

A MODERN GUIDE ON HOW TO SHOW UP FOR NEW PARENTS

THE VILLAGE NEWS

In partnership with  GidgetFoundationAustralia*

IT TAKES A Village



We've all heard it — *"it takes a village to raise a child"*. But when you're ankle deep in baby laundry and existential dread, you need someone who *shows up without being asked*.

That's the kind of support we believe in. The quiet champions. The snack bringers. The baby rockers. The house tidiers. The ones who make you laugh when you're one tantrum away from combusting.

Because parenting is a *glorious mess*. Equal parts wonder and WTF. And when a baby arrives, it's

not just nappies and night feeds — it's big emotions, shifting identities, and mental health that needs as much care as the baby does.

So, what does it mean to "be the village?" Though we're no experts, we understand the importance of showing up. This resource is a *love letter to that village*. Whether you're a parent going through it, a friend on call, or someone who just gets it— you're all part of something bigger.

And so are we. Not just to clothe the chaos, but to stitch the village together.

Newsflash: SOMEONE'S HAD A BABY! NOW WHAT?

A baby's arrival is an exciting time full of firsts. It can also be an overwhelming time for new parents. You might be wondering what you can do to help (beyond sending yet another cute onesie). Here's how to be the kind of villager that makes a difference — and gives new parents space to breathe, rest, and focus on their emotional wellbeing. Remember, it's not all about grand gestures. It's about helping make the hard days a little comfier.

THINGS YOU CAN DO TO *support* NEW PARENTS:

Offer to hold the baby.
Or the parent.
We all need hugs.

Drop off a meal. Bonus points if it doesn't involve lengthy instructions.

Text them: "I'm at the shops, what do you need?"

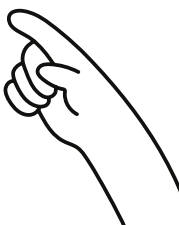
Take the bins out. If you're feeling bold, empty the nappy bin too.

Tell them they're doing great, then tell them again.

Do a coffee run. Actually... make it two!

Restock the snacks. They've survived on dry toast and adrenaline all week.

Do a sneaky laundry load (and figure out what's dryer friendly!).



Real TALK

As the village, we need to face the facts. In Australia, 1 in 5 mothers and 1 in 10 fathers will be diagnosed with perinatal depression and anxiety (this equates to 100,000 parents every year) - Yet, for the majority, it comes as a surprise to the parents and families affected.

We believe understanding is the first step to supporting. So, we've partnered with our friends at Gidget Foundation Australia to share some facts about perinatal depression and anxiety, or PNDA.

THE Facts:

1. PNDA involves feelings of sadness, constant worry, or a loss of joy that go beyond typical ups and downs, impacting daily functioning.
2. PNDA can happen to anyone — it doesn't discriminate. It is not limited to new mums. Dads, non-birthing partners, adoptive parents, and foster carers can also be affected.
3. Early support and understanding from the 'village' can make a huge difference in recovery.
4. PNDA can show up during conception and pregnancy, and/or after birth, even months after.

THE VILLAGE Checklist ☒

- ☐ Checked in on a new parent
- ☐ Coffees delivered ☕☕☕☕☕
- ☐ Meals delivered 🍱🍱🍱
- ☐ Spread the word: Share this guide or talk to another villager about PNDA
- ☐ Remind them they're doing a great job x5
- ☐ N° of Nappies changed: 0 1 2 3 4 5
- ☐ Celebrate a small win: _____
- ☐ Send a "no-reply-needed" message x3
- ☐ Little things that make a BIG difference:



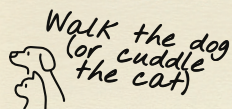
Stack the dishwasher



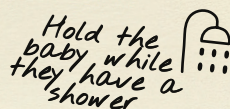
Take out the rubbish



Do a load of laundry



Walk the dog (or cuddle the cat)



Hold the baby while they have a shower

WHERE TO GET HELP (Your Village Directory)

IF YOU SUSPECT THAT YOU OR SOMEONE CLOSE TO YOU IS EXPERIENCING SYMPTOMS, PLEASE SEEK PROFESSIONAL SUPPORT EARLY.

Gidget Foundation Australia offers free individual and group psychological support for expectant, new and potential parents nationwide, held in-person at one of their Gidget Houses or via their telehealth program, Start Talking. Visit gidgetfoundation.org.au for further information, other support services and helpful resources.

For crisis or immediate support: **Lifeline**
Phone (24/7 Support Line): 13 11 14

For grief & loss support: Our partners at **Red Nose**
Phone (24/7 Support Line): 1300 308 307

For domestic or family violence: **1800 Respect**
Phone (24/7 Support Line): 1800 737 732

For professional guidance: see your **GP** or **local health service**.

SPOT THE SIGNS, START TALKING

HOW TO CHECK IN WHEN SOMETHING FEELS OFF:

Possible Signs:

- Withdrawal or disinterest in things they used to enjoy
- Seeming flat, anxious, irritable or overwhelmed
- Talking negatively about themselves or their parenting
 - Ongoing lack of connection with their baby
- Trouble sleeping (beyond baby-related exhaustion)
 - Withdrawing from friends or family

Tone tip: Be gentle, non-judgmental, and consistent. One check-in might not be enough, and that's okay.

Simple conversation starters:

- "Hey, I've noticed you don't seem like yourself lately — how are you really doing?"
- "This stage can be tough — do you want to talk about how you're feeling?"
 - "I'm here for you, not to fix things, just to listen"
- "I'm here if you ever want to chat, vent, cry or just have some company"
 - "Would it help if I came over so you could nap or shower?"
 - "Would it be okay if I checked in on you in a few days?"
 - "Have you talked to anyone about how you're feeling? I can help you find someone"