
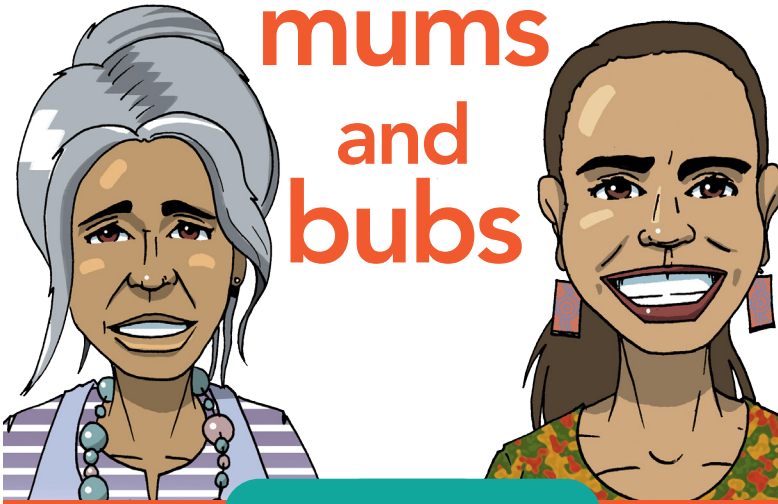




Yarning about mums and bubs




Hey Keewah, let's have a yarn about what it's like when you're a mum.



But Auntie, why do I have to know about all that? I'm not a mum yet!



It's better to know what it's going to be like before it happens. That way you'll be prepared and it can help you decide the best time for you to become a mum.



When is the best time to become a mum Auntie?

Women become mums at all different ages and times in their lives. Some people plan to have a bub and some people don't. But no matter what happens, looking after a bub can be hard work. Being a mum can mean different things for different people at different ages.


Only you can decide if and when you are ready to be a mum. There are things you can do to make sure the timing is right for you, like using contraception.



What else can help you decide Auntie?



There are questions you can ask yourself that might help, like:

- Am I OK to put off studying or stop work for a while?
 - Am I ready to put most of my time and energy into caring for, loving, protecting and spending time with my bub?
 - Can I afford to have a bub? They need clothes, nappies, food, healthcare, a home, and an education.
 - Do I need to make changes to my diet and lifestyle to have a healthy pregnancy and a healthy bub (like eating healthy food, drinking lots of water, doing gentle exercise and avoiding drugs, alcohol and smoking)?
 - What would it mean for my future if I have a bub now?
 - Would it be better if I have a bub at another time in my life?
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Wow Auntie, there's heaps to think about! What about when you're about to become a mum?



Talking to your bub's dad, your mum, Aunties, sisters, cousins, other mums and your health worker is a great way to prepare yourself. You need to stay healthy and strong for you and your mob. Talk to your health worker about things you need to do before you get pregnant.

A big change will happen in your life. There will be things you just won't have time for - at least for a while anyway.

It's a struggle sometimes. Have a yarn and spend time with other parents, your family or friends and see how they experience it. It could help you a lot.

It's important to ask for help and support, even if you feel shame. It's OK for parents to need help. And remember that grandparents, parents, Aunties, Uncles, sisters, cousins, our mob - we're all here and we all look after our bubs together.



What's it like being a mum, Auntie?

Being a mum can make you feel a lot of different things. Sometimes you can feel happy and sometimes you can feel stressed. You will feel lots of love and sometimes you can feel tired, upset, angry or sad all at the same time! It's a big job being a mum. It can be scary when you have to do everything for your bub - feeding, bathing, changing nappies and getting them dressed. They learn lots of things from you and lots of things from our mob. That's why we're all in it together - mums, fathers, Aunties, Uncles, sisters and brothers - we all teach our bubs important things about life and culture. We all bring something special to the bub's life.



Sounds like there are heaps of things I need to think about before I become a mum. Thanks for the yarn Auntie.

There is, but just remember Keewah, when you do have a bub, we're all here to help them grow up strong.



You can contact **Family Planning NSW Talkline 1300 658 886**, a confidential service to answer all your questions about reproductive and sexual health over the phone and by email.

www.fpnsw.org.au/talkline

You can also contact NSW Sexual Health Infolink on 1800 451 624 or get information from the NSW STI program unit at playsafe.health.nsw.gov.au

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