

# Taking care of us

- Life with a newborn is full on – you'll both be working hard.
- Be kind – it takes a while to recover from giving birth.
- Listening, joking, hugs, cups of tea, making dinner and doing the washing – it all helps.



**If your partner's acting strange or obviously not coping, it could be post natal distress (men can get this too). Get help early – talk to your partner, your midwife, doctor, Well Child or Tamariki Ora nurse.**

**Try [depression.org.nz](http://depression.org.nz) or call the depression helpline 0800 111 757**