

Parenting Alone + & Away From Home



THEY SAY PARENTING TAKES A VILLAGE, WHAT IF YOU LIVE ACROSS AN OCEAN FROM YOUR VILLAGE?

This is for parents, single or partnered who are raising a **1** baby without a support network

Tip 1: leave the house and be willing to meet new people

Go for a walk to the park or to the local coffee shop, start a conversation with another parent.

Tip 2: Join a playgroup in your area

This is an opportunity to interact with other mums and dads, share experiences, concerns or information. It can be very powerful to feel heard and understood!

Tip 3: Stay connected to your tribe

Call your parents, friends and extended family often. Use the power of technology to help you feel closer to your loved ones and introduce your baby to them.

Tip 4: Maintain traditions

Whether its a special meal, an outfit, celebrating special events or dates. This will make you feel closer to home, plus you'll foster a sense of cultural identity and belonging in your child.

Tip 5: Get a baby sitter

You are not a bad parent for needing some time without your baby! Go on a date with your partner or enjoy some guilt-free me-time.

Ask for and Accept help!

Find people that go by this principle that way you start building a community of like-minded parents who are happy to help each-other

Remember!

You are very important to your baby but your baby is a social being and they will also benefit from interaction with others. Give yourself permission to feel. Set realistic goals for yourself. It may not be possible to do all the things you used to do and at the same rate you used to do them before having a baby.

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Tip 6: Share the load

You don't have to do it all on your own. And it's important for your baby to bond with other significant people around them. It can make a world of difference to have dad do one feed at night, prep bottle or take baby for a walk while mum rests or enjoys the baby-free time.

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Tip 7: Adjust your expectations

Focus on what's most important and be OK with doing less. Loving, nurturing and caring for your baby is a full-time job! Don't underestimate what you do mama. Don't be too hard on yourself. You have a lot on your hands!

Tip 8: Find ways to stay active and meet people

...But be gentle on yourself. Your body and mind need time to recover and adjust. Finding a Gym/club with a Creche can facilitate your return to physical activity.

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Tip 9: Travel to visit your family

The idea of travelling with a new baby can feel daunting. But if it is within your budget, consider it as an option. Making the most of your maternity leave could mean spending time with your tribe!

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"When you take care of yourself you show up as a better parent"

- Lorena, MMMV Educator

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Tip 10: Use all services available to you

From Apps and social media to community groups. Ask around, there may be more than you think.