

SUPPORTING SOMEONE WHO IS PREGNANT

Supports come in all forms—partners, family, friends, neighbours and health care professionals



TIPS FOR SUPPORT

TAKE OLDER CHILDREN FOR A WALK TO THE PARK.

GO TO APPOINTMENTS TOGETHER.

REMEMBER, IT'S IMPORTANT TO LOOK AFTER YOURSELF TOO.

Having a baby is one of the biggest events in someone's life. It comes with a lot of physical and emotional changes (including decrease in sleep). There are many ways you can support someone who is pregnant and make a real difference.

- ✓ cooking healthy meals
- ✓ being active together
- ✓ staying positive
- ✓ providing emotional support
- ✓ seeking support for mental health

For more information about supporting someone who is pregnant visit health.gov.au/campaigns/your-healthy-pregnancy

TIPS FOR SUPPORT CREW DURING PREGNANCY

Helpful tips to remember when supporting someone who is pregnant

- ✓ No two pregnancies are the same.
- ✓ Some days their energy will be high and other days it may be low.
- ✓ If they are low for more than a few days, ask how they're feeling and how you can help.
- ✓ Both women and men can experience depression or anxiety during and after pregnancy.
- ✓ If you or the person you are supporting are feeling low, talk to your health professional for help.

