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Hi New Parent,

Your baby is one week old! Can you believe it? It's probably been a whirlwind of a few days with visitors, calls, messages and leaving hospital.

How are you settling in at home? It's normal to feel anxious or nervous about what will soon become second nature - including taking your little one for a walk in the pram, swaddling them, or buckling them into the car.

As you continue to settle into your new life, it's important to be mindful of your own needs and to reflect on how you're adapting to early motherhood.

Your feelings towards your baby

While movies, TV shows and the media often portray women falling in love with their babies at first sight, this isn't always the case.

It's perfectly natural for it to take time to fall in love with your baby. This doesn't mean you don't see your baby as a blessing or that you're not "cut out" for being a mum.

If this is how you're feeling, please know that you're not alone. Many women don't feel instant love for their babies. Be

Guide For New Parents

Siddappa N.Byrareddy



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