

# New Mum Checklist

Here's a simple checklist to help guide you through the first months of parenthood. You can print it out so it's easier to use.



## Register the birth

-  In most states, you'll need to register your baby's birth within 60 days. If your hospital or birthing centre doesn't give you the form, grab one from your local post office.
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## Take a multivitamin and mineral supplement

-  If you're breastfeeding, you may need help to ensure you're getting enough of the important nutrients for both you and your baby. Try a multivitamin and mineral supplement designed for women who are breastfeeding, such as Elevit with Iodine.

If you're not breastfeeding, Elevit Women's Multi provides you with a specific combination of nutrients to help you stay on top of your busy routine. Each tablet includes iron for energy, calcium for healthy bones, B group vitamins to help manage stress, and vitamin C and zinc for immunity. *Elevit Women's Multi is not a pregnancy supplement. If you are planning a pregnancy take Elevit with Iodine pregnancy supplement.*

## Send out birth announcements

-  Welcome your new arrival with cards or emails to friends and relatives! If you want to be traditional, you can put an announcement in the local paper.
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## Claim Government financial benefits

-  The Government has a number of financial benefits you may be able to claim. Check your eligibility for Paid Parental Leave or the Family Tax Benefit with the Department of
-  Human Services or call Centrelink on 13 61 50.

## Add your baby to your Medicare card and private health

-  Register your baby with Medicare as soon as possible. This will automatically put them on the Australian Childhood Immunisation Register and you'll be reminded when vaccination shots are due. Contact your private health insurance company to include
-  your baby in your cover.

## ○ Arrange your postnatal health check

- ♀ Book a health check-up with your doctor about 6 weeks after the birth to make sure everything's going back to normal. It's a good time to chat about your feelings and any problems you're having.
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## ○ Arrange your baby's check-ups and vaccinations

- ♂ Your baby's regular check-ups should be booked between 1 to 4 weeks, 6 to 8 weeks, and 6 to 8 months. First year vaccinations are due at 2, 4, 6 and 12 months.
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## ○ Check childcare and education options

- ♂ Confirm your childcare arrangements if you're heading back to work. If you're considering a private education for your child, start making enquiries now. The waiting lists for some private schools fill up years in advance.
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## ○ Start postnatal exercises

- ♀ Your pelvic floor and tummy muscles will need toning up after birth. Why not join other new mums in a postnatal exercise class at your hospital or local gym.
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## ○ Consider contraception

- ♀ If you're not planning another pregnancy, consider contraception. Contrary to popular belief, breastfeeding is not an adequate contraceptive. Check the methods that won't affect your breast milk with your doctor.
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## ○ Look after your own emotional health

- ♀ It's quite normal to feel a bit down in the first weeks following birth as you juggle the demands of a new baby. These feelings usually ease of their own accord, but if you're feeling overwhelmed or sad more than 2 weeks after baby has arrived, speak to your midwife or doctor.