



## Money Worries

For some getting the news you are having baby can be terrifying as many think “How am I going to afford it?” It can be scary to think about but there is help out there, you just have to access it. Firstly it is good to re-group. Start by working out what you are entitled to. In Australia we are lucky in that the government helps us out with healthcare and starting a family, copy this link and look under the money section;

[http://raisingchildren.net.au/articles/legal\\_\\_financial.html](http://raisingchildren.net.au/articles/legal__financial.html)

When you are pregnant or have just become parents this can be a rather stressful time especially if you are worrying about money. It is important that you talk to someone to ease this stress as it is not good for you, your partner or your baby. Working out what you are entitled to from the government is also not easy – there are people to help you with this so make sure you use them. Sometimes doing things online is an easier way to deal with Centrelink, head to your local library and use their computers and free Wi-Fi.

If you are worried about not having the right supplies for your baby there are also many different organisations that help with this. There are plenty of second hand places to purchase all the things you will need for your baby and there are also organisations that gift newborn supplies. There is help out there – the trick is just finding it. Mention your financial concerns to your Maternal Child and Health Nurse (MCHN) and they should be able to refer you to somewhere local that re-homes baby supplies.

Try not to let your financial concerns disrupt the joy of starting a family. Keep communicating about your concerns to your partner or family/friends – a problem shared is a problem halved. Research what you are entitled to and seek help when you need it.