

Early Parenting Program

Many new and expecting parents experience depression and anxiety. My Military Health offers a digital therapy course. It supports your mental well-being during pregnancy and for a year after your baby's birth. By taking the Early Parenting program, you can learn new ways of thinking to help you adapt to your changing life.



Knowledge and understanding

You will learn how pregnancy, and becoming a parent, can lead to emotional changes for both men and women. The program will help you recognize different types of anxiety and learn how to deal with them. You will learn about how making small changes can help you feel better.



Skills and strategies

You will discover ways to reduce tension and worry. You'll learn to spot the factors that affect your mood and how to manage them. Sleep problems are quite common during this time. You will discover how to create healthy sleep habits that work for you and your baby.

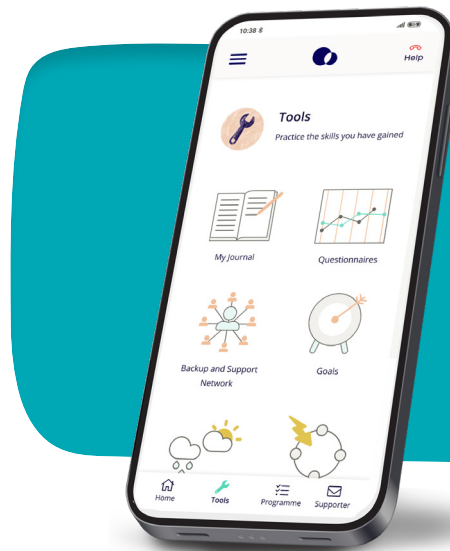


Forging ahead

By the end of the program, you will learn how to manage your anxiety in a more balanced way. You'll have the skills you need to start to build a healthier daily routine.

Is this program for me?

This program helps women and men with common worries during pregnancy and in the year after their baby's birth. You can access the Early Parenting program on your phone, computer, or tablet – wherever and whenever you need it. There are six modules to work through at your own pace. For most people it takes about six weeks.



Program modules

- **Finding your Feet** – Learn about depression and anxiety in early parenting.
- **Tuning in to Feelings** – You will take a closer look at the emotions, thoughts, behaviors, and physical reactions you might have during the stages of early parenting.
- **Improving Sleep** – Find out how early parenting can impact your sleep.
- **Taking Action** – Learn how to manage depression.
- **Dealing With Worry** – Find ways to cope with and manage your worries.
- **Staying Well** – Get tips on how to maintain the positive changes you have made and stay well in the future.

“I have stopped constantly questioning myself and I am much more confident in the fact that I am doing the best for my son and that he is now thriving.”

- Donna, Early Parenting program user

Tools and activities

- **Personal Stories** – You are not alone. Find out how other new parents experience depression and anxiety and what they have learned about managing it.
- **Quizzes** – Test your knowledge about the early parenting stage and the common myths surrounding it.
- **Progressive Muscle Relaxation** – Learn how to relax your body and your mind.
- **White Noise Audio** – Try our recording of the sea to improve your sleep.
- **Bedtime Routine Tool** – Create your ideal wind-down plan for you and your baby. Track your moods. See how your lifestyle choices impact these moods.

For SilverCloud self-enrollment, visit us at:
<https://bh.mymilitary.health.mil/signup/>
Or scan the QR code below:

For technical assistance, contact the My Military Health Help Desk:
844-DIAL-MMH (844-342-5664) dhasupport.mymilitary@health.mil

