



Parents-to-be mental health

Option 1

If you've just found out you're going to be a parent, you might be feeling excited, nervous, or maybe a bit of both 😊💖😬. You may feel overwhelmed by all the advice and information you're given. But the most important thing is simply to look after yourself 💖

Parent Club have practical suggestions from parents who've done it all before, along with advice from health experts to guide you through your journey from pregnancy to the early days of parenting (and beyond!) ✓

Check the Parent Club website for top tips for parents-to-be → [Pregnancy & First Days | Parent Club](#)

#ParentClubTips
#Parenting

Option 2

Just found out you're going to be a parent? 😊💖😬 It's normal to feel excited, nervous, or both! It can be overwhelming but remember looking after yourself is key 💖

Find practical tips from parents and expert advice to guide you through pregnancy and early parenting here at parentclub.scot

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Mental health support for new parents

Option 1

New Parent 🧑. Those first few days at home with your baby can feel a bit of a blur, non-stop mix of nappies, night feeds, nerves and new experiences 😓

It's an exciting time, but you might feel tired 🥱, emotional and even a little weepy 😭 but that's all normal. Remember, it's baby steps for the whole family!

But you're not alone – there's lots of advice, support and top tips available at Parent Club, including practical suggestions from parents who've done it all before, along with advice from health experts to guide you through the start of your parenting journey → [Pregnancy & First Days | Parent Club](#)

#ParentClubTips
#Parenting

Option 2

New Parent? 🧑 The early days with your baby can be a whirlwind of nappies, night feeds, and new experiences 😓. It's exciting but can also feel emotional and exhausting 🥱.

You're not alone, Parent Club offers advice, tips from other parents, and expert guidance to help you navigate your parenting journey. → [Pregnancy & First Days | Parent Club](#)

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Handy web page links

Parent Club offers a range of both practical and emotional advice and support for expecting parents and new parents. Check out these handy links below:

- [Looking after yourself during pregnancy | Parent Club](#)
- [Looking after your mental health during pregnancy | Parent Club](#)
- [Mental health tips for partners and dads-to-be | Parent Club](#)
- [Pregnancy information and support | Parent Club](#)
- [Looking after yourself with a newborn | Parent Club](#)
- [How depression and anxiety can sometimes affect new mums | Parent Club](#)
- [Mental health support for new mums | Parent Club](#)
- [Mental health support for new dads | Parent Club](#)