

Building a Health Support Network

A healthy support network can make it easier to care for your new baby.

To make your support network work for you, ask for help early and assign roles.

Cooking, cleaning, and newborn care are all ways you can support your partner or loved one.

Remember that self-care is important! Take time for yourself, go for a walk, or take a nap. Don't be afraid to ask for help so you can spend more time bonding with your new baby.

For more information on building a support network go to healthychildren.org.