

New Baby? Young Child?

Are you feeling stressed and worn out?

Lock-down getting you down?

If you are finding being a mum or dad overwhelming, please ask for help.



- * Coping with a crying baby or young child can be incredibly hard and tiring, especially if you are on your own or you have other children to care for.
- * If you need support from someone close to you that you would usually ask for help, then go ahead and ask for it, (unless they are vulnerable themselves or shielding).
- * If the person you would normally turn to is unavailable, your GP, health visitor, midwife and children's centre team are all there to support you.
- * If you are relative, friend or neighbour and think someone needs help – reach out with support (government guidance allows this).
- * There are organisations in your community and online available to you.

Please seek support – Help is there for you and your baby



Coping with Crying website and support
<https://iconcope.org/parentsadvice/>



East Riding Health and Well-being
<https://eastridinghealthandwellbeing.co.uk/>



East Riding Children's Centres
Facebook: @erchildrenscentres
Website <https://www.eastriding.gov.uk/living/children-and-families/childrens-centres/whats-on-childrens-centres/>



Humber ISPHN Service – Health Visitors
<https://humberisphn.nhs.uk/>



Every Mum Matters – Perinatal Mental Health Support
<http://www.everymummatters.com/>