

Guide for Partners: Bringing a Baby Home



Highlights

Adjusting to life with a new baby can be a significant change. Preparing the home before the baby arrives can help ease the transition. Shared involvement in baby care is beneficial for both parents. Providing support to a breastfeeding partner can make the experience easier. Maintaining personal well-being is important, including proper rest, nutrition, and seeking medical advice if feeling overwhelmed.

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Preparing the Home for a New Baby

While newborns require minimal items beyond clothing and nappies, some

preparations are necessary, including:

Setting up a safe sleeping space

Arranging a bathing and changing area

Ensuring baby equipment, such as a cot and pram, meets safety standards

Installing an approved rear-facing child restraint in vehicles

New and second-hand baby items should meet safety regulations and be in good condition.

Being an Involved Parent

Active participation in baby care helps build confidence. This includes:

Learning how to dress, bathe, and settle the baby

Changing nappies and assisting with feeding routines

Engaging in bonding activities, such as talking, playing, and reading

Responding to cues to support early language development

Supporting a Breastfeeding Partner

Breastfeeding can take time to establish. Support may include:

Bringing water or pillows for comfort

Caring for other children, pets, or handling visitors

Helping soothe the baby after feeds

Bonding with the baby can also be fostered by:

Carrying them in a sling or carrier

Offering skin-to-skin contact

Comforting them when they cry

Balancing Work and Family Life

Managing work and home responsibilities requires planning. Discussions may include:

Task-sharing and household responsibilities
Financial management
Parental leave options and entitlements

Some parents may take leave to assist with the transition, and financial support may be available.

Changes in Relationships

Becoming parents can bring adjustments to relationships. Open communication and teamwork can help manage differences in parenting approaches. Key aspects include:

Making joint decisions
Respecting each other's roles
Handling conflicts calmly

Physical relationships may also change post-birth due to factors like fatigue, recovery, and emotional adjustments. Support, affection, and shared responsibilities can strengthen connections.

Maintaining Personal Well-Being

Caring for a newborn can be exhausting. Managing stress and well-being involves:

Eating a balanced diet
Engaging in light physical activity
Getting enough sleep

If feelings of stress, exhaustion, or low mood persist, seeking medical advice is recommended. Postnatal anxiety and depression can affect any parent, and support services are available.

Tools and Assistance

Various services offer assistance for new parents, including.