

Supporting your mental health, so you can support your baby

Any parent can feel like their own needs take a back seat when their baby is born. We know that having a baby born premature or sick can increase parents' risk of struggling with their mental health. Everyone will face challenges differently, but whatever you're feeling, you are not alone.

Making time for yourself can make a difference. Other parents have found it helpful to:



Have a cup of tea or coffee



Get fresh air and natural light



Have a long shower, or bath



Keep comforting routines, like getting ready in the morning



Read, watch TV, or listen to music if you enjoy these things



Do exercise that you enjoy, like going for a short jog, or taking a class



Spend time with your other children, if you have them



Spend time with your partner, friends or family



Make a diary or memory book

For information, tips, and stories from other parents about supporting your mental health on the neonatal unit, visit bliss.org.uk/mental-health

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Bliss
for babies born premature or sick



Listen to our podcast

In our first episode hear the experiences of parents talking openly about their mental health on the unit, how they faced challenges, and how you can get more support from health professionals. Listen online now at

bliss.org.uk/mental-health



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Bliss information on supporting parents' mental health – next review due November 2021