

Birth to

1 Taking care of yourself as a parent 4

The postnatal check - a six week check for you	4
Physical problems	4
Thinking about the next baby?	8
Smoking	10
Sleep and rest	11
Stress	11
Relationships	13
Sex	14
Domestic and sexual abuse	16
Single parenting	17
Bereavement	17
Loneliness	18
Postnatal mental health and wellbeing	18
Money, work and benefits	20

2 Feeding your baby and young child 22

Feeding your baby	22
Help with breastfeeding	22
Breastfeeding	23
Staying healthy	32
Medicines and breastfeeding	36
What dads should know about breastfeeding	37
Breastfeeding help and support	39
Different feeding situations	40
Formula feeding	41
Introducing your baby to solid food	46
Feeding your young child.....	56
Eating as a family.....	63
Drinks	64
Food additives	66
Food allergies	67
Some common problems with eating	68
Keeping active	71
Teeth	72

3 Taking care of your baby and child 76

Sleeping	76
Reducing the risk of sudden infant death	80
Crying	83
Washing and bathing	87
Nappies	89
Taking your baby out	92
A new baby in the family	93
Twins, triplets or more	94
Your baby's health	94
Learning to use potties and toilets	98

4 A guide to your child's growth and development 104

Following your child's growth and development	104
Weight and height	107
Eyesight	110
Talking	111
Reading	113
Hearing	113
Feet and shoes	113
Children with additional needs	115
Dealing with challenging behaviour	116
When every day is a bad day	122



five

5 Learning and playing 124

Playing with your child	124
Keeping active	125
Get creative: ideas to help your child play and learn	126
Playing and learning with other children	130
Childcare	132

6 Keeping your child safe 137

Immunisations	137
The vaccines	139
Non-routine immunisations	142
Common childhood illnesses	146
Meningitis and septicaemia	149
Reducing the risk of accidents and unintentional injuries.....	150
Safety in the sun	158
Safety in the winter	159
Safety equipment you should have	160

7 Your rights and benefits 161

Glossary of useful terms 162

Useful organisations 165

Index 169



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**

