

27 Top Tips for New Parents' Mental Health

1. "Dads, you'll need support just as much as moms do, so be proactive about making sure you have four people (other than your partner and family) who you ACTUALLY GO TO talk with when things get tough during your transition from 'dude to dad.' Four legs on a table, four sources of support!"

Dr. Daniel Singley - Website Link
Mom & Mind Episode Link

2. "You are not alone!"

Lindsay Gerszt - Website Link
Mom & Mind Episode Link

3. "If you think you may be at risk or are experiencing perinatal depression, ask for help and don't stop asking until you find someone who will listen. This is treatable!"

Dr. Diana Lynn Barnes - Website Link
Mom & Mind Episode Link

4. New parents certainly need and deserve spaces to talk openly about it all. But we need to feel safe in order to open up! Seek out those safe relations and places to open up - but when you don't feel safe enough, don't be afraid to set boundaries around talk topics - it's okay to say "it's too early for me to talk about the birth" or "I prefer not to talk about this right now" - You deserve privacy too!

Helena Vissing, PsyD - Website Link
Mom & Mind Episode Link

5. "Give yourself grace. Don't forget to nurture your relationship with your spouse/partner."

Lauren dePaola, LCSW - Website Link
Mom & Mind Episode Link

6. If you are feeling low or anxious most of the day most days seek help. Don't be afraid to reach out to family, friends or your doctor. Struggling does not make you a bad mum. You are a brave courageous mum for seeking help and you will feel better in time.

Dr. Rebecca Moore - Twitter Link

7. "Knowledge is power - learn about PMADs before the baby arrives."

Courtney Novak - Website Link
Mom & Mind Episode Link

8. "Talk with your partner about quick ways (I'm talking things that will take one minute) to stay connected and make each other feel loved and valued. It can be a hug, a text asking "how is your day?", or saying thank you for changing that stinky diaper at 2 am."

Jessica Scales - Website Link
Mom & Mind Episode Link

9. "Remember, you are a role model for your child, if you're kind to yourself, your child will learn to be kind to her/himself too."

Gabrielle Kaufman - Website Link
Mom & Mind Episode Link

10. There are more ways than breast milk to nourish your child. I've watched women anguish over the decision to discontinue nursing; whether it's for taking medications or simply because it is too stressful. If you are trying at the expense of your mental health, consider that when you feel well, you are in a better position to offer attention, love, safety, recognition, and authenticity to your baby. These qualities help children grow, too, and you're in the best position to offer them when you're feeling well.

Sarah Randall, Psy.D. - Website Link
Mom & Mind Episode Link

11. Honor your mind, body, spirit, and heart through this healing process. Integrate these different parts of your whole person into your wellness plan. Feel the connection to all living things, you are part of the medicine wheel.

Emilia Ortega-Jara, LCSW. - Website Link
Mom & Mind Episode Link

12. Parenthood is beautiful and hard. Develop a good support system and please don't be afraid to ask for help!

Catherine O'Brien - Website Link
Mom & Mind Episode Link

13. Supermom is a myth and is such an unobtainable goal that it will drive you crazy if you let it. Regardless of what you see on Instagram or Pinterest, there is no such thing as a perfect parent!

Amy Corn
Mom & Mind Episode Link

14. The best thing you can give your child is a healthy, happy parent. That includes your mental and spiritual health. Be intentional with self-care and fill your own cup before you attempt to pour out. So that you have what you need to be the parent you most desire to be.

Jessica Diggs - Website Link
Mom & Mind Episode Link

15. Parenting is hard work. New moms and dads need rest and support and help from family and friends is vital!

Dr. Meltzer-Brody - Website Link
Mom & Mind Episode Link

16. It takes time to grow into being a mother. Give yourself permission to be a learner and not an expert, be gentle on yourself, reach out for help and include your partner every step of the way. They're learning too.

Elly Taylor, author of Becoming Us - Website Link
Mom & Mind Episode Link

17. Don't be afraid to use the power of a newborn to get your needs met, too! If people want to come see the baby, they need to bring food, or help with laundry, or let you take a shower. YOU are still important. Don't forget yourself.

Graeme Seabrook - Website Link
Mom & Mind Episode Link

18. Remember to laugh! You will not do everything perfect, but with love and the best intentions, your baby will help you to be better. Enjoy every moment, even the tough ones. It's in the toughest moments that you find meaning and purpose. As parents, remember to be kind to one another, and show a little bit of grace!

NaKaisha Tolbert-Banks, LCSW - Website Link
Mom & Mind Episode Link

19. I always like parents experiencing PMADs to know the "2 Big T's": that Perinatal Mood and Anxiety Disorders are Temporary and Treatable! I think it's so important to instill hope as we establish a plan together for healing.

Beth Warren - Website Link
Mom & Mind Episode Link

20. If you're struggling, remember

1. It's not your fault.
2. You're not alone.
3. There is nothing to be ashamed or embarrassed about.
4. It doesn't make you a bad mother and has nothing to do with how much you love your baby.
5. You will get better, just GET HELP RIGHT AWAY.

Lisa Abramson, Author of The Wise Mama Guide to Maternity Leave - Book Link
Mom & Mind Episode Link

21. Being sad, anxious or angry is NOT part of 'just being a new parent.' Don't suffer in silence. You need support and it's out there. Let us help.

Elyse Springer, Marriage and Family Therapist - Website Link
Mom & Mind Episode Link

22. Trust your instincts. If you do not like the way you are feeling, let someone you trust know. Be your own best advocate.

Karen Kleiman - Website Link
Mom & Mind Episode Link

23. You have an instinct inside of you that is always telling you what you need to do. Trust yourself and speak up if you don't feel you (or your baby) is getting the care that you deserve. You have every right.

Parijat Deshpande - Website Link
Mom & Mind Episode Link

24. Build up courage to face your fears & ask for help. Believe in yourself enough to forgive yourself. You are human! Become the woman God put you on this earth to be. By helping a mother who's in the darkness just like you used to be - See light!

Jessica A. Walker - Website Link
Mom & Mind Episode Link

25. Postpartum Depression and Anxiety hides in plain sight - new mothers, and fathers, often look better than they feel. Nothing can prepare a new mother for what to expect until she has given birth. Ask a new mother, "How much sleep did you get last night?" This is the number one question to ask a new mother to assess her symptomology and possible diagnosis of PMADS.

Dr. Ivy Love Margulies - Website Link
Mom & Mind Episode Link

26. It does not all go as planned. There are moments that are far from what we'd hoped. Some beautiful and profound. Others unnerving, even excruciating. But be sure, parenthood is a chapter that introduces us to our most vulnerable selves while introducing us to our most powerful selves. On the journey to be the parents we aim to be... reach out, speak your truth, be gentle with yourself and others, know that you are not the only one and BREATHE, baby BREATHE. Lastly, PLEASE keep in mind that anyone sleep deprived long enough will, in fact, lose their mind.

Melissa Bangs - Website Link
Mom & Mind Episode Link

27. There is no "right way" to parent. Ask for and graciously accept support from family and friends. Sleep is the # 1 priority for good health. Share your emotions with those who will not judge you.

Jane Honikman - Website Link
Mom & Mind Episode Link