



Becoming Parents

Positive Parenting

Providing your child with positive, warm and consistent interaction will build a strong foundation in your child's life. Children who grow up with positive parenting are more likely to feel good about themselves and develop to their full potential. Comforting your baby when she is upset, hurt, sick or hungry will make her feel secure and loved, and will help build a strong and respectful relationship.

Resources for Parenting

For more information about positive parenting and to help your child develop to their full potential visit these resources:

- [Learning to Play and Playing to Learn](#)
- [Building Resilience in Young Children](#)
- [My Child and I: Attachment for Life](#)
- Ministry of Children and Youth Services
 - [Early Childhood](#) webpage
- [Children See Children Learn](#)
- [Hastings Prince Edward Public Health](#)
- Visit a [Child and Family Program](#) in your area to learn more about creative play and meet other parents.
- Monitor and support your child's development up to 6 years of age with the [Nipissing District Developmental Screen](#).
-  [Raising Healthy Kids](#) – Like us on Facebook

Involved Fathers (or Father Figures) Make a Difference

The birth of a baby brings joy and challenges to the lives of parents. It may take some time before you feel comfortable in your new role as a parent, but the best way to get to know your new baby is by spending time together. If you feel like you don't



Transition to Parenting

It is normal for parents-to-be to wonder how their lives will change once they have a baby. Before the birth of your baby, spend some time thinking about what will help you in your first days and weeks at home. Be sure to communicate your feelings to your friends and family. Take time to take care of yourself so that you are best able to take care of your baby. Remember that family members and friends also take on new roles when your baby arrives. Having many loving people in your baby's life will improve his or her growth and development, but it is okay to set boundaries.

Attend Public Health's in-person [prenatal education](#) sessions to meet other expecting parents, and visit a [Child and Family Program](#) in your area after the birth of your baby to meet other new parents.

know what you're doing at first, don't worry. You will learn over time what works.

For more information about your new role as a parent, visit the [Dad Central](#) website and the [24 HR Cribside Assistance for New Dads](#) website.

Mental Health for Parents

The baby blues are common in the first two weeks after birth. These "blues" are normal and should go away on their own. However, there are times when the "blues" don't go away, or you feel them later in baby's first year. These feelings may be the sign of a Postpartum Mood Disorder (PMD). It is important to know PMD is not your fault.

Visit the [Life With a New Baby is Not Always What You Expect](#) resource to learn the signs of the baby blues and postpartum mood disorders.

If you think you may have a postpartum mood disorder see your primary health care provider, call [Open Line, Open Mind](#) at 613-310-OPEN (6736) and/or call the [Mental Health Helpline](#) at 1-866-531-2600.

What's Your Plan?

Planning is an important part of life, but not all of us make plans for our reproductive lives. You can make a reproductive life plan by asking questions like: Would I like to have another baby at some point in the future? How many children would I like to have? What age difference would I like between my children?

Planning future pregnancies helps you make healthy lifestyle changes before becoming pregnant,

like taking folic acid, quitting smoking, and avoiding alcohol. After the birth of your baby it is best to wait at least 18 months before trying to get pregnant again. This gap gives your body time to recover and gives a better chance for your next baby to be healthy. All families need to weigh the pros and cons along with other circumstances like age, support, social and financial circumstances, personal preferences, and other goals when making choices for the timing of their next pregnancy.

Check out the [My Reproductive Life Plan](#) workbook for more things to think about when making your reproductive life plan.

Sexuality After Birth

Plan to see your health care provider within six weeks after birth to make sure that your body has healed well. If you have not talked about resuming sex and your options for birth control, you may want to have this discussion at your six-week visit.

Even if your body has healed well, you still may not feel ready to resume sexual activity. Speak to your partner about your feelings and any concerns you might have relating to sexual activity and intimacy, and explore other ways of sharing intimacy.

It is important to know that women may ovulate and could get pregnant before their period returns if they are having sexual intercourse. If you are having sexual intercourse and do not want to get pregnant right away, a birth control method must be used. For information on birth control postpartum, visit the Society of Obstetricians and Gynaecologists [Contraception](#) webpage.



Your Next Steps

Congratulations – you've almost completed the eLearning program. This program is the first step in helping you to have a healthy pregnancy, make an informed decision to breastfeed, and be prepared for parenting.

We look forward to meeting you at our in-person sessions. At the sessions you will view demonstrations, practice hands-on skills, ask questions, and connect with other expectant parents.

To register for the in-person sessions, visit our [website](#) or call us at 613-966-5500, extension 675 or toll-free at 1-800-267-2803, extension 675.

Visit [24hr Cribside Assistance](#) to find answers to questions and tips on how partners can get involved.