

Parenting



Amazing baby facts

- Babies will smile at around one month and will respond to a funny face or voice
- Baby's have good eyesight but the brain is still catching up & processing information, initially vision is clear up to 30cm
- Baby's have acute hearing be careful touching around ears
- Baby's have an keen sense of smell and taste
- By 6 months babies will have doubled their birth weight

Signs of unwell infant

- Your baby vomits red or green fluid.
- Your baby has a [convulsion](#) (fit).
- Your baby has a very [high temperature \(fever\)](#) $> 38^{\circ}\text{C}$.
- Your baby stops breathing for >15 seconds (apnoeic episode).
- Your baby has a lump in the groin area (hernia).
- Drowsiness, Decreased activity
- Breathing difficulty,
- Poor circulation
- Poor feeding, Poor urine output

Raising children website



Umbilical Cord



- ❑ Stump usually falls off 1-2 weeks after birth.
- ❑ Keep it clean and dry.
- ❑ Watch for signs of infection: swelling, oozing or redness.
- ❑ If there are no signs of infection, no special treatment is needed.

Days at Home

- Develop a routine for baby; Sleep / feed / play
- Mums should get plenty of rest
- Eat healthy meals
- Bond and interact with your infant
- Follow up care -Child Health and Parenting service, GPs, Midwives, Lactation Consultant (maintain yours and infant health)
- Consider joining organisations; Pram walking groups, Play Groups, Mothers Support Group



Ways to Soothe Your Baby

- ❑ Breastfeeding
- ❑ Swaddling
- ❑ Massage or touch
- ❑ Singing, talking or “shushing”
- ❑ Movement (swaying, rocking, bouncing)
- ❑ Going outside
- ❑ Taking a walk or drive
- ❑ Using “white noise”



© lagaboom

The T.I.C.K.S. Rule for Safe Babywearing

Keep your baby close and keep your baby safe.

When you're wearing a sling or carrier, don't forget the T.I.C.K.S.



- ✓ TIGHT
- ✓ IN VIEW AT ALL TIMES
- ✓ CLOSE ENOUGH TO KISS
- ✓ KEEP CHIN OFF THE CHEST
- ✓ SUPPORTED BACK



TIGHT – slings and carriers should be tight enough to hug your baby close to you as this will be most comfortable for you both. Any slack/loose fabric will allow your baby to slump down in the carrier which can hinder their breathing and pull on your back.



IN VIEW AT ALL TIMES – you should always be able to see your baby's face by simply glancing down. The fabric of a sling or carrier should not close around them so you have to open it to check on them. In a cradle position your baby should face upwards not be turned in towards your body.



CLOSE ENOUGH TO KISS – your baby's head should be as close to your chin as is comfortable. By tipping your head forward you should be able to kiss your baby on the head or forehead.



KEEP CHIN OFF THE CHEST – a baby should never be curled so their chin is forced onto their chest as this can restrict their breathing. Ensure there is always a space of at least a finger width under your baby's chin.



SUPPORTED BACK – in an upright carry a baby should be held comfortably close to the wearer so their back is supported in its natural position and their tummy and chest are against you. If a sling is too loose they can slump which can partially close their airway. (This can be tested by placing a hand on your baby's back and pressing gently - they should not uncurl or move closer to you.) A baby in a cradle carry in a pouch or ring sling should be positioned carefully with their bottom in the deepest part so the sling does not fold them in half pressing their chin to their chest.

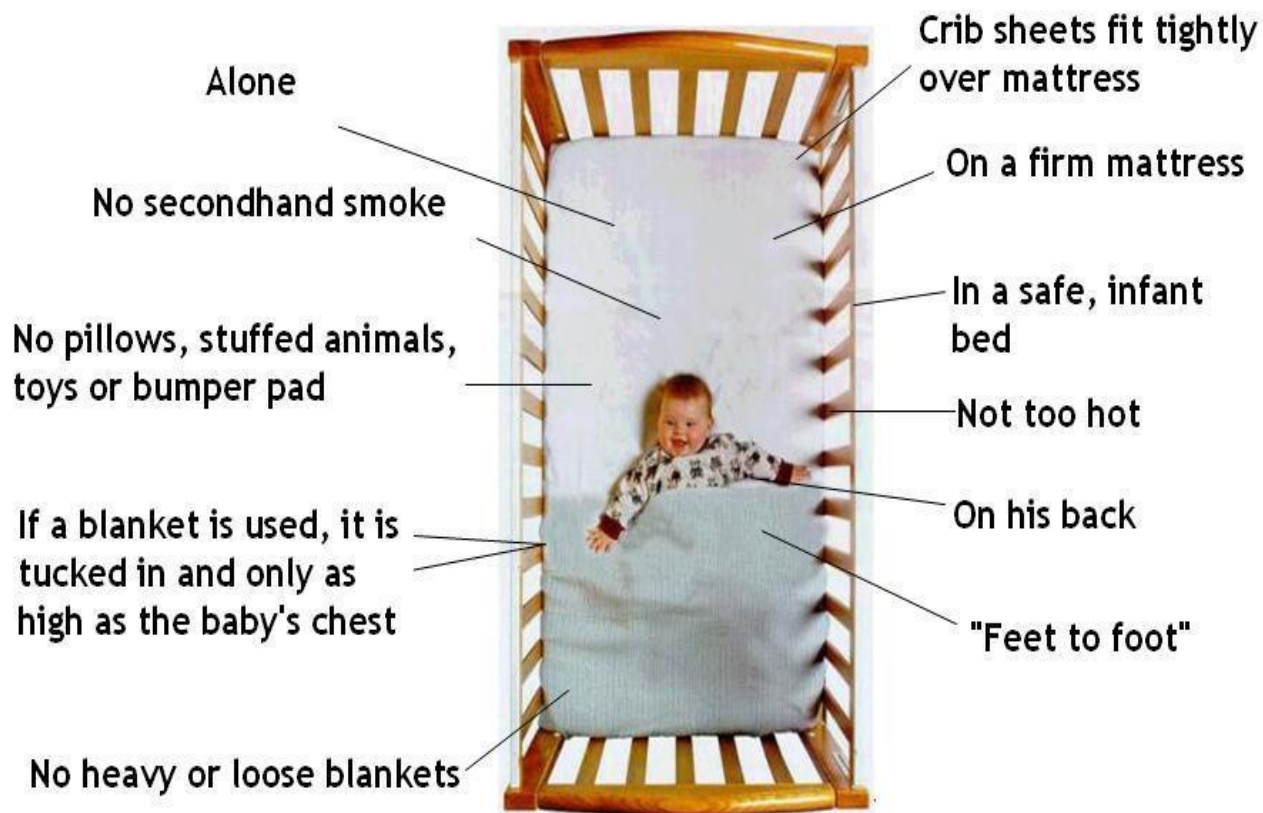
Sleep

Sleep is a time to rest and recuperate, but lots of activity takes place in the body and the brain during sleep.

- When it's dark, our bodies produce extra Melatonin to grow and repair cells and muscle tissues.
- Our bodies start to feel sleepy in response to the melatonin.
- We sleep in cycles of light and deep sleep.



What does a safe sleep environment look like?



Play & Newborns

Babies grow from the head down

1. First they master control of vision
2. Movement of neck, build neck muscles.
3. Tummy time helps to protect head shape.
4. They copy facial gestures and enjoy seeing a happy face.
5. Types of play changes with age.



How Brains are Built: The Core Story of Brain Development – YouTube video



Look after yourself

Looking after yourself, doesn't mean you are selfish;

Three things make a world of difference to your energy levels and your ability to look after your new baby:

1. staying active
2. eating healthy food
3. getting as much rest as you can

ME TIME

Make time to do something you enjoy everyday;
little as 30 mins

Look after yourself



Exercise; Improves circulation, increases metabolism, boosts the immune and makes you feel good.



Eating Well; This can be very difficult for busy parents. Have some simple “Healthy food” on hand.

*If you're **breastfeeding**, you need a lot of protein and nutrients, plus plenty of fluids.*



Parents Need Sleep Too!

Sleep when your baby is sleeping, or nap whenever you can. Go to bed early. Ask for help!

Relationships

Look after your relationship with your partner

Happy couples have a positive effect on their children. This means looking after your relationship help's you both get the most out of being parents and partners

Most new parents feel stressed and tired, a constantly crying baby, more daily tasks, increase responsibility and anxiety about the unknown can make you feel like it's *"all too much"*.

Ask others to help

Delegate domestic tasks.

Need help?

Phone Parenting Hotline".



Baby blues

About 80% of new mothers will experience what is termed 'baby blues', occurring between the third and tenth day after birth.

Symptoms include tearfulness, anxiety, mood fluctuations and irritability. The 'blues' are transient and will pass with understanding and support.



Postnatal depression

Mood disorder, affect women &, men in 1st 12 months after baby.

Symptoms vary; Some women sum it up by saying,

‘There is no joy in anything any more’

- It's very important for you to recognise the signs and ask for help as soon as possible.
- **You don't have to cope by yourself.**
- With proper diagnosis and treatment, help and support, people usually make a full recovery from PND.



Panda National Depression Hotline

COMMON SYMPTOMS

Antenatal and Postnatal Depression

FEELING SAD, ANXIOUS,
TEARY OR IRRITABLE

ANGER

FEELING GUILTY

CHANGES IN APPETITE

SLEEP PROBLEMS
(not related to baby)

ISOLATING YOURSELF

FEELING INADEQUATE

FEELING OVERWHELMED

AGITATION

DIFFICULTY CONCENTRATING

FEAR OF BEING ALONE

THOUGHTS OF HARMING
YOURSELF OR YOUR BABY



Are diagnosed with postnatal depression each year in Australia



www.panda.org.au

National Perinatal Depression Helpline: 1300 726 306

Contraception

- Doctor may recommend waiting four to six weeks before having sex.
- Discuss with GP the methods of contraception that suit's you.
- Without contraception you may find yourself pregnant again *very soon*.
- Ovulation can occur any time, even when you are breastfeeding.
- Some women may not want to have sex for some time and that's ok!
- Discuss any problems that continue after six weeks with your GP, or your maternal and child health nurse.

The royal women's hospital



Support networks

- Friends / family / other's / Parenting Hotline
- Mind the Bump (app)
- www.readytcope.org.au
- Child Health and Parenting service / Walker House
- GPs, midwives, lactation consultant
- Pram walking groups, Play groups
- Australian Breastfeeding Association
- Relationship Australia + Social workers
- SMS for dads + Wonder Weeks (app)

In Summary

- Parenting is a learnt behaviour we learn on the job, be kind to yourself
- You are Human. You will make mistakes learn from them
- Being a Parent is an HONOUR. UNIQUE . FUN. ENJOY.