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આન્ય ભાષામાં આ દસ્તાવેજ અન્ય ભાષામાં અનુવાદિત કરવા માટે કૃપા કરીને 023 8024 1300 નંબર પર ફોન કરો.

જો તમને આ દસ્તાવેજ ભાષાંતર કરીને બીજી કોઈ ભાષામાં જોઈતો હોય,

તો કૃપા કરીને 023 8024 1300 નંબર પર ફોન કરો.

若您需要此文件翻譯成其他語言，請撥打電話：023 8024 1300.

Jeśli potrzebują Państwo niniejszy dokument przetłumaczony na inny język, prosimy zadzwonić pod numer 023 8024 1300.

If you require this in Large Print, Braille or Tape please Telephone 023 8024 1300

Tell us about it

We are always trying to improve our service and welcome any suggestions, comments or complaints. In the first instance please bring them to the attention of the Service Manager on 023 9289 2920. Alternatively speak or write to our Patient Experience Service (PES). You can also pass on your comments via our website.

Patient Experience Service

PES support line: 0800 0132 319

Email: soc-pct.SCHpatientexperience@nhs.net

Website: www.solent.nhs.uk/about/pes

Talking Change

Psychological Services

8f The Pompey Centre

Fratton Way

Portsmouth

Hants PO4 8TA

Tel: 023 9289 2920

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Support Groups in Portsmouth

Breastfeeding Support Groups

- Access to information, help and support with breastfeeding
- Advice available from the children and family team at all groups
- Pregnant mums are welcome too!
- Breastfeeding peer support available

For more information please contact your named health visitor or nursery nurse.

National Childbirth Trust

Provides ante-natal courses for expectant parents and post-natal courses for new mums.

Visit the website and find out where the nearest one to you is: <http://www.nct.org.uk/in-your-area/portsmouth>

Portsmouth City Children's Centres

To find out the nearest one to you is, contact

- **Heart of Portsmouth Children's Centres**
Telephone no: 023 9281 5005
- **South East Children's Centres**
Telephone no: 023 9286 1206
- **North Island Children's Centres**
Telephone no: 023 9266 0866
- **North Children's Centres**
Telephone no: 023 9237 8393

Portsmouth City Child Health Clinics

- Child health clinics are drop in facilities which offer an opportunity to seek health advice and weigh your baby
- Information and help available on feeding, weaning, sleep and behaviour of your baby
- Come along and meet the health team

See your child health record book for venues, days and times. For more information contact your local health visiting team.

Useful numbers

Breastfeeding Support & Healthy Weight 0-5yrs Team

(weekdays 9am-5pm)

Telephone no: 023 9234 2264

CHAT/Ask Sherlock?

Children's Information Service

Telephone no: 023 9268 8830

Gingerbread

Expert advice, support and campaign for single parents.

Telephone no: 0800 018 5026

www.gingerbread.org.uk

Homestart

Support, friendship and practical advice for parents with young children.

Telephone No: 023 9238 4027

Infant Feeding Advisor

Queen Alexandra Hospital

Telephone no: 023 9228 6000 ext: 4530

National Breastfeeding Helpline

Telephone no: 0300 1000212

www.breastfeeding.nhs.uk

Netmums

Online resource for national and local information

www.netmums.com

NHS Direct

For health advice and reassurance

Telephone no: 0845 4647

Parentline plus

Call for advice, information and support on any aspect of parenting and family life.

Telephone no: 0845 800 2222

www.parentlineplus.org.uk



Solent **NHS**
NHS Trust

New baby New feelings



Talking Change



A new arrival can take over your life for a while, and this can seem overwhelming at first.



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Becoming a mum is a new role that we have to learn to perform, just like every other new role in life.

It is not uncommon to find that after the birth you may go through a phase of feeling a little more tearful and emotional than is normal for you.

Common symptoms are

- feeling anxious
- feeling overwhelmed
- feeling low and tearful
- feeling guilty
- thoughts that you can't cope.

What steps can I take to help myself?

- talk to others
- take exercise
- be realistic
- do things you enjoy
- list things to do
- mix with other mums
- get as much rest as you can.

Talk to others

Feeling tired can leave you feeling unsure, so talking about your feelings is really important.

Feelings of guilt and thoughts that you "should be able to cope" can stop us from asking for support.

Allow your partner, family or friends to give you a hand whether it be giving you a break or doing a bit of housework.

Do things you enjoy

It is easy to focus on the "routine" stuff that "has" to be done, such as chores, or looking after the baby, but what about you?

Find some time each week to do something which you enjoy or helps you relax. It can be as simple as reading a magazine or taking a bath.

Self help

A great way to get information about your problems is through gathering ideas from appropriate 'self-help' material. There are a number of books available both in book shops and at your local library.

If concentration is a problem, ask us about audio books. **Talking Change** can prescribe you these books from your local library. For more information contact **Talking Change** or ask your GP.



Exercise

Exercise causes a release of hormones into the body which makes you feel good and can help raise your mood. Exercise can be pushing a pram to the local shops, doing the housework or taking a walk once or twice a week.

Mix with other mums

Children's Centres provide free play opportunities, the chance to contact health professionals and a place to get help and support. To find your local centre visit: <http://www.portsmouth.gov.uk> and search for children's centres.

Get support

You may find it hard to talk to friends or family as you may feel that you should be coping. Health visitor listening visits provide you with the opportunity to talk about your experiences of motherhood, expectations of yourself, and your concerns. Ask your health visitor for further information.

What about therapy?

Both Cognitive Behavioural Therapy (CBT) and counselling have been found to be effective in improving mood and reducing stress.

Therapy doesn't have to be done face to face, you can access online therapy support programs through **Talking Change** such as <http://www.livinglifetothefull.com> or <http://www.moodgym.com> For further information contact your GP or contact **Talking Change**.