

How Maven can help you manage the stress of being a new parent

Things can get pretty overwhelming right after having a baby. Your body, lifestyle, emotions, and even your relationships with others go through many changes. Maven can help—read on for tips and strategies from Maven experts to help make this stressful time a bit more manageable.

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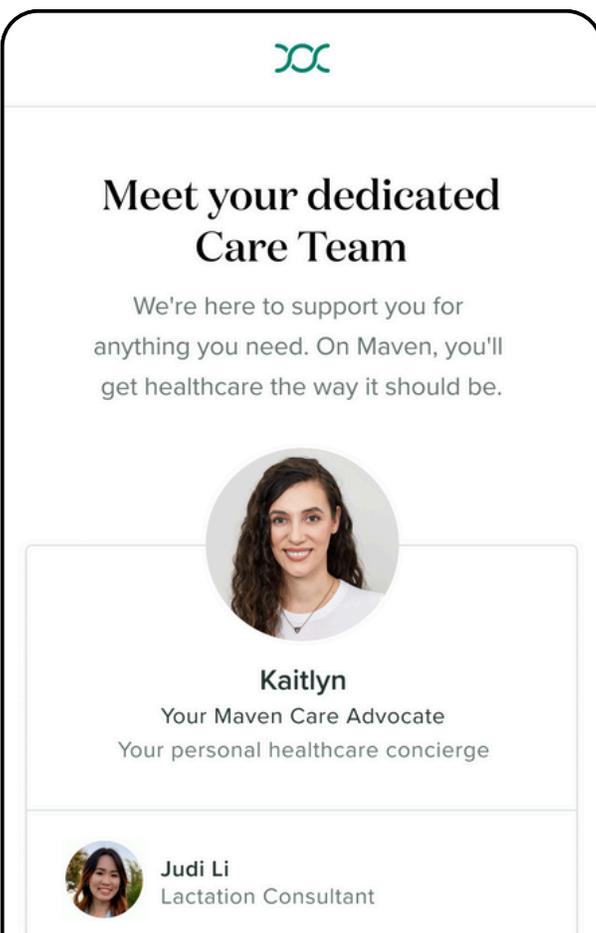


Be gentle and patient with yourself

You're going through a lot of shifts that may make you feel like you're spiraling out of control. You may have the desire to quickly rush through this transition, and even beat yourself up a bit for not getting through it fast enough or going right back to where you started. As much as you can, try not to fight the storm—just let it pass (it always does). Be gentle and patient with yourself as you adjust.

Build your village

They say it takes a village, and they weren't wrong. You won't be able to do this alone, so you'll need a group of people around you to help support you. Your tribe may include relatives and friends who are parents, but it can also involve others like your OB-GYN, parenting groups, friends without kids to provide some relief.





Meet your dedicated Care Team

We're here to support you for anything you need. On Maven, you'll get healthcare the way it should be.



Kaitlyn
Your Maven Care Advocate
Your personal healthcare concierge



Judi Li
Lactation Consultant

Get the support you need—without shame

When you're learning about your baby's needs and adjusting to your new identity as a parent, it's okay to get help with everything that still needs to get done. Beyond the practical stuff, you're allowed to need emotional support, too, and may benefit from talking to a Maven therapist or a counselor near your home.

Give yourself time to get to know your child

While others will be eager to meet the newest member of your family, be sure to carve out time for you (and your partner) to have alone time with your child so that you can begin to build a healthy foundation for what is sure to be a wild ride together.

Maven is there for you every step of the day with:

- Managing your mental health
- Finding coping to manage the stress and anxiety through this transition
- Navigating infant sleep
- Eating healthy to feel strong through the postpartum period

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