



# Pregnancy

## Understand the facts

Pregnancy and the birth of a child can be an exciting time, but it also signals significant changes for the individual, the couple and the family as a whole. The most obvious changes are those that are physical in nature, however there are also unseen emotional and mental changes that could alter the enjoyment and quality of this unique experience.

## During pregnancy

- Accept your own emotions and feelings.
- Avoid comparing yourself with others or with previous pregnancies. Each experience is unique and depends on many factors.
- Distribute daily tasks with your partner and/or family, or get external help.



## During pregnancy (continued)

- Establish social networks to access help and support.
- Rest whenever the opportunity arises.
- Integrate self-care routines.
- Prepare the sibling(s), if any.

All of these suggestions are also applicable in the adoption process while waiting to welcome your adopted child into your home. In this case, it is also important to actively participate in the bonding process by getting to know your child, their personality, the environment where they were raised, and take into consideration the suggestions given by the agency which your child was adopted through.



## Post-natal period

- Do not worry about your weight. In many cases, it is difficult to lose weight during the first few months.
- Get used to asking for help. Caring for a newborn involves significant physical and psychological stress.
- Allow others to pamper you. Allow yourself to be taken care of.
- Structure your social time. Let friends and family know the times you can receive visitors.
- Many people, out of care and concern, can overwhelm you with advice about how to take care of yourself and your baby. Don't feel like you need to listen to everyone.
- Hormonal changes after giving birth can contribute to postpartum depression.



## Post-natal period (continued)

- Re-evaluate the distribution of tasks with your partner and/or family.
- Ambivalence or lack of intense emotions towards the newborn is normal: do not be alarmed.
- Schedule free time by planning with your partner.
- Accept making mistakes. Nobody is perfect at parenting.
- Recover your other roles progressively.

The process of adoption can sometimes have different stages compared to the arrival of a biological child. It is very important to access the support offered from the agency that has coordinated the process, and who specialises in the care of the child at hand.



## Need more information?

- American Psychological Association:  
[www.apa.org/pi/women/resources/reports/postpartum-depression.aspx](http://www.apa.org/pi/women/resources/reports/postpartum-depression.aspx).
- Beyond Blue:  
<https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents>.
- Mental Health America:  
[www.mentalhealthamerica.net/conditions/postpartum-disorders](http://www.mentalhealthamerica.net/conditions/postpartum-disorders).