is normal, take your time.



5. Motivate yourself



Make a list of the activities you have been avoiding (and previously enjoyed), and slowly start to build back a normal pattern of engaging.

6. Focus on your physical health



The impact of diet, exercise, sleep, caffeine and alcohol have a major impact on your overall health – make it a priority.



7. Develop a bedtime routine

Avoid bright lights a few hours before bed, find the perfect bedroom temperature, eliminate noise, and reduce caffeine for a better night's sleep.



8. Understand your worries



Use tools like [The Worry Tree](#) to better understand your worries by separating them into hypothetical situations or current problems.

9. Use digital tools and apps

SilverCloud's *Space for Perinatal Wellbeing* programme has been designed, using [Cognitive Behavioural Therapy](#) (CBT) for both women and men to better understand their thoughts, feelings, and behaviours so they can think and feel better. Learn more [here](#).



10. Seek additional help



Understand that feeling well is a work in progress. Take the step to seek outside help by building a social support network and finding a specialised professional if needed.



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