

Maintaining health and mental wellbeing

Where do I start?

- Remember that to be a successful parent you need to look after yourself first.
- If you are tired and run down, it will make it more difficult to enjoy the pleasures parenting can bring.
- Make sure you know how to maintain a healthy, balanced diet.
- If you have problems sleeping consider ways that you can get more sleep or at least more rest.
- If you are tired or in a bad mood try changing your routine or the way you are dealing with a problem.
- Take time for regular exercise which could be going for a brisk walk or swimming with your child or an exercise class.
- Take time to talk and be with other people, it really helps.
- Remember your relationships will need attention too, make time to talk and share the parenting experience.
- If feeling low becomes a problem it is important to get help.
- Be informed. It's one of the best aids to your health to know how to find information to help you when you need it.
- Your Health Visitor or GP is there to help with any health issues that may concern you.

Useful contacts

Make sure you know the resources available to you. A good place to start is with your local GP or NHS services, which you can find at www.nhsdirect.nhs.uk

For information on health and support, care, hospitals, mental health, help with costs and your rights in health, check the website at www.direct.gov.uk

For local help for health and wellbeing in the London and Harrow area:

To register with a doctor

Tel: 020 8420 9425

Harrow Healthy Living Centre

38-40 High Street, Wealdstone, Harrow, HA3 7AE

Tel: 020 8420 9380

Living Well

111 Devonport Road, London, W12 8PB

Tel: 020 8746 2274

Living Is Easy

117 Finchley Road, NW3 6HY

Tel: 020 7483 1991

Association for Post Natal Illness

145 Dawes Road, Fulham, London, SW6 7EB

Tel: 020 7386 0868

Email info@apni.org.uk