

POINTS TO REMEMBER



Getting To Know Your Baby

Every baby is different. Spend some time observing your baby and getting to know his/her temperament and how she/he reacts to your communication.

- Look and smile at your baby—your face should be about 12 inches from your baby’s face
- Observe your baby’s responses to your smiles and interactions
- Listen to your baby’s cries to sort out different kinds of cries: hunger cries, messy diaper cries, tired cries, illness cries, boredom cries, over stimulation cries, or need for stimulation cries
- Watch how your baby responds to your cuddles, rocking, and affectionate touch
- Watch how your baby responds to music
- Sing to your baby
- Talk to see if your baby turns his head in response to your voice
- Talk to your baby when there is a pause in her feeding
- Observe how your baby responds to black and white objects, color, objects with noises, and lights
- Wear your baby on your chest in a sling and see how she responds
- Respond to your baby’s cues by trying out various ideas about what he may be trying to tell you
- Look for self-soothing efforts your baby makes such as sucking her hands
- Ask your partner what s/he is noticing about your baby
- Keep a journal and jot down things your baby is interested in or developmental landmarks





POINTS TO REMEMBER

Take Care of Yourself

- Get as much rest as possible
- Take naps—try to sleep when your baby sleeps
- Give yourself a break—ask someone to watch your baby so you can nap
- Do something nice for yourself such take a long bubble bath or walk with a friend
- Share your joys and difficulties with another parent
- Tell yourself you are doing a good job learning from your baby
- Keep a log of the fun moments
- Don't worry about a messy house or making fancy meals
- Accept a meal from a friend
- Use take-out for a special treat
- Keep life simple
- When you are breast feeding successfully, you can think about expressing a bottle of milk from time to time so that a partner or babysitter can take over the feeding when you need a break.

I'm
keeping
life
simple



Write your own favorite self-care activities here:





POINTS TO REMEMBER
Coping With Crying

If you know your baby's hunger and diaper/nappy needs have been met and you've tried to soothe and cuddle your baby but she is still crying and inconsolable, it's time to take care of yourself so you don't get too frustrated. Take a few minutes to calm yourself.

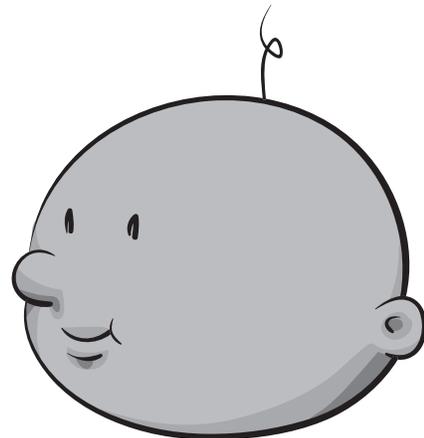
- Put your baby in a safe place and let her cry for a few minutes

Stay nearby, but calm yourself:

- Put on quiet music to distract yourself
- Take deep breaths
- Remind yourself nothing is wrong with your baby—crying is normal and is her release as well as how she organizes herself
- Tell yourself, "It will get better in a few months"
- Tell yourself "I can cope with this"
- Don't take your frustration out on your baby by shaking her; you might hurt her and make her feel unsafe because she cannot understand your reaction.
- Call someone for help if you feel your frustration building
- Remember the crying or fussy period will usually end in 1–2 hours

After a few minutes of relaxing, go back in to your baby and rock and soothe your baby for a while, then put her down and repeat the above. Usually you won't have to do this more than 3 or 4 times before your baby has calmed down.

I help
my baby
feel secure
and safe



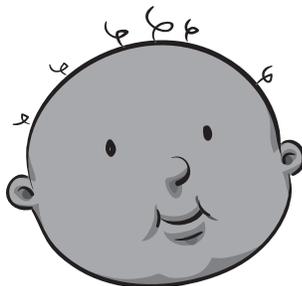


POINTS TO REMEMBER

Keeping My Sleeping Baby Safe

- Put baby to sleep on his/her back
- Be sure there are no blankets, pillows, stuffed toys or bumper pads in the crib/cot
- Be sure your baby's mattress is firm, tight fitting and has a fitted sheet
- Check that bassinet or portable crib meets approved government safety standards
- It is recommended that your baby sleep in the same room as you for the first 6 months. You can put your baby's sleep crib close to your bed. This is much safer than bed sharing (which is not recommended) and will make it easier for you to feed, comfort and watch your baby.
- Only bring your baby into your bed to feed or comfort and then return to put on back in his/her separate sleep space when you are ready to go to sleep. This is recommended for at least the first 6 months to reduce risk of Sudden Infant Death Syndrome (SIDS)
- Consider offering a pacifier/dummy at the start of nap time and bedtime
- Be sure there is no smoking in your baby's bedroom
- Never sleep with a baby on a sofa or arm chair; if you fall asleep when cuddling be sure to return baby to his/her bed
- Don't let your baby get too hot or cold

Note: Avoid too tight swaddling as this may overheat your baby and restrict your baby's natural movement and comfort. Modern safe swaddling calls for freedom of the legs and hips to avoid risk to hips.



Building a Positive Relationship with Your Baby

