



Baby is Listening

From the very first days and after birth, baby will be listening to you and will soon be smiling and 'cooing'. That's your baby talking to you

Crying is also a very important part of baby's language.

Some important tips to remember are:

- ❖ Crying is perfectly normal behaviour;
- ❖ In the first few months of life, a baby spends about 2 hours in every 24-hour period crying;
- ❖ Crying can be nature's way of making sure baby's needs are met. It is meant to be a sound parents can't ignore!

Things will get better!!

Some useful tips for coping with crying

- Rock baby in a cradle or pram.
- Walk up and down with baby.
- Sing or talk to baby.
- Play soft music.
- Carry your baby in a sling.
- Car rides can work like magic.
- Cuddling baby is the best tip of all – if you can relax, you are the best comfort your baby can have.
- Feed, change nappy, check comfort.
- Try a dummy.

REMEMBER

MOST parents feel angry with their children at some time.

TAKE TIME OUT!
DON'T TAKE IT OUT ON YOUR
CHILD

Listen to yourself

Take a break when you can

Try to avoid getting so tired you can't think straight and re-act in anger.

Talk about your concerns

When you feel anxious about your baby, share your concerns with your partner, your neighbour, friends, relatives.

Anyone who will LISTEN.

GET HELP IF YOU FEEL YOU NEED IT

Sometimes friends and relatives and others will say "You'll be Right" when you know you won't.

Call professional help e.g. Early Childhood Centres, or your doctor.

The phone book lists organisations that can help.

Look under "COMMUNITY."

Take time out for pleasure

When you're getting fed up with full time chores and attending to babies needs - arrange a reliable babysitter and go out.

See a movie, go to the hairdresser or just going for a walk can help.

Take care of yourself.