

# GET READY FOR PARENTHOOD

HERE ARE FIVE TIPS FOR PARENTING NEWBORNS AND TO HELP PARENTS EASE INTO THEIR ROLES.

## 1 Get Healthy, Stay Healthy

A mother's physical health during and after pregnancy is just as important as her emotional well-being. To keep you and your baby healthy, an extra 300 calories a day should be consumed during pregnancy. Eat foods packed with good nutrients and maintain a balanced diet. Participate in exercise classes organised for expecting mothers. This will help you stretch your tense muscles and create an opportunity to form a network of support.



## 3 Be Financially Ready

While money may not be a pressing issue to some, it is definitely helpful to have a contingency fund stored somewhere. Start planning and save early for your child's expenses, which range from child care fees and baby food/product purchases to medical bills.



## 5 Brace Yourself

It's easy to read about other parents' experiences online. But nothing beats personal experience. Brace yourself and face it with love. Understand that nobody is perfect and mistakes will be made along the way. Parenting newborns and young children will not be the most smooth-sailing of journeys but it will be an extremely fulfilling one. ❤️

## 2 Find a Community

Parenting may seem daunting for first-time parents. But take comfort in the fact that there are many of us who are still 'learning on the job' when it comes to parenthood. Garner support from other new parents and learn from one another's experiences. This will help to provide a healthy growing environment for your child.



## 4 Get Family Support

Don't underestimate the value of good family support, especially one that involves grandparents. Even uncles and aunts who are already parents can be a rich source of experience. By being there for one another, you can build a valuable network of practical, emotional and social support.



## MEET THE EXPERT

This article is contributed by Mr Chinnu Palanivelu, a Council Member of Families for Life. Married with two children, aged 10 and 7 years old, Mr Palanivelu is an active Grassroots Leader at the Bishan-Toa Payoh and Ang Mo Kio Grassroots Organisations. He also serves on the Executive Committee of the Association for Persons with Special Needs (APSN); and is a member of Inspirit, a community of young adult leaders who are advocates for youth interests on national issues.



## ONLINE RESOURCES

Visit [www.familiesforlife.sg](http://www.familiesforlife.sg) for more useful tips on topics ranging from managing changes to documenting your baby's first year!