

Mother's Health

National Child Abuse Information Services 1-800-442-4453

National Domestic Violence Hotline 1-800-799-7233

**Operators will take your call 7 days a week, 24 hours a day
and services are confidential.**

Parents Anonymous (Portland Metro Area Only) 503-258-4557

Taking care of a newborn baby is a lot of work. Don't forget to take care of yourself.

- Rest when you can ~ take naps when your baby does
- Eat a nutritious diet
- Take a daily multi-vitamin with 400 mcg of folic acid
- Get mild exercise like taking a daily walk
- Do a breast self exam each month ~ if you are breastfeeding, do a breast self exam AFTER you nurse your baby
- Ask for help from others ~ friends, neighbors and family members might be willing to help with errands, preparing meals, or watching your baby while you take a break
- Use birth control ~ for your best health, your babies should be two or more years apart

It's not always easy being a parent.

- Do not be surprised if you feel overwhelmed and frustrated.
 - » No matter how upset you feel, never intentionally hurt your baby. Never shake your baby. Shaking a baby can cause serious harm.
 - » If you feel that you are losing control seek help immediately.
- Your partner may feel overwhelmed and frustrated too.
 - » These feelings are normal but acting out these feelings by hitting, kicking, slapping, pushing, name-calling, threatening or forcing someone to do something they do not want to do is Not OK.

