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# Program of Resources, Information and Support for Mothers



# Exhaustion



SUPPORTING  
mothers in our  
community

## Focus on Health

Being a mother is a 24 hour, on call, 7 day a week, 52 weeks of the year job! Is it any wonder 3/4 of new mothers are affected by exhaustion in the first year?

*"I didn't know it was possible to feel that tired."*

Small babies need feeds around the clock and don't always sleep when we would like them to. Some babies are unsettled for the first few

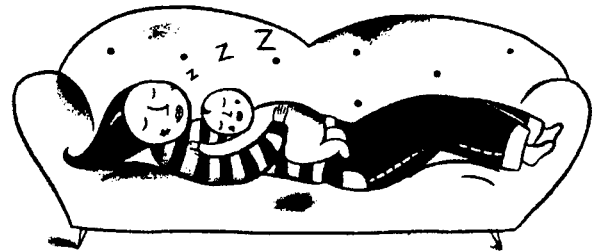
months and may cry for long periods. Added stresses happen if a family member is sick. It's usually mums who hold it all together, and tiredness soon becomes chronic exhaustion.



Many mothers think they can't do anything about tiredness. Well meaning advice to catch up on sleep when the baby sleeps is OK - if the baby sleeps.

### *So, what can mothers do?*

Just talking to partners, friends and relatives may help. But don't be afraid to ask for some practical help. Often women are offered lots of help, but are afraid to accept it - they worry people may think they can't cope.



Women need time to rest and time out from the family. Just small things can make a big difference. Time for a relaxing bath or a sleep in on the weekend. Getting out of the house to shop alone or getting back to physical activity.

### *Some other things to try:*

- ♦ See if someone could look after your baby for even an hour or two, while you have a rest or take a relaxing bath
- ♦ Share some of the night time work - even one night of uninterrupted sleep for you on the weekend might make a big difference
- ♦ If you need to be the one who gets up overnight, see if your partner can be the one to look after your baby first thing in the morning while you catch an extra hour's sleep

*"Even though it felt like too much of an effort at the start, once I got around to walking and swimming, I felt quite different about myself, and funnily enough felt much more rested."*