

Celebrating little wins

Caring for a new baby as a bereaved parent can bring a complex mix of emotions — moments of joy alongside anxiety, uncertainty, and times when everything can feel overwhelming.

When you're grieving whilst adjusting to life with a new baby it can make it difficult to notice the moments that are going well. That's where recognising the little wins in your day can help.

Little wins are small achievements and noticing them can help you feel more confident over time, improve your wellbeing and feel better able to enjoy time your new baby. You might find it hard at first to recognise your little wins, but with practice you'll start to notice them more easily.



I drank a cup of tea or coffee whilst it was still hot.



I went outside in the fresh air with my baby.



I had a short rest whilst my baby napped.



I spent some time playing with my baby.



I felt OK about leaving the laundry until later in the day or tomorrow.



I noticed my baby making a new sound or expression.



I enjoyed a shower.



I replied to a friend's message.

Here are a few that might help you get started, but yours may be different and that's OK.

Write down your little wins in the blank boxes on this page. Please be gentle with yourself; some days you may not notice them. If you are struggling to find any small achievements in your day, then please talk to your health visitor or CONI coordinator.






