

Dealing With Frustration



FAMILY STORY

At times I'd think, "What have we done? I want my old life back!" But the good times are so great that I can't imagine not being a dad.

Bringing home a baby means a lot of changes – to your family, your body and your schedule. Add to that the fact that you're very tired, and life as a new parent or caregiver can be frustrating.

It may feel as though your baby cries endlessly and that nothing you do helps. You may feel trapped at home and that you can't do the things you did before. You may not feel comfortable with your body or as connected to your partner(s). You may feel overwhelmed by visitors or by all the advice you're getting. All of these feelings are normal.



DID YOU KNOW?

Talking with other new parents and caregivers will help you see that they're feeling the same things you are. See the [Resources](#) section for information on parenting groups and programs.

Easing the Frustration

Try:

- putting the baby down somewhere safe and leaving the room for a few minutes when you start to feel frustrated
- asking friends or family to take the baby for walks so you can have a nap or some time alone with your partner(s)
- talking to your partner(s), family and friends about what you need
- accepting help when it's offered
- sharing your feelings with other parents or caregivers



MEDICAL EMERGENCY

If you have thoughts of hurting yourself or your baby, get help right away. Call your health care provider or HealthLink BC at 8-1-1 (24 hours a day, 7 days a week) to speak confidentially with a registered nurse. To learn more, see [Your Emotional Health](#).



DANGER

Never shake your baby.

Shaking a baby can cause brain damage or death. If you feel like you're about to lose control, put your baby down in a safe place and walk away. See [Crying](#) and visit dontshake.ca/ to learn more.