# Birth to Five

## 1. Taking care of yourself as a parent
- The postnatal check - a six week check for you
- Physical problems
- Thinking about the next baby?
- Smoking
- Sleep and rest
- Stress
- Relationships
- Sex
- Domestic and sexual abuse
- Single parenting
- Bereavement
- Loneliness
- Postnatal mental health and wellbeing
- Money, work and benefits

## 2. Feeding your baby and young child
- Feeding your baby
- Help with breastfeeding
- Breastfeeding
- Staying healthy
- Medicines and breastfeeding
- What dads should know about breastfeeding
- Breastfeeding help and support
- Different feeding situations
- Formula feeding
- Introducing your baby to solid food
- Feeding your young child
- Eating as a family
- Drinks
- Food additives
- Food allergies
- Some common problems with eating
- Keeping active
- Teeth

## 3. Taking care of your baby and child
- Sleeping
- Reducing the risk of sudden infant death
- Crying
- Washing and bathing
- Nappies
- Taking your baby out
- A new baby in the family
- Twins, triplets or more
- Your baby’s health
- Learning to use potties and toilets

## 4. A guide to your child’s growth and development
- Following your child’s growth and development
- Weight and height
- Eyesight
- Talking
- Reading
- Hearing
- Feet and shoes
- Children with additional needs
- Dealing with challenging behaviour
- When every day is a bad day
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