

# ENJOY YOUR BABY

## A COURSE FOR NEW PARENTS



Fully updated  
with input from  
NHS services  
in GM



**Medical book awards**  
Highly commended  
(2nd edition)

Revised and updated with inputs from the Greater Manchester Perinatal, Parent and Infant Mental Health Services. This new book and linked online course is aimed at parents with a new baby.

**It aims to help parents:**

- Discover how to enjoy their baby and life as a parent.
- Build a close bond and attachment with their child.
- Maintain links to other important people and activities in their life.
- Use the book and linked online course at [www.gmlifeskills.com](http://www.gmlifeskills.com)

**Teaches 15 changes to help you and your baby feel better:**

1. Enjoy being with each other - building attachment.
2. Discover Story time together.
3. Relax - using the effective Tension control training approach.
4. Set up a routine that works for you and your baby.
5. Spend time with people you like.
6. Get going physically.
7. Looking after you - setting up You Time each day.
8. Being happy and healthy.
9. The Happy list - focusing on things that have lifted you up.
10. Playing thought detective.
11. Looking at things more helpfully.
12. Improve your sleep when everything is a juggle.
13. Ask for what you need (assertiveness).
14. 1,2 3 Breathe (overcoming irritability and anger).
15. How to fix almost everything (problem solving).

Other courses at [www.gmlifeskills.com](http://www.gmlifeskills.com)

include: LLTTF and Reclaim your life

