

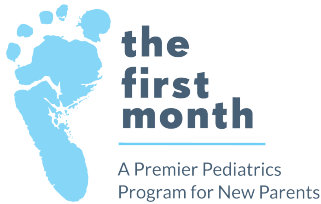


# **the first month**

---

A Premier Pediatrics  
Program for New Parents

**Partners - Taking care of your  
partner and yourself**



51 E 25th Street, Suite #301  
New York, NY 10010  
(212) 598-0331  
info@premierpediatricsny.com

Dear Partner,

Congratulations on the birth of your baby! These early weeks can be everything from exhilarating to terrifying. These feelings are all to be expected, and they are all completely normal. During these early weeks, it's often confusing to know what a partner's role is. There are two main things to remember during these early days, and they are of equal importance:

1. TAKE CARE OF YOURSELF
2. SUPPORT YOUR PARTNER.

## START WITH YOU...

A mother and a newborn develop a natural bond through pregnancy. This often continues to evolve after the birth through feeding and physical bonding. You too may feel an immediate attachment when you first hold your child -- but do not be alarmed if it takes a few weeks, or even months. Ambivalence is quite common after a child is born, and usually gives way to pride and love as you get to know your baby.

Sometimes, a new parent needs a little help before getting to this point. You may feel overwhelmed, lonely, irritable, or anxious about the wellbeing of your partner and child, or doubly preoccupied with providing for your family. These can be the earliest signs of a partner postpartum depression. Please reach out if you are concerned. We have excellent specialists who are trained to support you through this time.

No matter how you feel during these early days, remember that it's completely legitimate. Make sure to carve out small moments for yourself. This may mean getting a cup of coffee before buying diapers; it may mean taking twenty minutes to phone a friend. This will go a long way towards helping you and your family remain healthy. It's not selfish. It's shoring up your own wellbeing so that you can be strong for your partner.

## CARING FOR YOUR PARTNER...

You are in the best position to monitor the emotional wellbeing of your baby's mother. Help to make sure that she sees to her psychological needs with the same attentiveness that she sees to her physical ones. One way to do this is to urge her to follow the Wellness Checklist provided by our friends at The Baby Caravan. It encompasses both physical and mental health.

Approximately, 15-20% of new mothers struggle with some form of postpartum depression or anxiety. Know the signs, if you can. They include major fatigue, sadness, guilt, over-concern for the baby, lack of interest in the baby, the conviction that she is not up to the task, exaggerated highs and lows, hopelessness, or an inability to sleep when the baby sleeps. Please reach out to us if these describe how she is feeling.

We are so glad that you have joined our program and we are proud to introduce The First Month initiative. We have a team of professionals who are here to help!

## The New Mom's Wellness Checklist – Partner Edition

Life with a newborn can cause the days and nights to melt into and out of each other, like one big long, long, long day. While caring for a tiny human it can be challenging—even impossible to care for yourself. Here is a helpful tool you can use to check in easily with yourself daily, to make sure you give yourself that much needed oxygen mask so you can keep on taking care of your new baby the best way you can.

- **Nourishment:** Has my partner eaten enough today?
- **Rest:** Have she slept at least 5 hours today? Did she sleep when the baby slept?
- **Bathing:** Has she showered today?
- **Movement:** Has she exercised or done something for her body for at least 10 minutes today?
- **Humor:** Has she laughed today?
- **Help:** Has she asked for help today?
- **Bonding:** Has she let the baby know she loves him or her today?
- **Adult time:** Has she spoken to at least one adult today, and talked about how she (not the baby) is doing?
- **Self-love:** Has she forgiven herself for her perceived mistakes today?
- **Relationship:** Have you connected with her for at least 10 minutes today? (if applicable).