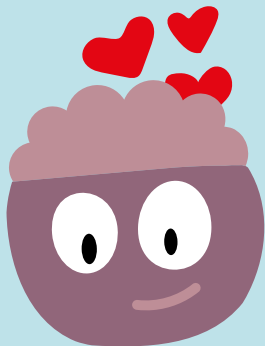
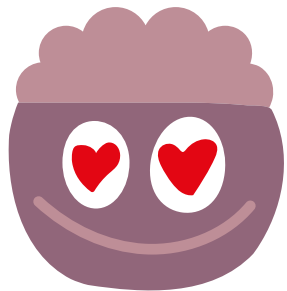
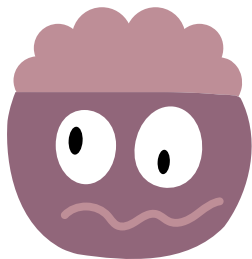


# PARENTS OF YOUNG CHILDREN : ARE YOU HAPPY, BUT ALSO SOMETIMES OVERWHELMED?



YOUR RESOURCES  
BOOKLET





Are you going  
to become a  
parent soon?

Have you just  
had your first child?

Is your family  
growing with  
the arrival of  
another child?

Congratulations!

Whether the birth of your child is expected, wanted or unplanned, becoming a mother or father is a great adventure which has many discoveries and happy times in store for you. At the same time, it can also be an upheaval involving a big process of adaptation, either physically, practically, socio-economically, emotionally and/or in your relationships.

Pregnancy, birth and your first moments with your child are intensely emotional periods in your life. After the joy of discovering a new life, you may experience feelings of worry, doubt, perhaps anxiety and sometimes more profound changes too, which must be broached with the help and support of a professional. You are not alone in feeling that.

During this truly special period, it is important to have the courage to not only talk about your joy, but also about your questions and your worries. Talk things over with your partner, a trusted friend, a member of your family and/or with the professionals around you. Talk things over and have the courage to ask for help if your worries become too heavy to bear.

Santépsy.ch would like to offer you this resources booklet, in which you will find some useful addresses which we would invite you to add to your own resources.

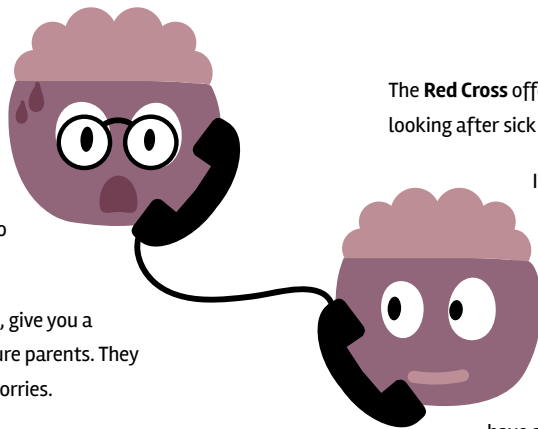
## Professional resources

Your **gynaecologist**, **midwife** and the professional from your **childcare centres**, as well as your child's **paediatrician**, will support you before and after the birth.

These professionals are there for you regarding all your questions relating to pregnancy and your child's development, but they can also help with your worries, doubts and emotions. If needed, they can also direct you to another specialist.

**Pre-natal classes**, organised in every Canton, give you a chance to meet and exchange with other future parents. They can also help you share your questions and worries.

**Sexual health centres** welcome men and women, whether alone or as a couple, to inform, support and accompany them during the various stages of their relationships and sexual and reproductive lives.



The **Red Cross** offers many services for families, particularly regarding baby-sitting and looking after sick children.

In the Cantons, you will find various associations, such as the “**Maisons vertes**” which are places for meeting and chatting with parents and children aged from 0 to 5 years.

For fathers and future fathers, the [www.maenner.ch](http://www.maenner.ch) website offers advice and chances to meet up with other future fathers.

For families speaking languages other than the national Swiss languages, do have a look at the Swiss Red Cross portal [www.migesplus.ch](http://www.migesplus.ch) for information on equal opportunities regarding health.

The Pro Juventute “Parental advice” consultation service is **accessible day and night on 058 261 61 61** and advice is free-of-charge.

You can also phone La Main Tendue on **143**, accessible 24/24, 7/7.

You will find all the addresses of the various resources in your Canton on our website:  
[www.santepsy.ch/ressources-parentalite](http://www.santepsy.ch/ressources-parentalite)



Your gynaecologist:

\_\_\_\_\_

Tel.:

\_\_\_\_\_

Your midwife:

\_\_\_\_\_

Tel.:

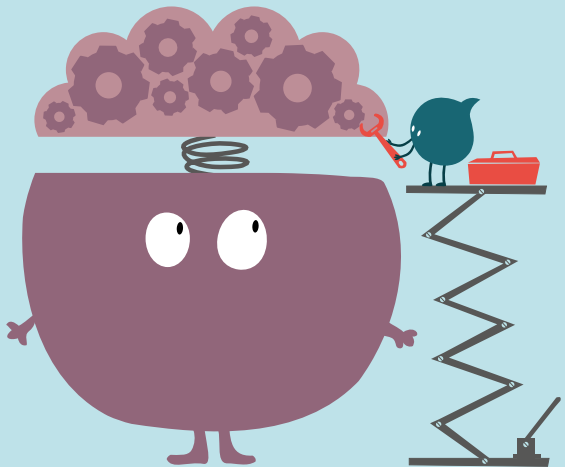
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Your child's paediatrician:

\_\_\_\_\_

Tel.:

\_\_\_\_\_



## Your own resources

Don't forget to put here the names and contact details of those people to whom you feel close, whom you trust and who are ready to support you. These are people you feel comfortable with, can confide in and share your experiences with, whether before or after the birth of your child. They may also perhaps be able to look after your child so you can have a moment's relaxation alone and/or with your partner.

It may be a friend, a member of your family or a neighbour.

Your trusted people:

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Tel.:

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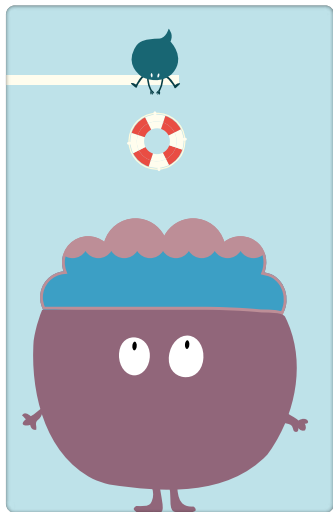
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Within the context of the Latin mental health promotion dedicated to parenting, Santépsy.ch offers advice to help you take care of your mental well-being during this period of your life and stories from other parents, as well as from professionals. Do please visit our website: [www.santepsy.ch/parentalite](http://www.santepsy.ch/parentalite).

Santépsy.ch is an internet platform dedicated to the promotion of mental health managed by the Latin Cantons and Coraasp (Coordination romande des associations d'action pour la santé psychique). A wide campaign promoting mental health has been built around this platform and spread around the Swiss Romande and Tessin regions, initiated by Promotion Santé Suisse in October 2018.