sydney city
PSYCHOLOGY

5 Social Media Accounts to Support New Parents: Psychologist approved!

Being a new parent can be both exciting and overwhelming, and social media can be a great resource for support, advice, laughs and inspiration. Here are some recommendations from psychologists at our Child and Family Clinic - so you can be supported in your parenting adventure:

1. **Good Inside by Dr Becky Kennedy**
   https://www.goodinside.com/

Dr Becky Kennedy (or Dr Becky as she is known), is a clinical psychologist, mum of three and the founder of Good Inside. Her advice combines her knowledge in attachment, mindfulness, emotional regulation and internal family systems theory. Her Instagram reels (@drbeckyatgoodinside) provide examples of what to say to our kids in those emotionally charged moments, from getting them to bed to navigating screentime.

2. **Solid Starts**
   https://solidstarts.com/

Thinking about starting solids with your baby or struggling with a picky eater? Solid Starts is a wonderful resource established by a team of paediatric health practitioners. It has a food database and their Instagram @solidstarts has lots of cute videos and feeding ideas.

3. **Emily Oster**
   https://emilyoster.net/

Emily Oster is an economics professor at Brown University, known for her dedication to provide new parents with data informed and evidence-based information to make parenting decisions easier. Her Instagram, @profemilyoster is full of relatable videos and infograms on all the important milestones of parenting.

4. **Sick Happens**
   https://www.sickhappens.com.au/

Sick Happens is an Australian-based resource developed by Penny, a Paediatric Nurse. Her blog and Instagram @sickhappens contains no-nonsense information to help new parents navigate those stressful times when our kids are unwell.

5. **StruggleCare**
   https://www.strugglecare.com/

StruggleCare is a mental health platform developed by KC Davis, a counsellor and neurodivergent advocate. Her compassionate and practical approach to self and home care is breath of fresh air for new parents juggling the demands of children. In her Instagram @strugglecare, KC Davis frequently shares her lived experience of neurodivergence and provides practical strategies for parents to better look after ourselves and those we love.