

# Advice from New Parents to New Parents

By Judy Arnall

1. **Ask for help**
  - **Hire**
  - **Use I-statements**
  
2. **You are the best person for your baby, even when you make mistakes**
  - **2 months the baby begins to smile**
  
3. **Trust your instincts about your ways of parenting**
  - **Gut feeling is reliable**
  - **In 10,000 years babies needs haven't changed, but our recommendations are changing every week with new studies and information**
  - **You can't spoil a baby by picking them up when they cry and responding to them**
  
4. **Decide what information is right for you**
  - **In every parenting book, there is a chapter missing – the one about your baby**
  - **A parent's role is information decipherer – use critical thinking skills about studies**  
**Who is the sponsor? How many people were studied? What type of study was it?**
  - **Advice is for every baby, not your baby**
  
5. **Be flexible in getting things done**
  - **First year job is nurturing baby and nurturing you. Everything else can wait**
  - **Self care is important; relax**
  
6. **Don't stress about the worry, guilt, and fear that is very normal**
  - **Defensiveness = uncertainty; make choices and be confident**
  - **Fear is a normal part of parenting and even as a Grandparent it never goes away.**  
**Elizabeth Stone quotes "To have a child is to decide forever to have your heart walking around outside your body"**

7. **Mistakes are okay! We learn from them. Love and safety is all baby really needs to thrive.**
  - **Sharing them with humour lessens the guilt**
  
8. **Have food ready and frozen**
  - **Sandwiches, vegetable trays are handy to grab and go**
  
9. **Bank sleep before baby comes**
  - **Look at ways to cope with sleeplessness**
  
10. **It took 9 months to gain weight and will take a year to reduce again.**
  - **Breastfeeding – 500 calories a day**
  
11. **Don't try and be Supermom. You are good enough!**
  
12. **Find your community – for your philosophy, parenting style and values**
  - **Online, groups, clubs, activities, support, classes**
  
13. **Dad's are parents too**
  
14. **Enjoy your baby and new life**

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