

# TIPS TO HELP YOU AND YOUR BABY 0-3 MONTHS





## **CONGRATULATIONS!**

What a great achievement...your baby is here.

Each and every birth experience is unique.

It is a big thing to give birth.

With this booklet, we wish to share some tips to help both you and your baby on your journey

# THE FIRST WEEK—MUM

## RECOVERY & ADJUSTMENT

It takes times to recover after giving birth....give yourself time.

Your body needs good food, rest and lots of support so that it can take care of both you and your baby.

## TIPS TO HELP YOU WEEK 1

1. It is the basics that count: good food, plenty of fluids, rest and support.
2. Ask for and accept support from Dad, extended family and friends.
3. Now is your chance to hand over household tasks such as hoovering and washing.....just for a few days or weeks! Maybe someone else can do the shopping, or better still, have it delivered.
4. Try taking regular 5 minute breaks i.e. stop and take a deep breath while waiting for the kettle to boil.
5. Allow yourself time to recover and adjust to having a newborn in your life. Physical, mental and emotional adjustments are happening for you and your family.

# THE FIRST WEEK-BABY

## ADJUSTMENT & RECOVERY

For baby, birth is a major experience. Adjusting to the outside world can be exhausting. Remember it is all new to baby. There is a lot to get used to:

- Temperature differences
- Being handled
- Feeding routines
- Washing and dressing
- And lots of people!



## TIPS TO HELP YOU AND YOUR BABY ADJUST AND SETTLE INTO LIFE OUTSIDE THE WOMB

1. A baby's natural rhythm is much slower than ours i.e. that of an adult. Life in the womb is slow and rhythmical. Sometimes babies become disoriented and distressed because they cannot keep up with us! Simply slowing down helps baby orient and settle.
2. Talking to your baby and letting him/her know what you are doing and when you are going to lift or change him/her allows your baby to adjust and prepare for that change e.g. "it's time to change you now" or "mummy is just going into the kitchen".



## 0-6 WEEKS—MUM

### TAKING CARE OF YOURSELF

### TUNING INTO AND GETTING TO KNOW YOUR BABY.

### TIPS TO HELP YOU

1. Take time out for yourself to recharge the batteries. Do something that will build your energy, perhaps go for a short walk, maybe read a book, turn on the music and dance....the choice is yours.
2. Take time out to relax and be with your baby. It's fun to let go and hang out with little ones and they really love the attention. Remember, despite what some of us were led to believe, you cannot spoil a baby under one year of age.
3. Continue to ask for and accept offers of help and support...caring for a newborn takes lots of energy.
4. There is a lot of lifting and carrying with babies, so remember to do a little exercise every day to start building up the tummy, back and pelvic muscles.

# 0-6 WEEKS—BABY

## BUILDING CONNECTION.

### I AM SAFE, MY NEEDS ARE MET.

Newborn babies are wired to communicate. Babies are programmed to imitate facial expressions and sounds. This is important for development of social skills.

Babies are also programmed to connect with their arms and legs and to move. This is important for meeting gross motor developmental milestones.

### TIPS TO HELP YOUR BABY CONNECT

1. Holding your baby helps establish and strengthen your connection with baby and baby's connection with you.
2. Make eye contact with your baby. Talk to your baby and listen for baby's reply.
3. Allow your baby time and space to kick their legs and move their arms. Limit time spent in car seats and other restrictive seating.
4. Most babies love massage and this helps them connect with their bodies.
5. Remember to slow down so baby can follow and keep up with you.



## 6 WEEKS—3 MONTHS—MUM

### LIGHT AT THE END OF THE TUNNEL

By now, most babies are well on the road to recovery. By now, most babies are starting to get into a routine.

There might even be a few hours sleep at night!!

### TOP TIPS

1. The basics are still key, i.e. good food, fluids, rest and support. If your baby is still not sleeping well, make sure to get some rest during the day.
2. Everyone's birth experience is different and every baby is different. Please seek professional help if you are concerned about yourself or your baby.
3. Social outings are great for helping Mum feel there is life outside breastfeeding/bottles and nappies.
4. Groups such as Mother and baby Groups, Yoga classes, baby Massage Classes, La Leche League, can be great for making contact with other mums.
5. Keep up the gentle physical exercise to help your body be at it's best.



## 6 WEEKS—3 MONTHS-BABY

### EARLY DEVELOPMENT.

Already your baby is practising the following skills he/she needs to control movement:

- Making eye contact and focusing eyes.
- Tracking and following with eyes.
- Turning head to the side and back again.
- Head turning getting stronger and steadier.
- Kicking both legs.
- Clasping hands together.
- Putting hands to mouth.

### TIPS TO HELP YOUR BABY

1. Daily play time where your baby has the opportunity to move and kick his/her legs in an unrestricted way.
2. Tummy time is so important for developing strength in the arms, shoulders, neck and back, as well as for visual tracking.
3. Limit time spent in restrictive seating.

### Already your baby is becoming an expert communicator

1. Encourage eye contact, smiling and facial expression.
2. Talk to your baby directly, pause and wait for their response. Acknowledge their response and respond back.

# GENERAL TIPS

Babies need an awful lot of practise to experiment with and to master movement.

Mastering gross motor movement is key to the future development of fine motor skills such as hand writing.

Babies lay down the foundations for learning about and developing balance, co-ordination, body righting reflexes, body awareness, strength and much much more in the early weeks and months as they figure out how to turn their head and lift it off the ground when lying on their tummies on a blanket on the floor.

As your baby grows and develops, remember that babies learn very important skills as they go through each stage of gross motor development such as rolling, crawling and pulling to stand by themselves.

<del>TV and multi-media devices</del>	<del>Baby Walker</del>	Limit Car Seat Time	Limit Buggy Time
Floor Time ✓	Play Time ✓	Mum & baby Time ✓	Mum Time ✓
	Dad & baby Time ✓	Play with natural material ie wood, sand, water, etc. ✓	



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