



# 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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Becoming a parent

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**your complete guide**

# Birth

## 1 FEEDING YOUR BABY 4

Breastfeeding .....	5
Different feeding situations .....	18
Formula feeding .....	18

## 2 GETTING TO KNOW YOUR BABY 24

Sleeping .....	25
Crying .....	28
Washing and bathing .....	30
Nappies .....	32
Taking your baby out .....	34
Twins, triplets or more .....	35
Your baby's health .....	35
Your health .....	38

## 3 INTRODUCING YOUR BABY TO SOLID FOOD 40

Feeding your baby .....	41
Feeding your young child .....	49
Eating as a family .....	55
Cutlery, chopsticks or fingers? .....	56
Drinks .....	56
Food additives .....	58
Food allergies .....	58
Party time! .....	59
Some common problems with eating .....	59
FAQs .....	60

## 4 HOW YOUR CHILD WILL GROW 61

Following your child's growth and development .....	61
General development .....	64
Children with additional needs .....	72

## 5 LEARNING AND PLAYING 74

Playing with your child .....	75
Keeping active .....	75
Get creative: ideas to help your child play and learn .....	76
Teaching your child the essentials .....	79
Playing and learning with other children .....	80
Starting school .....	81
Childcare .....	81

## 6 HABITS AND BEHAVIOUR 85

Learning to use potties and toilets .....	86
Sleeping .....	89
Some common sleep problems .....	90
A new baby in the family .....	92
Dealing with difficult behaviour .....	93
When every day is a bad day .....	97

## 7 PROTECTING YOUR CHILD 99

Immunisations .....	99
Common childhood illnesses .....	105
Reducing the risk of accidents .....	107
Safety in the sun .....	113



# to Five



## 8 TREATING ILLNESSES, INFECTIONS AND INJURIES 114

Knowing when your child is ill .....	115
Treating common illnesses .....	118
Injuries and accidents .....	128
Children in hospital .....	135
Bereavement .....	136

## 9 YOUR OWN LIFE 137

Your body after childbirth .....	137
Physical problems .....	138
Keeping healthy .....	140
Relationships .....	144
Domestic abuse .....	148
Bringing up a baby on your own .....	148
Bereavement .....	149
Loneliness .....	150
Money, work and benefits .....	150

## 10 USEFUL SERVICES 152

Health services .....	152
Getting the most out of services .....	156
Other sources of help .....	157

## 11 BENEFITS AND YOUR RIGHTS IN THE WORKPLACE 158

Child-friendly working hours .....	164
Benefits for working parents .....	168
Benefits for families .....	170
<b>Glossary of useful terms</b> .....	<b>177</b>
<b>Useful organisations</b> .....	<b>180</b>
<b>Index</b> .....	<b>185</b>

**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 also available online from [www.publichealth.hscni.net](http://www.publichealth.hscni.net)

