

### What are some signs people can look out for?

For most people there is a noticeable change in their normal mood for a period of two weeks or more while pregnant or in the first month following the birth of a baby. They can feel quite unlike their normal selves, sad, and low, or very worried with most of their time taken up by the worry. These symptoms are worse than the "baby blues" and last longer. Most people have trouble with the same "ruminating" thoughts (thoughts going around and around in their head) and these thoughts have a negative / catastrophic or "worst case scenario" tone to them. Most people notice a significant change in their sleep and eating routines, either too much or too little or also significant changes to their normal energy levels. People may "withdraw" into themselves, reduce contact with others and become socially isolated. A lot of people describe feeling very "stuck" with their thoughts and feelings and are so pre-occupied with them they cannot do the normal day to day living tasks as they used to.

### Where can help be sought for PNDA?

Your General Practitioner (G.P.) is a great point of contact and very helpful in referring people to local and specialist services that provide early intervention, treatment and support. Hospital Social Workers and Maternity and Child Health Services can also provide referrals to mental health services. There are also some incredibly helpful national services that offer over the phone counselling and support, information and referral to local services including:

- your GP
- a Psychologist
- Perinatal Anxiety and Depression Australia (PANDA) Mon-Fri 9am-7.30pm, 1300 726 306
- Beyond Blue support service 24hrs/7days, 1300 22 4636
- Queensland Parentline, 8am-10pm 7 days/week, 1300 30 1300
- Pregnancy and Counselling Link, Mon-Fri 9am-5pm, 1800 777 690
- MumSpace online program, [www.mumspace.com.au](http://www.mumspace.com.au)

These services are very helpful for all expecting and new parents at any time, but particularly in the middle of the night, when things can sometimes go pear-shaped for new parents.

### What can instil hope about the journey to PNDA recovery for parent and child?

Perinatal mental illness is very treatable and there are health professionals and support groups out there ready to provide the help you need to recover and enjoy your family. You are not alone and speaking about early signs and symptoms to a friend, your partner, or your doctor can go a long way to protecting your own and your family's mental wellbeing. There are some great websites to help you understand and build your babies emotional wellbeing including:

- Raising Children's Network: [www.raisingchildren.net.au](http://www.raisingchildren.net.au)
- Zero to Three: [www.zerotothree.org](http://www.zerotothree.org)
- Healthy Families Beyond Blue: [www.healthyfamilies.beyondblue.org.au](http://www.healthyfamilies.beyondblue.org.au)

### We're Here To Help

Please make an appointment if you have any questions or concerns about you and/or your baby.

The Family Doctors Plus team are passionate about supporting you and your family and are here to help!

We have an experienced team of doctors, nurses, psychologists, dietician, lactation consultants and more.

## OPEN 7 DAYS

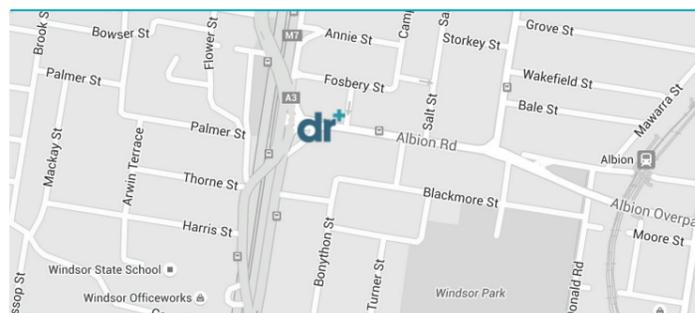
### SAME DAY APPOINTMENTS

Monday – Thursday: 7:00am – 7:00pm

Friday: 7:00am – 6:00pm

Saturday and Sunday: 8:30am – 1:00pm

Open most public holidays.



We look forward to caring for you and your family at Family Doctors Plus.

- ☎ 07 3357 8192 F: 07 3102 8589
- ✉ [wecare@familydoctorsplus.com.au](mailto:wecare@familydoctorsplus.com.au)
- 📍 Windsor Place, 2/178 Albion Rd, Windsor Qld 4030
- 🌐 [familydoctorsplus.com.au](http://familydoctorsplus.com.au)
- 📱 [familydoctorsplus](https://www.facebook.com/familydoctorsplus)



## Parenting Guide

**Congratulations on your exciting new role as a parent. At Family Doctors Plus we understand how challenging and busy being a parent can be and are ready to provide you with support and medical advice.**

**This booklet has some handy tips and useful contacts to help you in your parenting journey.**

**Note:** The information contained in this booklet is for general information only. If you have concerns, a medical condition or allergies please speak with your doctor.

### Feeding Your Baby

Whether breastfeeding or bottle feeding (breastmilk or formula) feeding will be a learning curve for both you and your baby. Although exclusive breastfeeding is recommended in the first 4-6 months of your baby's life this may not be possible. Some babies do have trouble attaching to the breast and also feeding from a bottle.

At Family Doctors Plus we are experienced in all aspects of breastfeeding and bottlefeeding and are always happy to help. Getting this important step right is essential for the healthy growth of your baby.

A great way to track your baby's growth, or assess whether they are feeding enough, is to weigh him or her regularly e.g. weekly. We recommend you see us when your baby is 1 and 6 weeks old and in between if you have any concerns or your baby is not putting on weight or having enough wet or poeey nappies.

### Feeding Support

1. Your GP or Practice Nurse
2. Family Doctors Plus lactation consultants can visit your home for a fee

Our very own Joanna Molloy is available for breastfeeding support, bottle feeding and help settling your baby  
Ph: 0419656543

### 3. Australian Breastfeeding Association

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)  
Ph: 1800 868 268

This is a great website with information on breast-feeding, including how to express, store and use expressed breast milk. Lactation consultants are available on the phone.

### 4. Child health clinics

[www.qld.gov.au/health/children/babies/clinics](http://www.qld.gov.au/health/children/babies/clinics)

These have both lactation consultants and child health nurses on staff. For example Nundah Community Health Centre. Ph: 3146 2300, 10 Nellie St Nundah. They also run mother's groups, are a free service and can help with sleep problems.

### 5. Hospital lactation consultants

**The best way to make sure your baby is growing and drinking enough breastmilk or formula is to regularly weigh your baby.**

### Introducing Solids

The World Health Organisation (WHO) and Australasian Society of Clinical Immunology and Allergy (ASCIA) recommend introducing solids from 4-6 months of age. If you have any concerns regarding allergies, whether your baby is ready for solids or don't know where to start we will gladly help you.

We recommend you start with one meal a day. Choose the meal that you are most likely to be at home for.

## Childhood Vaccinations

- can all be done at Family Doctors Plus by our experienced nurses and are important to help protect your baby against some diseases.
- under the Australian Immunisation Schedule, vaccinations are given at 6 weeks, 4 months, 6 months and 12 months in the baby's first year of life.
- vaccinations under the Australian Immunisation Schedule are bulk billed at Family Doctors Plus. These are fully funded by the government.
- there are additional vaccinations you need to consider that are not on the Australian Vaccination Schedule.
- it is recommended that parents, carers, grandparents and those who will be in close contact with your baby have a whooping cough vaccine if they haven't been vaccinated in the last 5 years. Pregnant women are offered this vaccine in the third trimester, however, if you have missed it talk to your doctor about getting it as soon as possible.

Visit [www.immunise.health.gov.au](http://www.immunise.health.gov.au) for more information or talk to us.

### Vaccines available for babies/children outside the Queensland Immunisation Schedule

#### Yearly Influenza vaccine (4 strain vaccine):

- free for children aged 6 months to under 5 years and children with some clinical conditions, for the rest it's a small fee
- children under 9 years of age need 2 doses one month apart on the first year they receive this vaccine

#### Meningococcal ACWY vaccine

(protects against ACWY strains)

- approximately \$90\* - \$125\* each, boosters may be needed depending on age
- subsidized for 12 month olds (from July 2018) and 15-19 year olds

#### Meningococcal B vaccine

(protects against B Strain - most prevalent strain in Qld)

- \$140\* each, boosters needed, Panadol 30 min prior to vaccination, preference is for this not to be given with another vaccine

#### Varicella/Chicken pox booster

- \$70\* each, one booster, 4 weeks after 18 months vaccines

**Please speak to our nurses or doctors if you have further queries and to discuss side effects.**

\* Subject to change

The above vaccines may need to be ordered so we request that you please pre-book. For bookings and appointments please ring 3357 8192

## Baby Health Checks

Regular health checks are important to ensure your baby is developing and growing normally. Baby health checks are usually done at the same time as child immunisations, however, it is also a good idea to keep track of your baby's development in between these times as well and see your doctor if you have concerns. For example weight checks are important in newborns to determine whether they are getting enough breast milk or formula.

Our Family Doctors Plus nurses can perform a comprehensive developmental assessment on your baby at any time to track that he/she is reaching their milestones.

Our experienced doctors are proactive in addressing developmental concerns and we have a team of allied health specialists (speech pathologist, occupational therapists, dietitian, psychologist, physiotherapist) and visiting specialists (ear, nose and throat surgeon and paediatric surgeon) that specialise in helping babies and children.

**For more information book an appointment with us. You can also refer to:**

- your baby's Red Book
- [www.communities.qld.gov.au/resources/childsafety/practice-manual/physical-cognitive-milestones.pdf](http://www.communities.qld.gov.au/resources/childsafety/practice-manual/physical-cognitive-milestones.pdf) for information on milestones

## Baby Skin and Bath Products

We recommend you only use soap, fragrance and alcohol free products on your baby's skin. This includes wipes, wash, shampoo and moisturising lotions.

Your baby spends a lot of time in your arms so consider switching to soap, fragrance and alcohol free products for yourself and your partner as well.

Wash your baby's clothing and your clothing with sensitive laundry wash and make sure they are rinsed well to remove all traces of the detergent.

## When Should Mothers Book For Their Postnatal Health Check?

It's important mothers have a health check at one and six weeks after giving birth (more often if needed). We will discuss contraception with you and do a pap smear if due.

## Self Care

Parenting is an exciting and rewarding job, but it can also be a time of sleep deprivation, disruption to your usual routine and a steep learning curve as you adjust to looking after your new baby. It is important to remember self care and ask for help and support if you need it.

**Sleep!** It can be difficult to adjust to life with a newborn baby. Things are always more challenging when you are sleep deprived. Sleep when you can during the day and ask for help feeding at night if you can. The washing and house cleaning can always wait. You may have a 'short fuse' when you are sleep deprived, recognise this and remember to be nice to each other.

**Get outside** Spending all day cooped up in the house with a baby is tough. Make it a priority to get outside in the fresh air and sunshine each day. Whether it is a walk in the sun every day or 10 minutes outside, the vitamin D will boost your mood and spirits. Or go to a friend's house, the library or shops. Some babies find the sound of conversation very soothing.

**Nutrition** It is easy to eat on the run as a new parent. Try to make sure you are eating at least one healthy meal a day. This is especially important when you are breastfeeding. Many parents find meal delivery, frozen meals or meal plans quick and easy during this transition time. It often saves time on grocery shopping too! Drink plenty of water to keep you hydrated. Keeping a water bottle beside your feeding chair is a good way to remember to drink when your baby does.

Do something for **yourself**. It is important not to forget about your own needs when you are looking after a newborn baby. Ask someone to look after the baby for half an hour and spend the time doing something you enjoy. Read a book, go for a walk or spend the time doing an activity you used to do before you had your baby! You will feel refreshed and both mum and bub will feel better for the break.

Don't be so hard on yourself. Having a new baby is a steep learning curve. It is one of the hardest things some people will do in their life. Give yourself a break and pat yourself on the back for all the positives!

Try to **involve your partner**. It can be easy for partners to feel left out when you have a newborn, especially breastfed babies.

Join a **mother's/parent's group**. It can be scary at first meeting a bunch of new women and their babies. Mother's groups often provide a lot of support and reassurance to new mums.

**Ask for help!** A lot of new mums are reluctant to ask for help. Most relatives and friends are happy to help out, they are just waiting to be asked! Talk to your GP for advice if you feel overwhelmed or emotionally distressed. Postnatal depression affects almost 16% of women and 5% of men.

## Community Resources:

1. **Parentline** - For advice about issues that affect you as a parent. Call 1300 30 1300 [www.parentline.com.au](http://www.parentline.com.au)
2. **Perinatal Anxiety and Depression Australia** (PANDA) - 1300 726 306 [www.panda.org.au](http://www.panda.org.au)
3. **Lifeline** 13 11 14
4. **MensLine Australia** 1300 789 978 [www.mensline.org.au](http://www.mensline.org.au)
5. **Parenting advice** [www.qld.gov.au/families/babies/new-parentspages/tips](http://www.qld.gov.au/families/babies/new-parentspages/tips)
6. **Your local child health centre**

## Safe Sleeping

**Reduce the risk of SIDS and SUDI by:**

- sleeping baby on their back from birth
- keeping the baby's head and face uncovered
- keeping the cot free from toys, doonas, pillows, bumpers, lamb's wool and soft toys
- keeping the baby smoke free before and after birth
- avoiding putting beanies or hats on babies when they are asleep
- supervising other children and animals around babies

For more information visit [www.sidsandkids.org.au](http://www.sidsandkids.org.au)

**Other top websites/helplines include:**  
[www.rch.org.au](http://www.rch.org.au) [www.healthdirect.gov.au](http://www.healthdirect.gov.au)

## When should mothers book for Perinatal Depression and Anxiety

- What is this and what does it mean?

(by Cate Rawlinson, Psychologist with an interest in Perinatal Health, Family Doctors Plus)

## Self Care

### What does perinatal mean?

Perinatal is a term used for the time when a woman is preconception planning or from conception up to 24 months following the birth of their baby.

### What is perinatal depression and anxiety and who does it affect?

Perinatal Depression and or Anxiety (PNDA) can happen before or following the birth of a baby and affects about one in five women and one in fifteen dads. Commonly, women and men experience a combination of Depression and Anxiety together. Parents can experience low level or moderate signs and symptoms, through to a diagnosable mental illness where professional support and intervention is essential, to treat the illness and recover. Women are more at risk of developing a mental illness in the perinatal period than at any other time in their life, due to a combination of factors including hormonal changes, birth trauma, other acquired illnesses and the adjustment to becoming a parent. Men are also more vulnerable to developing mental health problems or illness in the perinatal period and particularly if their partner becomes unwell.

Perinatal Depression and Anxiety are very treatable illnesses and most parents recover with no long-term issues. Most importantly, early identification and treatment of perinatal mental health signs and symptoms will prevent problems from developing into longer term illness. Evidence based treatments with good success for recovery include anti-depressant medications, and talking therapies including Cognitive Behavioural, Interpersonal and Acceptance and Commitment therapy.