

***Are you transitioning
into parenthood?***



*Sleep
difficulties*

*Social
pressures*

*Changes to
family structure*

***Becoming a new parent is
a unique time, as it comes
with forming a new
identity, as well as taking
on new responsibilities.***



Childcare

*Changes to your
body and intimacy*

*Financial
challenges*

*When thinking about parenting your child
and reflecting on your own upbringing, you
may ask yourself:*

“Will I be a good parent?”

***“What would I like to model from my
own upbringing?”***

***“How can I provide my child with a safe
and nurturing environment?”***

For parents who experienced a difficult childhood, research in the ReACT Lab highlights that during pregnancy, you may be at increased risk of struggling with:

- Overwhelming emotions or feelings of disconnection***
- Fears of not being a good parent***
- Distressing childhood memories***
- Changes in the body***

*Fortunately, there **are** ways to help you thrive as a parent, such as:*

- Taking care of your well-being***
- Reflecting on processing your past***
- Talking to your partner, family, friends, or even your medical team***



*Feel free to refer to the following resources
to seek the support you may need during
this period of your life.*

Ma Grossesse;
Government of Quebec
Mental Health Services;
Government of Canada

*Links to these webpages can be found in
the caption of this post!*