COVID-19 COPER
with a new baby

CALM

Deep breaths keep you calm and grounded. When you are feeling calm, this can help to soothe your baby.

CONNECT

Connect with family and friends. Find ways of meeting other new parents online.

OBSERVE

Observe your thoughts and feelings. It's ok to feel sad that things aren't how you imagined. Try to focus on what you do have rather than on what you don't. This too shall pass.

ORIENT

Orient towards your baby. Talk to your baby. Your baby loves to hear your voice. Imitate the sounds your baby makes. This is the beginning of language development.

PLAY

Play with your baby. Learn about what your baby responds to. Notice your baby's tired signs.

PRESENCE

Be prepared to slow down your usual pace. Bring your presence to each thing that you do, no matter how menial.

EXERCISE

Move your body every day. With your doctor's approval, walk, stretch, dance. Use online exercise videos. Your body is designed to move.

ENJOY

Don't forget to enjoy things you enjoyed before baby. Music and laughter are good for the soul. Find a show or a podcast you love.

REST

Rest when you can. Your body is going through a lot, and your sleep is disrupted. Rest and restore. This is not a luxury. It's a necessity.

REACH OUT

Reach out for help if you need it. You are not alone. Resource yourself with trusted people or services for information and support.

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