



Tips for Coping with Social Isolation During Pregnancy and After Having your Baby

During times of stress, negative feelings can escalate. MumSpace connects you to free and effective online programs and apps developed for Australian mums to deal with depression and anxiety during pregnancy and after birth.

Maintain mental health through physical exercise

- While exercise outdoors is allowed, continue to get out and go for a walk, while maintaining social distancing rules. Why not call a friend who is also walking with their baby in another location?
- When your baby is sleeping, use YouTube to participate in a yoga class or home workout.

Maintain social contact

- Use apps such as Zoom or House party to catch up with friends and family in the evening or play board games.
- Exercise with friends over Zoom by doing workouts together.
- Identify friends and family who provide emotional support and continue to reach out when you need help.

Use creativity to celebrate the milestones

Events you were looking forward to, such as your baby shower or child's birthday party may have been cancelled due to COVID-19 restrictions. This is not what you had planned or expected. Consider creative ways you can celebrate these moments and milestones. To celebrate with your loved ones, you may choose to host an online baby shower on Zoom, or have your friends and family join you via Facetime to sing happy birthday to your 1-year-old.

Spend quality time with your partner or your house mate

Make evenings on the weekend special by having a night in with a nice meal.

Mindful moments with your baby and your senses

Tune into your five senses

- Savour the experience of eating, listening to music and being with your baby by really tuning into your senses when you engage in these activities.



Time-out for you and Time-in with your Baby

Having time for yourself is important to maintain your own wellbeing but can feel more difficult when you are in isolation with your baby. It may be that your partner is also working from home and can be included in caring for your baby. Some small but powerful ways you can take some moments to yourself include:

- When your baby is asleep, use this time to do things for yourself e.g., take a shower, put on some clean clothes and sit down with a cup of tea.
- Walk with your baby and notice what is happening around you in your neighbourhood in your environment.

Some ways to have “time-out” while enjoying “time-in” with your baby:

- When your baby wants a cuddle, tune into your senses and allow yourself to enjoy the moment.
- Do some baby Pilates or baby yoga (see YouTube for Videos)
- Put on some music you enjoy and dance with your baby
- Notice the small things your baby does, maybe take a photo and share with partner, family and friends.
- Watch your baby as she plays and wonder about what they are thinking or what the world looks like from their point of view.
- When video-chatting to friends or family try to sometimes involve your baby in interactions.
- Enhance your enjoyment of parenting by learning about and noticing your baby’s cues and how they might like to be soothed (see MumSpace programs What Were We Thinking and Baby Steps).
- Disconnecting from the social media apps that you engage with for some time each day (e.g., Instagram and Facebook). Use this time to reflect on the things in your life that you are grateful for.
- Try to plan some variation in your day, play in different rooms with different toys, make funny faces, dress up with crazy hats or scarves etc. Enjoy yourself and your baby will be enchanted by you too.

Engage in activities that give you a sense of accomplishment

- Write a list of activities that give you a sense of achievement or purpose. These can be every day activities such as sorting through your emails and messages.
- Create a plan that builds in these activities into your daily routine

More information

MumMoodBooster

Is a simple-to-use evidence-based online CBT treatment for postnatal depression and anxiety. Mum2BMoodBooster is the pregnancy version. Sessions are interactive, tailored to your problems and have been found to be highly effective by many women.

MindMum

MindMum is a mobile phone app to help you cope at times of stress and provides useful tips and ideas to support your emotional wellbeing during pregnancy and after having baby. This can be freely downloaded from MumSpace.

What Were We Thinking!

What Were We Thinking is an Australian website and mobile application that supports new mums and dads in learning? practical skills for settling babies and adjusting to changes in their relationship with each other.

Baby Steps

Baby Steps provides information to parents on caring for baby and themselves to enhance the wellbeing of new mums and dads.

For more information and support, head on over to MumSpace where we are with you, every step of the way.

www.mumspace.com.au