



# Wellbeing for you and your baby

Talking about your  
feelings is good for  
your baby's health  
and development



Many parents can feel sad and stressed when they are having a baby, especially those who are new to Australia.

NSW Health services are here to help pregnant and new parents, and this video explains the importance of speaking with your health worker about your emotional health so that you can receive the support you need to care for yourself and your baby



**Want to know more?**  
Scan here to watch  
a short film

**For more information talk to your health worker at your next appointment**