

Coming Home

helping a parent
get used to being home



HOW TO HELP WHEN A PARTNER...

Has learnt to follow rules, not ask questions or speak up and finds it hard to make decisions.

Until they feel confident, encourage them to contribute, give ideas about things to do and how to help around the house or suggest games to play with your child.

Keeps their defences up, is startled, or jumps when their child makes loud noises or runs past them.

Be mindful of this when there is a lot of activity, and encourage a calm environment.

Finds it challenging to start conversations.

Give ideas on topics to discuss—it's a good chance for them to ask their child about their life.

Shouts and gets angry a lot.

Explain that this upsets you and the children.

Feels depressed and unsure of themselves.

Encourage your family member to speak to a friend or professional mental health practitioner, join a support group, or visit their GP.