



FOR PERINATAL MENTAL HEALTH

Sleep and Perinatal Mental Health

Conversation starters for family units

- **Sleep patterns and expectations.**
 - What is your sleep style? How much sleep do you feel you need?
 - What do you need to be able to fall asleep? Lights, temperature, environment.
 - What are you expecting sleep with a baby to look like? Bed sharing, room sharing, room autonomy.
 - What are your work requirements and expectations and how does that affect your sleep schedule?

- **What stories have I been told about sleep and having a baby?**
 - What have your friends and family told you about their children and how they slept?
 - What are family beliefs and narratives around baby/family sleep? Bed sharing, room sharing, room autonomy.
 - Are there cultural narratives around baby sleep you have heard or been told?
 - What is happening in the community in which you live around baby sleep?

- **Sleep and intimacy:**
 - If you are in a relationship, where does sleep and intimacy intersect? Do you attach night time and sleep to intimacy and relational connection?
 - How fixed are these ideas? .

- **Check and acknowledge fears.**
 - What worries you the most about baby's sleep and how it will affect your sleep?
 - Bring up the fears with your family unit to discuss it openly and find solutions to move forward.
 - Acknowledge when your fears may be beyond your family unit's capacity to help with. Reach out for help if needed.

Get flexible and collaborate.

For the most up to date information about support groups and training, or sign up for our newsletter, visit:

togetherwaterloo.ca