

Emotional changes for your partner/support

Your partner/support may worry about:

- Your health
- Health of your baby
- Their ability to be a good partner and parent
- Finances
- Being at and being a part of the birth

Your Health Care Provider (HCP) can help to answer questions about:

- How pregnancy and birth change your body – so your partner knows what to expect
- Intimacy, especially if sexual activity needs to be limited
- Ways your partner/support can be involved throughout pregnancy and after your baby's birth

Who can have emotional changes?

You (and your partner/support) can both experience emotional changes during and after pregnancy.

Changes may occur in hormones, energy levels, lifestyles, your relationships and in plans for the future.

These changes can be exciting and sometimes worrisome. Many emotional changes you (and your partner/support) are having are normal.

Talk with your partner/support(s), your HCP or other pregnant women about emotions you are experiencing.



Coping with emotional changes

You may have many emotions during and after your pregnancy.

One out of five people also have mood swings, feel anxious or depressed.

If you are not feeling like yourself, or that your emotional changes are not normal:

- Talk to your HCP
- Talk to someone you trust
- Seek out local supports, there are many available

For more information or support, call:

Your Health Care Provider

**Region of Waterloo
Public Health and
Emergency Services**
519-575-4400
TTY 519-575-4608

HERE247
www.here247.ca
1-844-437-3247



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Adapted from Best Start 2013
(see <http://bit.ly/1MxqLpF>).



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Emotional health during pregnancy



Your emotional and mental health

It is important to take care of yourself during and after pregnancy. This includes taking care of your emotional and mental health.

Having positive mental health includes:

- Feeling good about yourself
- Having supportive relationships
- Being able to make decisions that are healthy for you and your baby



DID YOU KNOW?

Your relationship with your baby starts during your pregnancy

Caring for yourself

You and your partner/support need to care for yourselves. This is called self-care. It supports your mental health.

Self-care includes:

- Eating well with Canada's Food Guide
- Being physically active
- Getting enough sleep
- Taking a prenatal vitamin
- Getting support from family, friends, neighbours, co-workers and possibly professionals
- Taking time to relax and reduce stress
- Being able to laugh and find humour
- Seeing your Health Care Provider regularly

See more at:
www.regionofwaterloo.ca/onlineprenatal
- Circle of Support

If you are not feeling physically or mentally well, getting help is also part of self care.



Feelings during and after pregnancy

You may have many different feelings during or after your pregnancy. At times you may have conflicting feelings.

You may be:

- Excited
- Nervous
- Unsure
- Wondering what will change when your baby is born
- Feeling more responsible

You may also find that you have mixed emotions that change often.

Supporting each other

There are many things you and your partner/support(s) can do to show each other support:

- Compliment and encourage
- Spend time together
- Sharing chores
- Take time to eat, sleep and get outside
- Listen and share
- Attend prenatal appointments, classes and online prenatal together
- Explore ways to share intimacy that are comfortable
- Ask questions and share concerns with your Health Care Provider

