

Postnatal Wellbeing Support Group

Do you have a baby under 12 months?

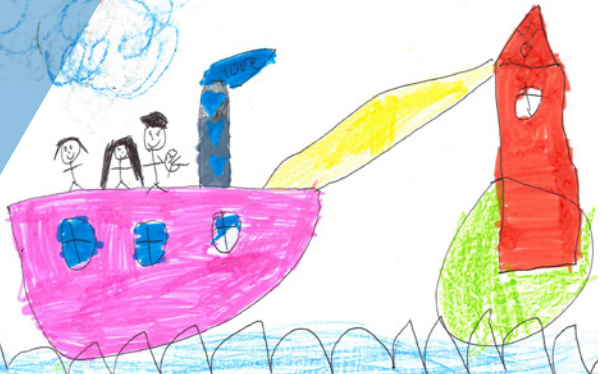


Illustration by Autumn, aged 6

Babies thrive when their parents are supported. Sometimes parenting a new baby can feel like sailing in choppy waters. We can provide you with a safe harbour and help you connect with other parents who are in the same boat.

Our free Postnatal Wellbeing Support Group can help you learn more about your baby's development, focus on your own wellbeing and share ideas with others who may be experiencing similar things.

You'll have the opportunity to share experiences and learn about some of these topics:

- Ideas to help manage anxiety and stress.
- Building babies' development through positive interactions.

- Simple ways to look after yourself.
- Connecting with other local supports.

When you get the support you need your baby thrives too. The group runs over eight weeks, for two hours during the day.

To get started

Speak with your child health nurse or health professional about a referral to the Postnatal Wellbeing Support Group.



Scan the QR code to find out more about our services.



Contact us

Child Health Service
t 1300 366 039
w [www.childrens.health.qld.gov.au/
child-health-service](http://www.childrens.health.qld.gov.au/child-health-service)

For further support

Call 13 HEALTH (13432584)
24 hours, 7 days and ask to
speak with a child health nurse
Parentline 1300 301 300 or
www.parentline.com.au

