

A

Accidents and injuries 86-88, 105, 137, 150-160
Active children 56, 68, 71, 121, 125-128
Alcohol 8, 12, 17, 32-34, 80-81
Allergies 23, 35-36, 45, 47, 52-53, 60, 66-68, 70, 88, 140, 142, 144, 165
Antibiotics 30, 36, 148
Antidepressant drugs 12-13
Aspirin 36
Asthma 35-36, 53, 67, 135, 143-144, 165
Au pairs 133

B

'Baby blues' 4, 9, 13, 18-20, 36
Back pain 5-6, 89, 93
Bathing and washing 6, 38, 78, 85, 87-88, 90, 147, 153, 155, 157
Bedwetting 101-103
Behaviour 20, 93, 105, 116-122, 129, 134
Benefits 18, 20-21, 55, 116, 161
Bereavement 17-18
Blind cords 150, 153, 157
Blood poisoning (septicaemia) 139-141, 149
Breastfeeding 6-7, 9, 15, 19, 21-40, 45, 53-56, 60-61, 64-65, 77, 79, 82, 85, 89, 97, 105, 135
Burns 139, 150-156
Button batteries 154

C

Caffeine 33-34, 85, 102, 121
Cancer 92, 139, 143, 145, 150, 158
Car safety 92, 152-153, 155, 158
Carrying your baby 6, 38, 92-93, 154
Chickenpox 146-147
Child development centres 115
Child health clinics 18, 107
Childbirth and labour 4-5, 7, 10, 15-16, 18-19, 32
Childcare 20-21, 132-136
Childminders 132-136
Choking 48, 51-52, 67, 72, 139, 150, 154-157

Colds 23, 34, 36, 113, 145, 147-149
Colic 46, 84-86
Colostrum 23
Common childhood illnesses 146-148
Congenital rubella syndrome (CRS) 141
Constipation 32, 36, 43, 46, 101-103
Contraception 15-16, 36, 38
Cot death (also known as sudden infant death) 22, 24, 80-83
Coughs 36, 67, 139, 141, 146-148
Crawling 71, 108, 125-126, 130, 150-154
Crèches 133-136
Croup 139
Cronobacter sakazakii 41
Crying 26, 46, 72, 76-79, 83-87, 96, 135, 149
Cups and beakers 21, 29, 40, 45, 54, 56, 65-66, 70, 74-75
Cuts and bruises 139, 141, 150-151, 159

D

Day nurseries 116, 130-136
Death of partner 17-18
Deep vein thrombosis (DVT) 6
Dental treatment 36, 62, 66, 70, 72-75, 106, 116
Depression 4, 9, 13, 18-20, 36
Development 46, 50, 54-55, 64, 71, 81, 90, 95, 102, 104-123, 125-126, 137, 150, 154-155
Diabetes 8-9, 22, 143, 166
Diarrhoea 36, 42, 67, 90, 103, 140, 146
Diphtheria 138-139, 144
Disabilities 9, 102, 115-116, 166-168
Domestic abuse 16-17
Drinks for your child 40, 45, 51, 54, 56, 61-62, 64-66, 68-69, 70, 74-75, 78-79, 96, 100-103, 121, 143, 146-148
Drowning 96, 127, 150, 153, 157-159
Dummies 27, 78-79, 82-83, 110-112, 153

E

Ear infections 110, 140
Early education 107, 130-132, 136
Eczema 35, 53, 67, 144
Episiotomy 15
Exercises, postnatal 4-7
Expressing and storing milk 21, 28-30, 34, 37, 40
Eyesight 110, 141

F

Falls 89, 150, 153-156, 159
Families and friends 13-14, 17-18
Farm safety 159-160
Feet and shoes 113-114
Fever 96, 139-149
Fire safety 150-156, 160
First aid 160, 168
Fits or convulsions 87, 96, 141, 143, 146
Flu 23, 36, 137-138, 142-143, 145, 149
Fluoride 72-73
Folic acid 8
Follow-on milk 53, 56, 65
Food additives 66
Formula milk 21-22, 24, 26-28, 30, 33-35, 40-47, 53-56, 61, 66, 75, 85, 89, 95, 97, 109
Fruit and vegetables 32, 47, 49-59, 63, 68-70, 102-103, 155

G

German measles (rubella) 8, 37, 106, 138, 141, 148
'Glass test' for meningitis 149
Growth and development 46, 50, 54-55, 64, 71, 81, 90, 95, 102, 104-123, 125-126, 137, 150, 153-155

H

Haemophilus influenzae type b (Hib) 137-139, 141-142, 145
Head lice 36
Health checks and screening 94-95, 104-109, 113
Healthy child, Healthy Future Programme 95, 105-107
Healthy start scheme 24, 33, 55, 97

Hearing 95, 104-105, 107-108, 113, 126, 141, 165
Height 107-110
Hepatitis B 138-139, 145
Hepatitis C 9
Hib 137-139, 141-142, 145
HIV and AIDS 9, 16
Home childcarer 132-133

I
Ibuprofen 36, 72, 147
Immunisation 8, 83, 95, 104-107, 137-149
Influenza (see flu) 23, 36, 138, 142-143, 145, 149
Iron 52, 54, 57-58, 60-61, 63, 65-66, 74

J
Jaundice 89, 96-97

L
Language development 48, 108, 111-113, 124-126, 132
Loneliness 14, 18, 130

M
Mastitis 30, 36, 40
Maternity leave 161
Measles 8, 36, 106, 137-138, 141-142, 147
Medicines 9, 36-37, 155, 159, 167
Meningitis 139-141, 143, 149
Meningococcal B and C 137-141
Mental health 18-20, 166, 168
Milk and dairy foods 32, 52, 54, 56-57, 61-63
MMR 8, 36, 106, 137, 141-142, 145, 147
Mother and baby groups 12, 17-18, 39, 123, 130
Multiple babies 19, 27, 77, 94
Mumps 8, 36, 106, 138, 141, 147

N
Nanny 132, 133
Nappies 6, 11, 26, 38, 72, 78, 84-85, 87-91, 98-103, 128-129, 150, 154-155
Nappy rash 89-91
Newborn bloodspot (heel-prick test) 95
Nipples, sore or cracked 26, 30-31

Nurseries and playgroups 70, 116, 131-136
Nuts 35, 52-53, 60-61, 63, 67-70, 88, 134, 157

O
Obesity 8, 22

P
Paracetamol 30, 36, 72, 140, 143, 147-149
Parent and toddler groups 130
Partners 8-9, 11-21, 35, 37-38, 44, 78, 80, 86, 93, 105, 107, 118, 122, 129, 160
Parvovirus B19 (slapped cheek disease) 148
Peanuts 35, 52-53, 60, 63, 67-68, 70, 88, 157
Pelvic floor exercises 5
Personal child health record (PCHR/'red book') 104-105, 109, 113
Pertussis (whooping cough) 138-139, 148
Physical activity 7-8, 125-126
Plagiocephaly 80, 83
Pneumococcal (PCV) 137-138, 140
Pneumonia 139-140, 147
Poisoning 126, 150-160
Polio 138-139, 144
Postnatal depression 4, 9, 13, 18-20, 36, 165
Post-traumatic stress disorder (PTSD) 19-20
Potty training 98-103, 128-129, 135, 166
Premature babies 27-29, 42, 47, 138, 166, 168
Puerperal psychosis 9, 19

R
Reading 76, 78-79, 84, 101, 111-113, 125, 127, 132
Relationships 12-18, 168
Road safety 156
Rotavirus 137-138, 140, 145
Rubella (german measles) 8, 36, 106, 138, 141, 148

S
Safety 64, 127, 150-160, 166, 168
Scalds 30, 43, 150-160
School 107, 131-132

Screening and health checks 94-95, 104-109, 113
Screen time 129
Septicaemia (blood poisoning) 139-141, 149
Sexually transmitted infections (STIs) 9, 16
Shaking 86-87
Sharenting 160
Shoes and feet 113-114
Single parents 17-18
Sleeping 11, 76-83
Smacking 119
Smoking 8, 10-11, 35, 80-81, 85, 151
Sore throats 139, 146
Special needs 9, 102, 115-116, 126, 165-168
Stools (poo) of baby 26, 46, 66, 89, 96-103
Strangulation 150, 153, 157
Stress 11-13
Sudden infant death (also known as cot death) 22, 24, 80-83
Sun safety 81, 92, 137, 158
Sure Start 18, 113, 116

T
Talking 48, 108, 111-112, 124-126, 132
Teeth and gums 27, 33, 45, 54, 56, 62-63, 70, 72-75, 110
Tempers and tantrums 116-123
Tetanus 36, 138-139
Thermometers 82, 143, 160
Threadworms 36
Thrush 31, 36, 91
Tongue-tie 31
Toys 46, 71, 93, 104, 126-127, 153-155, 157
Travel 6, 92, 145
Triplets 19, 27, 77, 94
Tuberculosis 143
Twins 19, 27, 77, 94

V
Vaccinations 8, 83, 95, 104-107, 137-145
Vegetarians and vegans 55, 60-61, 65, 134
Vitamins 8, 24, 33, 42, 52, 54-56, 60-61, 97
Vomiting and sickness 46, 67, 96, 140, 146, 148, 149

W

Walking 71, 92, 108, 113-114,
155-160

Washing and bathing 6, 38, 78,
85, 87-88, 90, 147, 153, 157

Weaning 46-53

Weather 92, 159

Whooping cough (pertussis)
138-139, 148

Winter safety 159

Work 20-21, 28, 40, 132-136, 161