

Professionals working with new moms with



What to do to help me:

1. Be non-judgemental and treat me as an individual person with individual needs.
2. Have an understanding of what Post Partum mood changes are and the effects on myself and my family.
3. Keep negativity out of the conversation.
4. Be prepared to spend time with me.
5. Be helpful, not demanding.
6. Be patient with me as my decision making skills are lacking.
7. Talk to me with respect.
8. Do not tell me how I am feeling ... or should be feeling.
9. When I welcome you into my life/home please set a positive upbeat atmosphere that is warm, friendly and compassionate.
10. Do not be judgemental about my life/lifestyle and/or my life choices.
11. I hear what you “do” louder than your words. Any of your negative thoughts or attitudes come out loud and clear to me.

Dad ... Ten things not to say to a new mom ...

1. **Why is the house such a mess?**
Message I hear: Lazy irresponsible, not a good mother, mad, upset, What I do is not important.
2. **What did you do all day?**
Message I hear: you didn't do anything all day. What it makes me feel like: angry, frustrated, lack of respect.
3. **Why are you always complaining that you are tired?**
Message I hear: I'm inadequate, always making excuses for not measuring up.
4. **Are we ever going to have sex again?**
Message I hear: His physical needs are more important than my emotional needs.
5. **You are a new mom you are supposed to look like crap.**
Message I hear: I don't look attractive.
6. **When are you going back to work (or get a job)? We need the money.**
Message I hear: you are lazy, not contributing to the family, their spending power is shrinking and this is about them.
7. **We can't afford it” (when I want to buy something)**
Message I hear: you are not worth it.
8. **Our (child) doesn't act like that when he/she is with me.**
Message I hear: you are not a good parent/don't know child as well as he does.
9. **I work all day, I need my sleep.**
Message I hear: he is the most important person here. His needs come first.
10. **Why are you holding on to all these clothes, you will never fit into these again anyway.**
Message I hear: fat unattractive.

Provided by: People Matter

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