

New Baby? Young Child?

Are you feeling stressed and worn out?
Lock-down getting you down?

If you are finding being a mum or dad
overwhelming, please ask for help.



- * Coping with a crying baby or young child can be incredibly hard and tiring, especially if you are on your own or you have other children to care for.
- * If you need support from someone close to you that you would usually ask for help, then go ahead and ask for it, (unless they are vulnerable themselves or shielding).
- * If the person you would normally turn to is unavailable, your GP, health visitor, midwife and children's centre team are all there to support you.
- * If you are relative, friend or neighbour and think someone needs help – reach out with support (government guidance allows this).
- * There are organisations in your community and online available to you.

Please seek support – Help is there for you and your baby



Coping with Crying website and support

<https://iconcope.org/parentsadvice/>



East Riding Health and Well-being

<https://eastridinghealthandwellbeing.co.uk/>



East Riding Children's Centres

Facebook: @erchildrenscentres

Website <https://www.eastriding.gov.uk/living/children-and-families/childrens-centres/whats-on-childrens-centres/>



Humber ISPHN Service – Health Visitors

<https://humberisphn.nhs.uk/>

Humber Coast and Vale Maternity Services

<https://www.humbercoastandvalematernity.org.uk/after-the-birth/>



Every Mum Matters – Perinatal Mental Health Support

<http://www.everymummatters.com/>