

Handy Hints from Tresillian (1/2)

Give baby a few toys at a time, so there's always something new to play with!

Childproof your house before your baby becomes mobile.

Develop a dental care routine as soon as your baby's teeth first appear.

Write down all your queries before consulting a health professional.

Don't be embarrassed to call on help from family, friends and health professionals.

Remember that sleeping is more important than housework

Babies do not need any solid foods before 6 months of age

Baby's crying is one of the important way they can communicate their needs

Never shake your baby

Parents' groups can be a great form of support

Don't expect to be the perfect mother – near enough is good enough!

Correct positioning is one of the keys to successful breastfeeding

At most feeds your baby should empty the first breast before feeding on the other

Feelings of hopelessness and exhaustion may be symptoms of Post Natal Depression

Recovery from Post Natal Depression can be hastened by seeking treatment from Health Professionals

Always check where your baby is before you answer the telephone

Always keep a close watch on your baby around swimming pools. Drowning only takes seconds.

Australia has the highest drowning rate for children under 4 years.

Provide simple treats when your toddler visits you and the new baby in hospital.

The changing emotions you may be experiencing, are normal for many new parents. If they do not settle after a week or so talk to your doctor or nurse

Sunscreen is a must for baby prior to exposure to the sun.

During hot weather avoid taking your baby out in the sun during the middle of the day

Baby can become overheated in winter if dressed in too many layers.

A baby bath is a worthwhile investment as you can place it at the right height to avoid back problems.

Set small achievable goals in the early days.

Remember you're new at "parenting" so allow time to fine tune your skills.

Learn to relax. Relaxation is not simply an attitude, it's a state of mind.

Protect your back and avoid carrying baby on your hip.

Keep up your postnatal exercises until your body feels back to normal.

Call on a friend or relative to look after your baby while you have time-out