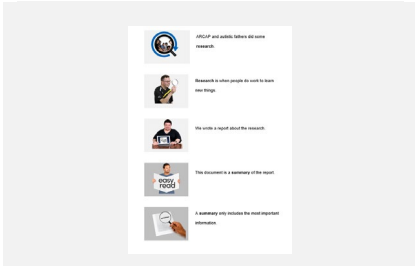


Occupational therapy for pregnant people and new parents



Bold words

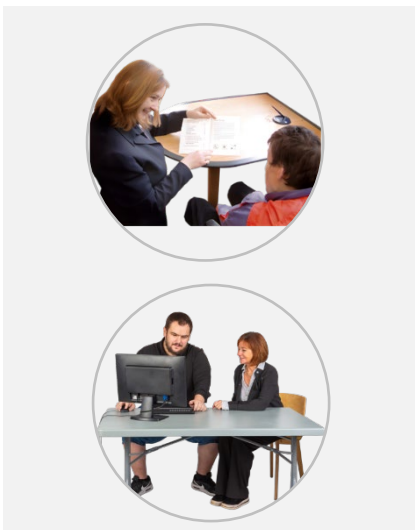


Some words in this document are **bold**.



We write what the bold words mean.

Help with this document



You can get someone to help you

- understand this document
- find more information.



About this document



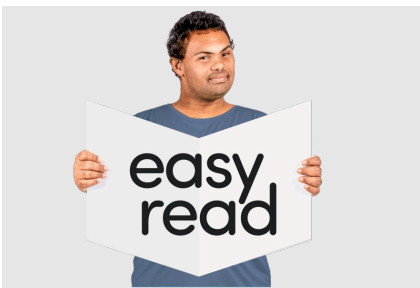
The Royal Women's Hospital wrote information about **occupational therapy** for pregnant people and new parents.



Occupational therapy can help people who find it hard to do everyday things.



A worker who does occupational therapy is called an occupational therapist.



This document is a **summary** of the information about occupational therapy for pregnant people and new parents.



A **summary** only includes the most important information.

Who occupational therapy can help

It can be hard to do everyday things if you:

- have a disability
- are pregnant
- have a baby.





Occupational therapy can help if you:

- have pain
- get tired a lot
- find it hard to remember or learn new things
- use a disability aid.

How occupational therapy can help



Occupational therapy can help pregnant people and new parents:

- at hospital when their baby is born



- when they take the baby home



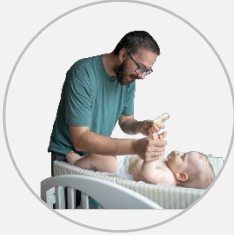
- at work.



Occupational therapy can help pregnant people and parents:

- cope with changes to their body
- find new ways to do things
- plan and keep up with things
- look after themselves
- do things they enjoy.

Occupational therapy can help parents:



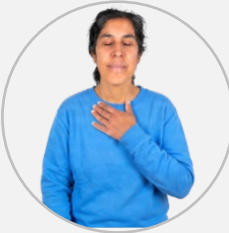
- care for their baby



- make their house safe and organised



- find ways to rest



- cope with stress



- feel confident.

Going to the occupational therapist



When you go to the occupational therapist
you may talk about:

- your health
- your everyday life
- your support needs
- what matters to you.



The occupational therapist will work with you
to come up with ways to help you.



You may meet the occupational therapist
regularly to talk about how things are going.

Contact information



You can contact Aspect to find out more about occupational therapy for pregnant people or new parents who are Autistic.



You can call 1800 277 328.



You can visit aspect.org.au/new-parents



You can email customerengagement@aspect.org.au