

Doncare on call when stress reaches a peak

WHEN Kylie Peek planned to become a mother, she imagined a joyous time of cuddles and play.

Instead she entered a nightmare of crying and insomnia.

"I thought having a baby would be breeze-easy . . . it was this rosy red cloud," Mrs Peek said.

"But then I had a baby that was lactose intolerant, and she screamed, and screamed and screamed, and I just lost the plot.

"It was pretty full on . . . at one point I was so sleep deprived that I was having visual hallucinations."

Mrs Peek said she eventually worked up the courage to admit she was struggling and was amazed at the help and support she received from Doncaster welfare group Doncare.

"Unless you ask, people don't offer help. You have to put up your hand and say 'I'm not coping' . . . it's not shameful to say that it's hard."

But Mrs Peek, who now has two children aged two and three, said that despite her troubles, motherhood was still a delight as long as the right support was there.

"I wouldn't go back to having no children. The rewards, even when small, are worth a million dollars."



Doncare representative Anna Jones with Caitlin, Kylie Peek and Daniel. Picture: JANE OLLERENSHAW. NO8DT109

To help parents through the joyous but sometimes tough time of raising a baby, Doncare will soon be running a short course.

The *Caring for Yourself as a Parent* course will run for 90 minutes a week over four weeks, starting today, August 25. The course is aimed at teaching parents how to look after themselves, before they get to the more serious point that Mrs Peek reached.

The course will look at the emotional, physical, social and financial effects of having a

child and teach parents simple ways to make life easier.

Doncare volunteer and parent educator Anna Jones will run the course with Doncare family services manager Caroline Arrowsmith.

"People don't realise the impact that having a child is going to have. Some mothers can find themselves very isolated and lonely and their relationships with their children and partners are strained," Ms Jones said.

Bookings: 9848 4433.

Human Resources
Leoda
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