



Tresillian

preparing for your baby



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Tresillian 24 hr Parents Help Line
(02) 9787 0855
or 1800 637 357
(Freecall outside the Sydney Metropolitan area)
www.tresillian.net

Speak to a Tresillian Child & Family Health Nurse
on-line at ninemsn.com.au/messengermums or
visit our website at www.tresillian.net

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Being pregnant with your first baby is usually a time of great excitement and wonder.
It is also a time to make preparations for your baby.

Important points to remember

Caring for Yourself

Learning to care for yourself is essential for surviving as a new parent.

- Maintain a healthy diet and active lifestyle with regular exercise – walking and swimming are especially good for pregnant women
- Start to identify a support network in your local community.

For example:

- Where is the Early Childhood Health Centre located?
- Do you have a General Practitioner?
- Do you have someone you can confide in if you find being a parent stressful or become anxious?
- What services does your local council provide for parents? (Family Day Care, toy library)
- Is there an Occasional Care Service you can use, or a friend or relative who will help with babysitting?
- Do you have the telephone number of the Tresillian 24 hr Parents Help Line and emergency services?
- Will you need to use public transport? If so, it can be helpful to practice using public transport before having to do it with a pram and new baby.



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Parenting Style and Family Issues

Conflicts can occur when parents have not discussed issues such as:

- What to do if the baby is unsettled
- Feelings about breastfeeding
- Types of household support that will be needed e.g. sharing housework and cooking
- Level of involvement by other people e.g. grandparents, aunts, uncles, and friends
- Financial and budget considerations e.g. living on one wage, returning to work, cuts to spending
- Parenting style expectations – family rules and behaviour e.g. use of discipline
- Expectations about returning to work or remaining at home.
- Use of child care
- Time out as an individual and as a couple

Baby Equipment and Nursery Set-up:

- Babies don't know or care if their equipment is second-hand or if they don't have the latest trend in baby equipment. Remember the majority of baby equipment has a very limited life span
- The important thing is that any equipment is safe and clean. Baby equipment should conform to Australian Standards
- Babies grow very quickly so avoid buying too many small clothes or baby toys
- Remember your baby's most important toy is you. Babies love attention from their parents
- When setting up the nursery, if possible, ensure that equipment is placed so as to avoid excessive bending or lifting that may cause injury to your back

- Make sure bedding conforms to the latest guidelines to prevent Sudden Infant Death Syndrome
- Move cots or bassinets away from windows and window cords that will be a hazard to your baby

Reducing the Amount of Housework and Making a Child Safe Home

If you have not already streamlined your housework:

- Discuss with your partner your expectations of what housework they will help with each week
- Look at ways of short cutting housework e.g. keep bench tops clear, put away ornaments that gather dust
- Store or throw out any unwanted household equipment
- Install fire detectors
- Get an electrician to install an electrical circuit breaker
- Think about the safety of your home as your baby grows. An uncluttered house is easier to keep safe
- Check that heavy, potentially unstable pieces of furniture are securely fastened to the wall
- Change the location of poisons and household cleaning products. Put these in a secure cupboard
- Change the location of heavy food items and other kitchen equipment that would injure a young child if they pulled it on top of themselves, or invest in cupboard locks
- Remove, isolate or cover any water hazard such as bird baths or swimming pools

- Put up safety gates on stairs
- Make extra meals to freeze when cooking
- If you have a dog, if necessary start to make changes to the dog's routine and/or behaviour, prior to the birth of your baby

Learn about Parenting

Being able to parent is a learnt skill that requires lots of practice and patience.

- Attend the session in the Childbirth Classes on Parenting or attend a basic parenting program
- Read some practical parenting books or watch a parenting video – your local library will have a range of parenting resources you can borrow
- Talk to other new parents and more experienced parents
- Babysit a friend's new baby. This may encourage them to offer to babysit your baby occasionally
- Watch other parents care for their babies e.g. how do they calm their baby
- Importantly when things go wrong don't be too hard on yourself - ask for assistance
- Talk to your partner about the way you were both parented. What things were positive that you would like to repeat with your children? What things were negative that you don't want to repeat with your children? It can help to write these things down
- Learn basic first aid and cardio-pulmonary resuscitation

If this is your second child see the fact sheet on Sibling Rivalry.

**If you still need further assistance contact the
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