



# Birth to Five

**This book gives you information on:**

Becoming a parent

Taking care of yourself and your child

Finding practical help and support

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This book is given free to all mothers.

Every effort has been made to make this book reflect the most up-to-date medical advice at the time of publication. Because developments can be very rapid, significant changes will always be notified to doctors and other health professionals at once. They will then be incorporated into the text for the next reprint.

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Midwives and health visitors are available to help you at this important time in your family life. Please do not let any visitors into your home without checking their identification or by prior arrangement.

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**This book gives you information on:**

- Becoming a parent
- Taking care of yourself and your child
- Finding practical help and support

**your complete guide**

# Birth

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**No one needs a book to tell them what is good about being a parent.** Parents turn to books when they need advice, when they are worried and when they have got questions or concerns, small or large.

**This is a book you can turn to for guidance and advice on the growth and development of your child.** If there is anything you are unsure of, or if you need further explanation, don't hesitate to ask your health visitor or doctor.

The information in this book is updated every year and also available online from [www.publichealth.hscni.net](http://www.publichealth.hscni.net)

