

Ready**Steady** **Baby**

**Your baby's
development**

**The importance
of bonding with
your baby**

**Keeping your
baby safe**

**Wellbeing
support
for parents**



Sandwell

Family

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www.healthystart.nhs.uk

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Hello...

and welcome to ReadySteadyBaby

Congratulations on the birth of your new baby; this is an exciting and special time for you and your family.

There is so much to learn that it can be overwhelming at times, but don't worry since this magazine provides a lot of information and advice that will support you along your journey over the next 12 months.

Sandwell's Children's Centres are growing and will now be known as Sandwell Family Hubs with the aim to help families thrive. For more information on how Family Hubs can support your journey visit www.sandwellfamilyhubs.com

This magazine has been developed with the help of our local Health Visiting Team and Sandwell Family Hubs.

We hope this magazine helps you and your family thrive.

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This magazine has been put together by:



If you have any queries or want more information about anything in this publication please contact the Healthy Sandwell team by emailing lifestyle_services@sandwell.gov.uk

Getting to know your baby

Welcome to the world of parenthood! The first few weeks with your newborn can be a whirlwind of emotions. But, it's also the time for bonding and getting to know your new little one and their feelings.

Here are a few tips to help you get started:

1. Talk to your baby.

Your baby will recognise your voice from birth. Talking to them helps them learn how to communicate. Talk about what you're doing, and what you're seeing. You can also sing to your baby or read them stories.

2. Touch your baby.

Skin-to-skin contact is a great way to bond with your baby. It also helps them regulate their body temperature. You can also massage your baby's body, which can help them relax and feel calm. Cuddling and keeping them close means, they will cry less and it is good for their brain development.

3. Pay attention to your baby's cues.

Newborns can't tell you what they need, so it's important to learn to read their cues. Some common cues include crying, fussing, and squirming. When your baby is crying, try to figure out what they need, such as a feeding, a nappy change, or a cuddle. Also, observe your baby's behaviour. Pay attention to how your baby reacts to light, sound, and touch. This will help you learn what your baby likes and dislikes.

4. Create a routine.

Newborns thrive on routine. Try to establish a regular feeding schedule and bedtime routine. This will help your baby feel more secure and comfortable.

5. Get help when you need it.

Don't be afraid to ask for help from your partner, family, or friends. Newborns can be a lot of work, and it's important to take care of yourself, too. Talking to other new parents can help you feel less alone and learn new tips and tricks for parenting.

Head over to our Sandwell Family Hubs website where we offer support and guidance. You can also use our session finder to see what support is available.

www.sandwellfamilyhubs.com



Bonding

What is Bonding?

Bonding is the way new parents develop a deep affection and protective love for their baby. It can begin during pregnancy, at birth, or it may evolve more slowly over subsequent days and weeks. Interacting with your baby doesn't just help you bond; it also helps your baby's brain to grow and develop. By looking, smiling, playing and talking to your baby, you are standing them in good stead for later life. Spending time with your baby will also help you understand their needs and recognise when they need to feed, sleep or have a cuddle.

As time goes on, spending time together will help your child learn how to understand their own emotions and form strong relationships with other people.

Encourage your baby to look into your eyes

Enjoy a cuddle and skin to skin contact with your baby

Smile and respond with affection – your baby will copy you

Sing and tell nursery rhymes

Look at pictures and read a book together

Use everyday events to talk to your baby about what you are doing

Don't be angry in front of your baby, babies can pick up when you are tense or anxious

Watch, wait and wonder



Breastfeeding

Breastfeeding is normal and natural but not always easy. 8 out of 10 parents stop breastfeeding before they want to.

Here are some good things to know to help manage problems and get off to a good start:

- 1 Breastmilk contains all the nutrition for your baby to grow AND also contains special substances only found in breastmilk that reduce the risk of infection and disease.
- 2 Find out about breastfeeding before baby is born. Babies feed a lot and this can take parents by surprise. Breastfeeding should not hurt but it often does hurt when baby isn't attached at the breast properly. Attend antenatal breastfeeding classes if you can.
- 3 Sign up to FLO text messages. FLO sends useful video clips and information about feeding and nurturing your baby. Speak to your community midwife who can sign you up. Parents say the messages help them breastfeed for longer.
- 4 Express milk before your baby is born. You can express your first milk colostrum from around 37 weeks pregnant. Ask your midwife for an early expressing pack.
- 5 As soon as baby is born have skin to skin cuddles until after the first feed. Breastfeeding in the first hour is a good way to get off to a great start. Your baby knows how to crawl to you breast and feed but they need skin to skin to do it.
- 6 Know how to tell your baby is getting enough milk. Lots of parents stop breastfeeding or give formula because they don't know how much milk baby is getting.
- 7 Get help from your local feeding support as soon as possible. No one breastfeeds alone.

If you want to find some useful videos and more breastfeeding tips, visit the Family Hubs website:

www.sandwellfamilyhubs.com

 the
Breastfeeding
network Sandwell
Tel: 07505 775357

 national
breastfeeding
helpline
f i s t 0300 100 0212

Bottle Feeding

Which formula milk should I choose?

Choose any brand of first infant milk for the first year of life. All first infant milks in the UK have to meet the same nutritional standards.

Some manufacturers add extra ingredients or use different formulations. These additions are not agreed to offer any benefit, and only make the product more expensive.

How do I make up feeds?

Powdered infant formula is not sterile. It is important you make up feeds according to the NHS guidelines.

Remember make one feed up at a time:

- Put the water in first and powder second.
- Use cooled, boiled water at more than 70°C to make up infant formula

- Make the powder up according to the instructions on the tub. Don't add any extra powder, water or anything else as this can cause your baby serious harm.

Milk preparation devices are available to buy. The food standards agency and NHS website do not recommend the use of milk preparation devices. You can sterilise your bottle feeding equipment by using:

- Steam
- Cold water sterilising solution
- Boiling

Other devices to sterilise equipment are available to buy. But, they are not currently recommended on the NHS website. Speak to your midwife or health visitor if you are not sure.

What is responsive bottle feeding?

Feeds are a time for you and your baby to love and bond with each other.

Limit the number of people who bottle feed your baby to one or two main care givers, especially in the first few weeks. This is usually the baby's parents.

For more information and guidance on bottle feeding, visit the Family Hubs website:

www.sandwellfamilyhubs.com

Sleeping

Safer Sleep Advice

Some babies sleep for long periods, others have regular short naps. Your baby will have their own pattern of waking and sleeping and it's unlikely to be the same as other babies.

Most newborn babies spend more time asleep than awake, total daily sleep can vary from 8 hours to 18 hours. Babies will wake during the night for a feeding. Being too hot or too cold can also disturb their sleep.

As your baby grows, they will need fewer night feeds and be able to sleep for longer stretches. By four months, they could be spending around twice as long sleeping at night as they do during the day. When your baby is between 6 to 12 months, night feeds should no longer be necessary. Some babies will sleep for up to 12 hours at a stretch during the night.

A Bedtime Routine

Getting into a simple, soothing bedtime routine can help avoid problems with your baby's sleep. A routine could consist of having a bath, changing into night clothes, feeding and having a cuddle before putting your baby to bed. Your baby will learn how to fall asleep in their cot if you put them down when they are still awake.

Safer Sleep Advice

What is SIDS?

Sudden infant death syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason. We don't yet know how to completely prevent SIDS. But, it is possible to lower the chances of it happening by following the advice below.

The Importance of Routine in Reducing the Risk of SIDS

It is important to keep the same sleeping routine for your baby. Keep putting them to sleep on their back for every day and night-time sleep. Babies who are usually sleep on their back but sometimes sleep on their front are at a greater risk of SIDS.

Always sleep your baby on their back in a clear cot or sleep space.



Having a cot, crib, travel cot or Moses basket is the most ideal sleeping space for your baby. Babies only need a few basic items for sleep, these are:

- A firm, flat service
- Some well-fitted bedding

It is best to avoid:

- Pillows or duvets
- Cot bumpers
- Soft toys
- Loose bedding- babies are at higher risk of SIDS if they have their heads covered with loose bedding
- Pods or nests
- Sleep positioning products (such as wedges or straps) that will keep your baby in one sleeping position

Place your baby on their back in the 'feet to foot' position. Place your baby's feet to the bottom end of the cot or Moses basket to avoid them wriggling down under the covers. Use a thin blanket no higher than their shoulders, and firmly tucked in under the mattress.

If you do not have a cot or Moses basket, you should try and find another type of firm, flat, safe sleep surface for your baby.

Bedsharing

Bedsharing means that baby shares the same bed with an adult for most of the night, and not only to be comforted or fed.

Do NOT bedshare if:

- Either you or your partner smokes (even if you do not smoke in the bedroom)
- Either you or your partner has drunk any alcohol or taken drugs. This includes medications that can make you drowsy.
- Your baby was born premature (before 37 weeks)
- Your baby was born at a low weight (2.5kg or 5½ lbs or less)
- Never sleep on a sofa or armchair with your baby

For more information on SIDS and safer sleep, visit the Lullaby Trust:

www.lullabytrust.org.uk



Who are health visitors?

Health visitors are specially trained nurses or midwives who support and educate families from pregnancy through to a child's fifth birthday.

You will receive 5 key visits from your health visitor or a member of the team at home or at your child health clinic, Family Hub, health centre or GP surgery.

These are:

- In pregnancy - after 28 weeks.
- 10 to 14 days after the birth of your baby
- When your baby is 6 to 8 weeks
- A review of your child's development at 9 to 12 months
- A review of your child's development at 2 to 2½ years



For more information about the service call the contact centre on **0121 612 5021**, go to www.swbh.nhs.uk/services/healthvisiting or scan the QR code.

ML7035

Your Baby's Health

Summary of immunisations up to one year of age



Which immunisations will my baby have at 8, 12 and 16 weeks?

At 8 weeks, your baby will have immunisations against: diphtheria, tetanus, pertussis (whooping cough), polio, Haemophilus influenzae type b (Hib), hepatitis B, rotavirus and meningococcal group B disease (MenB). These will be given as 2 injections and drops into the mouth.

At 12 weeks, your baby will have immunisations against: diphtheria, tetanus, pertussis (whooping cough), polio, Haemophilus influenzae type b (Hib), hepatitis B pneumococcal disease and rotavirus. These will be given as 2 injections and drops into the mouth.

At 16 weeks, your baby will have immunisations against: diphtheria, tetanus, pertussis (whooping cough), polio, Haemophilus influenzae type b (Hib), hepatitis B and meningococcal group B disease (MenB). These will be given as 2 injections.

Which immunisations will my baby have at one year of age?

Your baby will have immunisations against: Haemophilus influenzae type b (Hib)/ Meningococcal group C (MenC) MenB measles, mumps, rubella and pneumococcal disease.



The RED Book

Each child is given a red book shortly after they are born, it makes sure that, wherever you are and whatever happens to your child, you will have a record of their health and progress which can be shared with health professionals.

When you have contact with a health professional, such as a health visitor, they will use the book.

ICON

Babies Cry, You Can Cope!



Infant crying is normal and it will stop!

Babies start to cry more frequently from around 2 weeks of age. The crying may get more frequent and last longer.

After about 8 weeks of age babies start to cry less each week.



Comfort methods can sometimes soothe the baby and the crying will stop.

Think about are they:

- hungry
- tired
- in need of a nappy change

Try simple calming techniques such as singing to the baby or going for a walk.



It's ok to walk away if you have checked the baby is safe and the crying is getting to you.

After a few minutes when you are feeling calm, go back and check on the baby.



Never, ever shake or hurt a baby.

It can cause lasting brain damage or death. If you are worried that your baby is unwell contact your GP or call NHS 111.



Coping with crying

Crying is the only way that your baby can tell you how they feel or what they need.

Speak to someone if you need support such as your family, friends, Midwife, Health Visitor or GP.

© Hampshire Clinical Commissioning Groups Safeguarding Children Services

If you've done the obvious checks like checking to see if they are hungry or need changing and the crying doesn't stop, try:

- Cuddling (remember, picking up and cuddling a crying baby isn't spoiling)
- Gently rocking your baby in a cradle or pram
- Singing
- Walking up and down with them in your arms or in a sling
- Playing music

However, if the crying seems abnormal for your baby or you think they may be unwell, contact your Health Visitor or GP.



Babies with additional needs

If your baby has additional needs, you will be coping with a lot of different feelings.

You will also need to cope with the feelings of others - your partner, relations and friends - as they come to terms with the fact that your baby has additional needs.

More than anything else at this time, you will need to talk to people about how you feel as well as about your baby's health and future. Your own GP, paediatrician at your hospital or your Health Visitor can help you.

You can also contact Inclusion Support Early Years on 0121 569 2860/2859 for further information and advice.



Your 6-week postnatal check

You should have your postnatal check about 6 weeks after your baby's birth with your GP to make sure you feel well and you are recovering properly.

They will ask you how you are feeling as part of a general discussion about your mental health and wellbeing, check with you with regards to contraception and may offer an examination if you had stitches following an episiotomy or caesarean section to see if they have healed.

If you were due a cervical screening test whilst you were pregnant, this should be rescheduled for you 12 weeks after the birth.



Twins, Triplets or MORE!!

Parents with one child often think that caring for twins is pretty much the same thing, just doubled! If you have twins (or triplets or more), you will know differently.

There is a lot more work involved, and you may need to find some different ways of doing things. You might find it useful to talk to other parents with more than one baby.

The Twins and Multiple Births Association (Tamba) can provide information about local twins clubs www.tamba.org.uk for further support.



Baby Clinics

Baby clinics are held across Sandwell in a variety of venues where health visitors and nursery nurses provide support for:

- your child's growth
- development and behaviour
- good sleeping habits
- feeding your child - breast milk, formula, solids, healthy eating
- coping with minor illnesses
- managing a crying baby
- immunisations
- toileting

Any other concerns you have about your child, yourself or your family, Health Visitors have a wide range of knowledge about all aspects of parenting and supporting families. They also work closely with other health care providers and agencies and can help you access the right support through signposting and referrals to other services.

For further information on where baby clinics are taking place across Sandwell click on www.swbh.nhs.uk/services/health-visiting





What is a Family Hub?

Children's Centres are growing to include more support and services and will become Sandwell Family Hubs.

Our mission is to help all families in Sandwell thrive

Family Hubs will offer the right help, in the right place, at the right time by offering services and support for all families with children aged 0 – 19 (or 25 with SEND) and extra support is available for families during pregnancy and in your baby's first years.

To see how Family Hubs can support you and your family, head over to our Sandwell Family Hubs website where we offer support and guidance. You can also use our session finder to see what support is available.

www.sandwellfamilyhubs.com



How not to feel lonely as a new parent

Being a new parent can be an amazing experience, but it can also be isolating. After all, you're suddenly responsible for another human being, and you may not have as much time for yourself as you used to.

This can lead to feelings of loneliness, which can be tough to deal with.

If you're feeling lonely as a new parent, know that you're not alone. Many parents experience these feelings at some point. The good news is that there are things you can do to combat loneliness and feel more connected.

Here are a few tips:

- Reach out to your support system. Talk to your partner, family, and friends about how you're feeling. They can offer support and encouragement, and they may be able to help you connect with other moms in your area.
- Join a new parent group. There are many new parent groups available, both online and in person. These groups can provide a great way to meet other moms, share experiences, and get support.
- Take care of yourself. Make sure you're getting enough sleep, eating healthy foods,

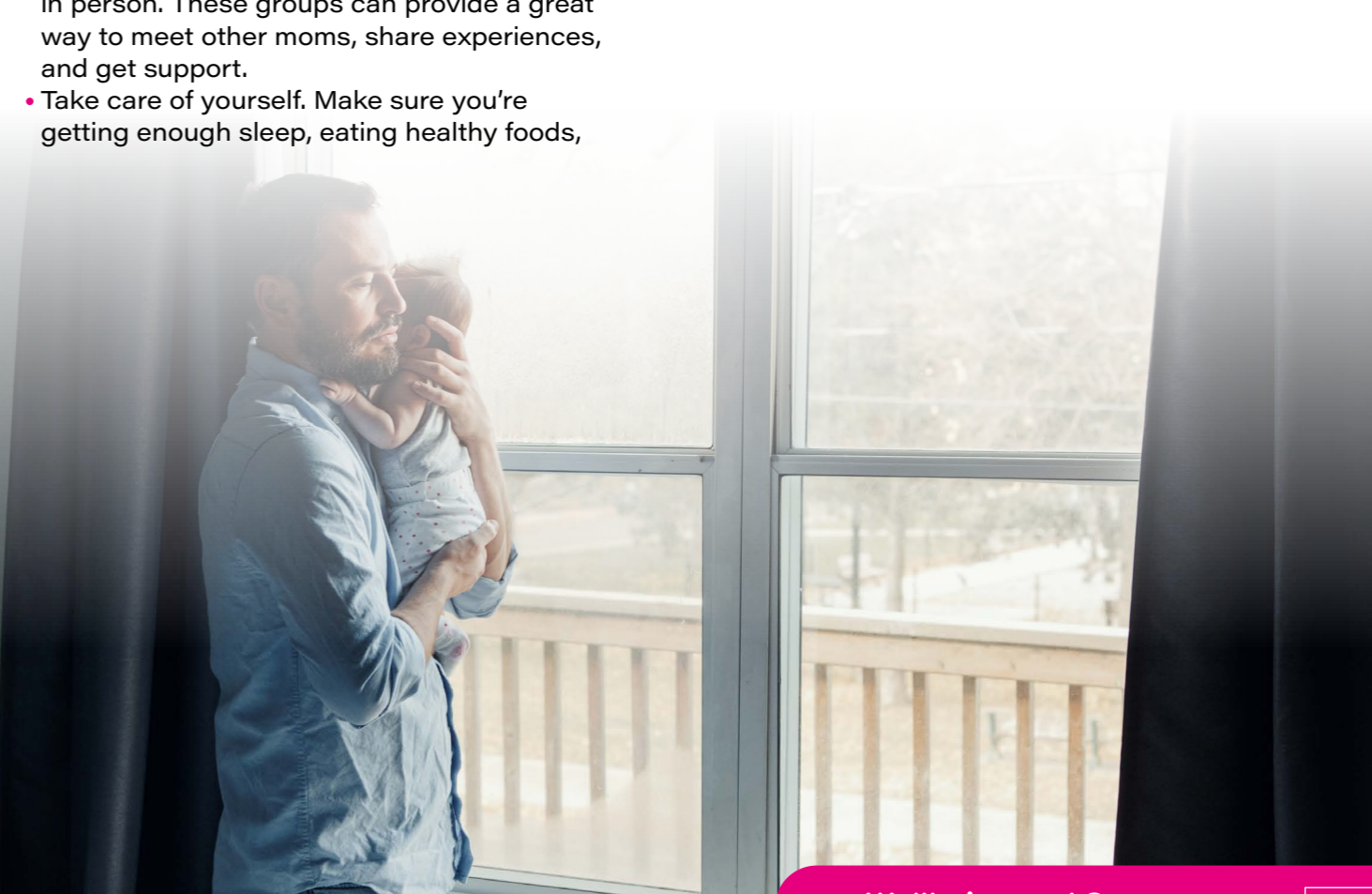
and exercising. Taking care of your physical and mental health will help you feel better overall.

- Don't be afraid to ask for help. If you're struggling, don't be afraid to ask for help from your partner, family, friends, or a professional.

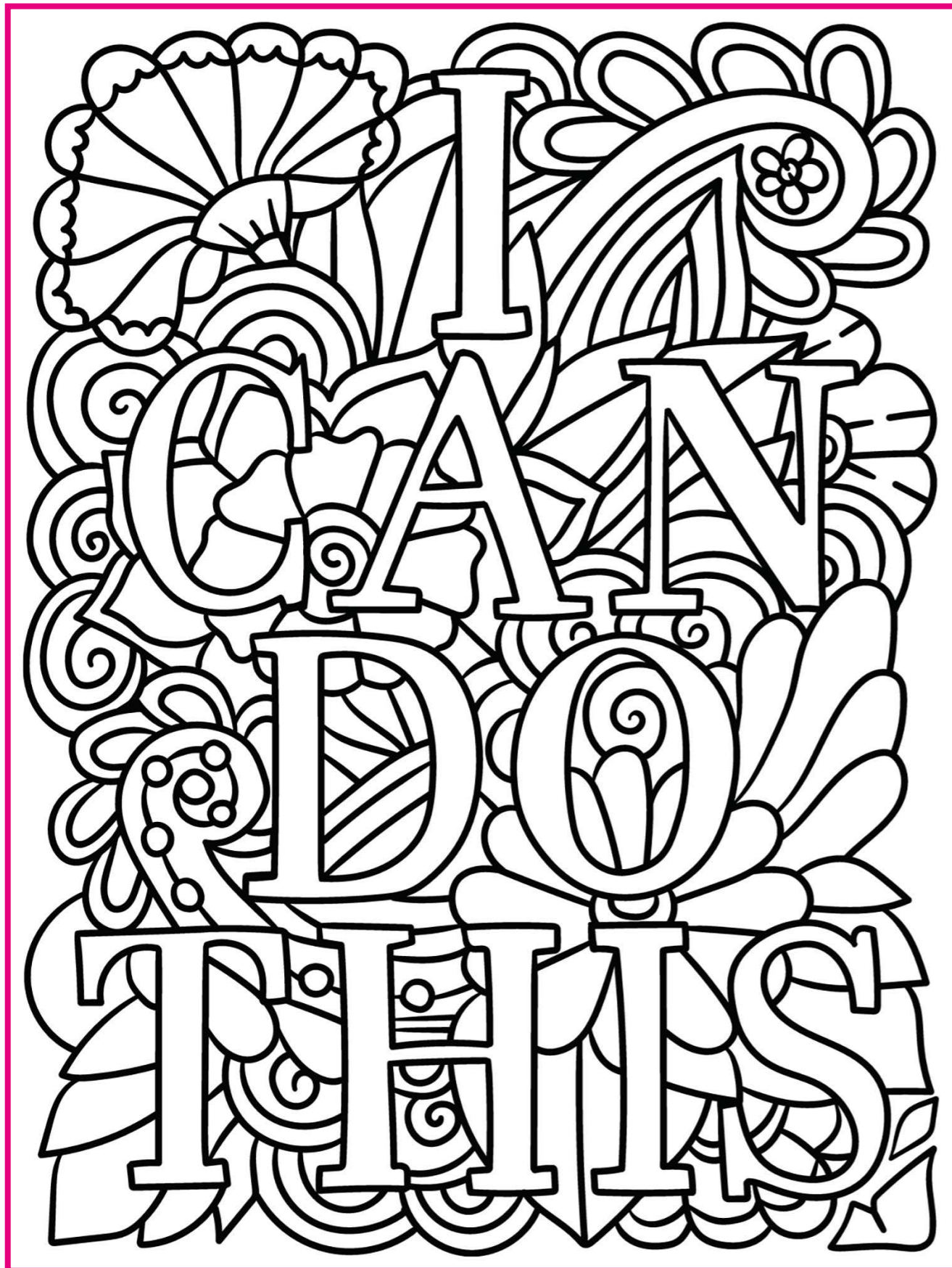
Remember, you're not alone.

Feeling lonely is a common experience for new parents.

Head over to our Sandwell Family Hubs website where we offer support and guidance. www.sandwellfamilyhubs.com



Mindful Colouring



Mindfulness

Being a new parent is a challenging but rewarding experience. It can be overwhelming at times, but it's also an amazing time to bond with your baby and watch them grow and learn.

Journaling can be a great way to process your thoughts and feelings. You can also track your baby's development and record special memories. It can also be a way to connect with other parents and to get support.

Here are some tips for journaling:

- Find a quiet time and place where you won't be interrupted.
- Start by writing down a few things you're grateful for.
- Don't worry about making your writing perfect. Let your thoughts flow.
- Read back through your journal entries from time to time. It can be helpful to see how far you've come.

If you get stuck here are some journal prompts to help:

1. What is the most challenging thing about being a new parent with a newborn?
2. What is the most rewarding thing about being a new parent with a newborn?
3. What are some of the things you're learning about yourself as a new parent?
4. What are some of the things you're learning about your baby?
5. What are some of the things you're doing to take care of yourself during this time?

Journaling is a personal journey, so there is no right or wrong way to do it. Find what works best for you and enjoy the process.

Head over to our Sandwell Family Hubs website where we offer support and guidance. You can also use our session finder to see what support is available.

www.sandwellfamilyhubs.com



Your Emotional Wellbeing

During the first week after childbirth, many women get the 'baby blues'. Symptoms can include feeling emotional and irrational, bursting into tears for no apparent reason, feeling irritable or touchy or anxious or depressed.

Sometimes though, the baby blues just will not go away. Postnatal depression (PND) is thought to affect around 1 in 10 women. Although very common, many women suffer in silence. Postnatal depression usually occurs two to eight weeks after birth, although it can happen at any time up to a year after your baby is born.

Some signs of postnatal depression are:

- Anxiety
- Panic attacks
- Feeling like you cannot cope
- Constant crying
- Aches and pains or feeling unwell
- Not being able to enjoy anything
- Loss of interest in your baby or over anxious

Postnatal Depression can also have a significant impact on dads' mental and physical health, as well as their relationships with their partners and children.

There are many factors that can contribute to PND in dads, including:

- Stress from becoming a parent
- Lack of social support
- Feeling excluded from mother-infant bonding
- History of mental health conditions

Here are some of the symptoms of PND in dads:

- Feeling sad, anxious, or hopeless
- Loss of interest in activities that were once enjoyable
- Changes in appetite or sleep patterns
- Difficulty concentrating or making decisions
- Feeling overwhelmed or irritable
- Thoughts of harming yourself or your child

If you are feeling down or depressed speak to your Health Visitor or GP who can support you during this time or visit:

www.sandwellfamilyhubs.com

5 ways to wellbeing

Wellbeing is about feeling good and doing well in our day to day lives. Our five ways are simple things to do every day, to improve how you are feeling.



Connect meet up, build relationships, make friends

- Speak to someone; a friend, a relative, your health visitor or GP. Being a new parent can be worrying time, support is available to you
- Ask a neighbour how they are
- Attend courses to connect with other new parents (book now at www.bookwhen.com/book4changes)
- Find out whats on offer at your local family hub



Be Active whatever you can do, being active makes you feel good

- Go for a walk
- Put on some music and dance
- Go swimming
- For more "Be Active" ideas, visit: www.healthysandwell.co.uk/strongersandwelldirectory



Take Notice take time, stop and focus on the moment, enjoy the outdoors

- Create your own jar of happiness and fill it with messages about your favourite music, people, memories, books and places
- Try some mindful colouring in (you can find on page 15 in this magazine)
- Use the journal prompts (on page 16)
- Plant some seeds and watch them grow



Keep Learning try and learn something new, see what's out there, surprise yourself

- Try a new hobby
- Learn a new language or sign language
- Try a new recipe
- Read a book
- Learn something new (visit www.sandwellfamilyhubs.com for local activities)



Give Back give your time, do something nice for someone

- Write a note to someone who has helped you or been kind recently
- Make someone a drink
- Give your unwanted things to a charity shop
- Give someone a smile
- Considering volunteering (visit www.letsgosandwell.info for more information)



Find out more by visiting:
www.healthysandwell.co.uk/our-services/wellbeing5/




Changes
 Supporting families
 in Sandwell

Activities for families in Sandwell

- Paediatric first aid
- Babbling Babies
- Zumbini
- Splash & Chat
- Ready, Steady, Wean
- HartBeeps
- Fun at the Farm
- Plus more...

Face-to-face
and virtual
sessions are
available

**Book
now!**

To find out more information
and book your Changes activity:

Online: <https://bookwhen.com/book4changes>
Telephone: Healthy Sandwell on 0800 011 46 56
Text: GETHEALTHY to 87007



Exercise

after having a baby

Exercising after having a baby can be a great way to improve your physical and mental health.

Why should you exercise?

- Reduces stress and anxiety. Exercise can help to reduce stress and anxiety, both of which are common problems for new parents.
- Improves sleep quality. Exercise can help to improve sleep quality, which is often disrupted during the postpartum period.
- Increases energy levels. Exercise can help to increase energy levels, which can help you to cope with the demands of caring for a newborn.
- Boosts mood. Exercise can help to boost mood and improve your well-being.

How to get started:

It's important to ask your midwife, health visitor, or doctor for advice about getting active again. All births are different, there is not a one size fits all approach when it comes to exercising after having a baby. Your 6 or 8 week check is a good time to do this.

Going for a walk is the best place start. It costs nothing and you can do this with the buggy or a sling and even meet up with friends.

Gradually build up to doing 30 minutes at least 3- 5 days a week. It doesn't need to be in one go. You can do 3 lots of 10 minutes or 2 lots of 15 minutes if that works better for you.

A change of scene can often calm your baby if they're crying and it can help you feel better too.

Did you know Changes offers sessions for new parents?

Visit www.bookwhen.com/book4changes



Domestic Abuse

Being a new parent is a challenging but rewarding experience. It can be overwhelming at times, but it's also an amazing time to bond with your baby and watch them grow and learn.

One in four women experience domestic abuse at some point in their lives. This may be physical, sexual, emotional or psychological abuse. 30% starts in pregnancy, and existing abuse may get worse during pregnancy or after giving birth.

Domestic abuse does not have to be tolerated.

You have choices and help is available. You can speak in confidence to your GP, midwife or health visitor.

In an emergency always phone the police on 999.

Use the 101 number to call the police if it's not an emergency.

Black Country Women's Aid provides a range of services and support to men and women experiencing domestic abuse.

You can call them 24 hours a day on 0121 552 6448

You are not alone!

STOP Smoking

If you smoke they smoke...

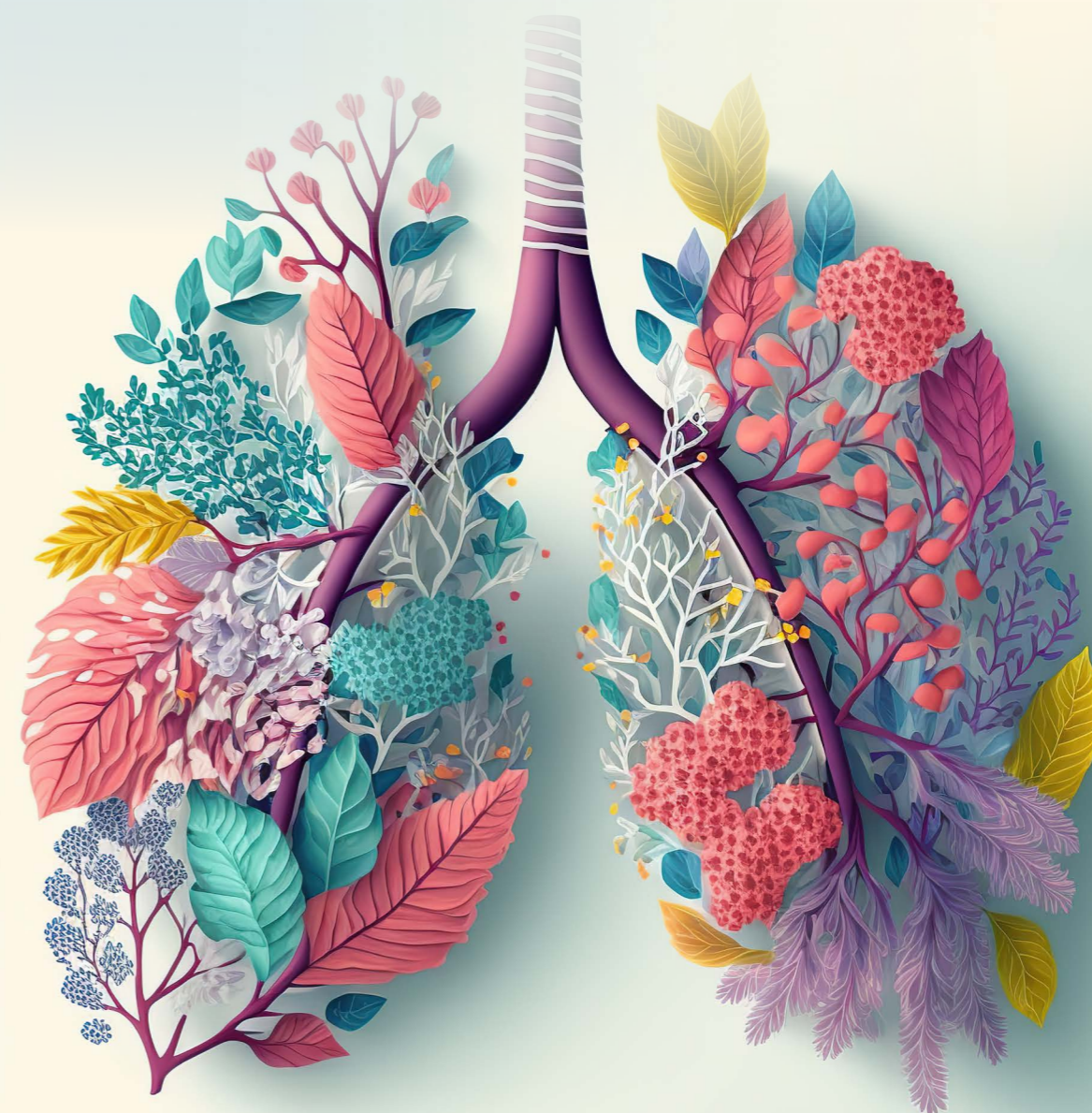
One of the best things you can do for your baby's health is to stop smoking. Breathing second hand smoke is dangerous; the smoke can linger for two and half hours even with a window open.

Each year, more than 17,000 children under the age of five are admitted to hospital because of the effects of second-hand smoke.

Cot death is five times more likely when second hand smoke is around and their chance of getting asthma doubles.

Avoid smoking in the home or car, and ask your partner, friends and family to do the same when they are around your baby.

For further information on how to stop smoking, contact Healthy Sandwell.



How relationships change after having a baby

Having a baby is a major life event that can bring a lot of joy and happiness. However, it can also put a strain on relationships. This is because becoming a parent brings about a lot of changes, both physically and emotionally.

Some of the common changes that couples experience after having a baby include:

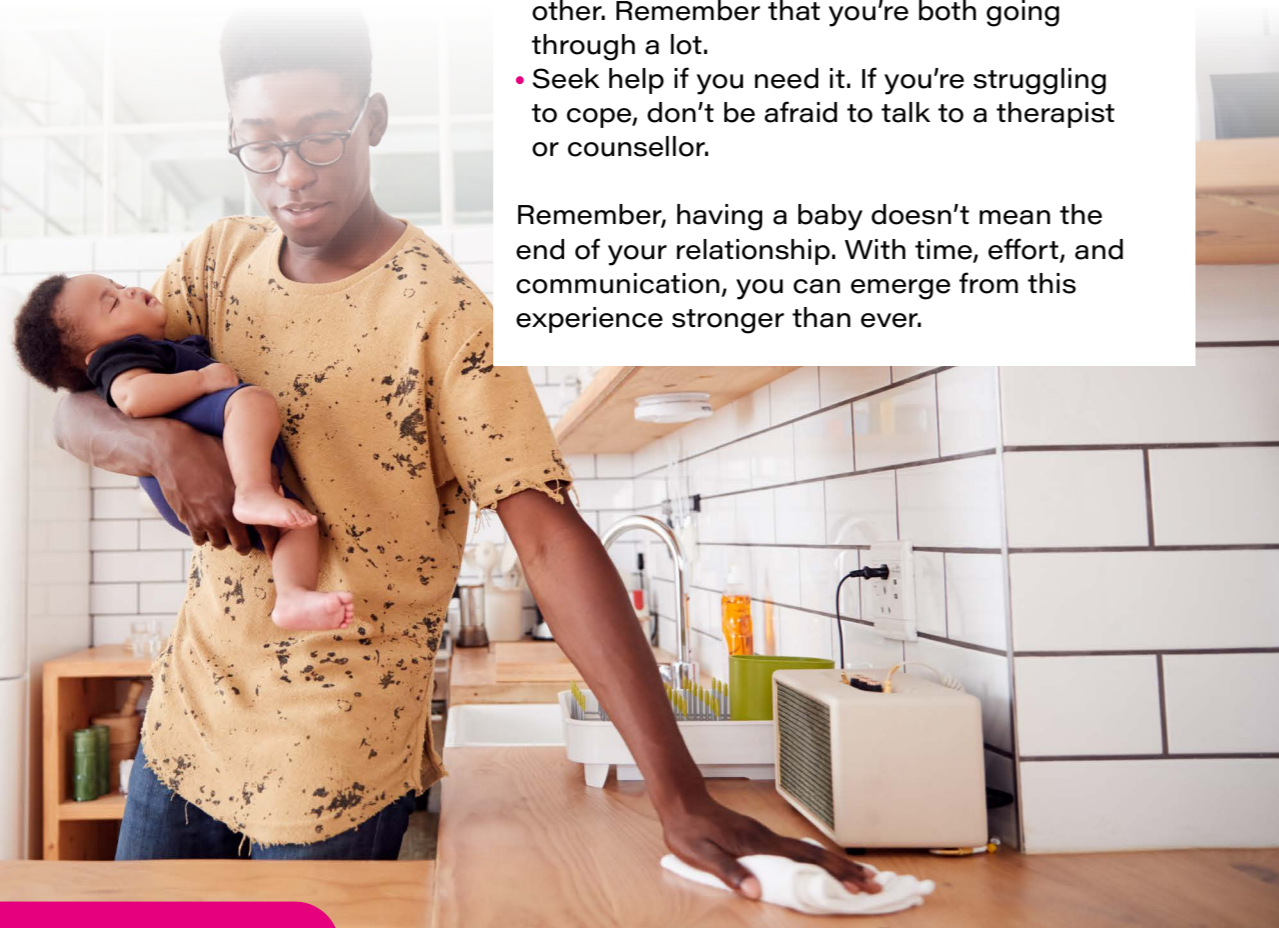
- Less time for each other. When you have a baby, your time is suddenly consumed by childcare. There's less time for date nights, spontaneous activities, or even just relaxing together.
- Increased stress levels. Caring for a newborn can be very stressful. Lack of sleep, financial worries, and the demands of parenting can all take a toll on your emotional well-being.
- Changes in physical appearance. After giving birth, many women's bodies go through changes. This can lead to feelings of insecurity and self-doubt. Men may also feel insecure about their changing roles as fathers.
- Different parenting styles. Couples may have different ideas about how to raise their children. This can lead to disagreements and conflict.

It's important to remember that these changes are normal. Every couple experiences them differently, and there's no right or wrong way to cope. However, there are some things you can do to support your relationship during this time.

Here are a few tips:

- Share the load. Don't expect your partner to do everything. Share the responsibility of caring for the baby, from feeding and changing to bathing and putting to bed.
- Communicate openly and honestly with each other. Talk about your feelings, concerns, and needs. Don't bottle things up.
- Make time for each other, even if it's just for a few minutes each day. Go for a walk, have a cup of coffee together, or just cuddle on the couch.
- Be patient and understanding with each other. Remember that you're both going through a lot.
- Seek help if you need it. If you're struggling to cope, don't be afraid to talk to a therapist or counsellor.

Remember, having a baby doesn't mean the end of your relationship. With time, effort, and communication, you can emerge from this experience stronger than ever.



Resilient Residents

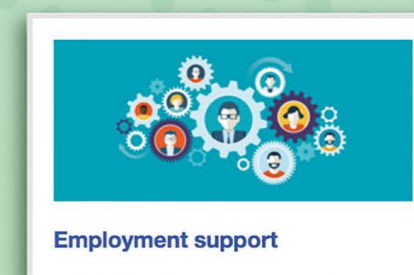
Supporting you to make the most of your money and find help if you need it.



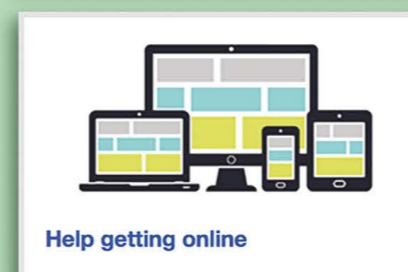
Cost of living help



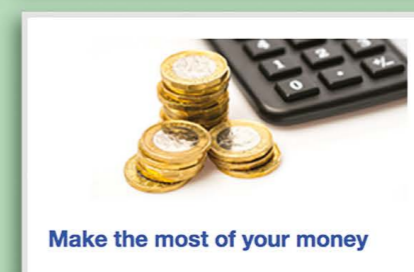
Benefits advice



Employment support



Help getting online



Make the most of your money



Learn English



Food in Sandwell



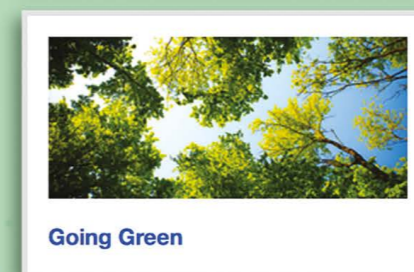
Help in an emergency



Health and wellbeing services



Wellbeing



Going Green

www.sandwell.gov.uk/resilientresidents

Teething

When it comes to teething, all babies are different, most babies start teething at around 6 months

Teething symptoms

Your baby's teeth may emerge with no pain or discomfort at all. At other times, you may notice that: -

- Your baby's gum is sore and red where the tooth is coming through
- Flushed cheeks
- Your baby is dribbling more than usual
- They are gnawing and chewing on things a lot
- They are more fretful than usual

Using a refrigerated teething ring can help. It can be tempting to put all sorts of things – rashes, crying, bad temper, runny noses and extra-dirty nappies – down to teething.

If you are unsure about your baby's health, seek advice.



What is weaning?

Introducing your baby to solid foods, also referred to as weaning or complementary feeding, starts when your baby is around 6 months old.

Introducing your baby to solid foods, also referred to as weaning or complementary feeding, starts when your baby is around 6 months old.

Your baby should be introduced to a varied diet, alongside their usual breast milk or first infant formula.

It can be confusing knowing when and how to start introducing solid foods. We're here to guide you through the weaning journey and explain what it all means.

We've got expert NHS advice, helpful videos, tips from other parents, and lots of simple, healthy weaning recipe and meal ideas.



Start for Life offers expert NHS advice and helpful videos: www.nhs.uk/start-for-life/baby/weaning/

Parenting courses available at www.bookwhen.com/book4changes

Brushing your child's teeth

As soon as your baby's teeth start to come through, you can start brushing their teeth.

The important thing is to get your baby used to toothbrushing as part of their everyday routine. By the age of one, most of your baby's front teeth should be present. It's an opportunity for the dentist to look into their mouth and check that the teeth are developing as they should.

Brush your babies teeth with a small toothbrush and a smear of fluoride toothpaste, twice every day. Everyone in the family needs to brush their teeth, before going to bed and one other time in the day.

Keep the banner style at the bottom of the page
Tooth decay can start very early in life Take your baby to the dentist (even before their first teeth come through) and help them grow a healthy smile. NHS dentistry is free for children. **Find a local dentist at www.nhs.uk**



Eating as a family

Have your baby eating with the family as early as possible. Sitting your baby in a high chair at the table means that you can smile and talk to them whilst they eat, this will help them to feel included!

Babies and young children are especially vulnerable to the bacteria that can cause food poisoning. Following a few simple tips will help to protect them from germs.

- Always wash your hands and keep surfaces clean before preparing food. Clean your child's hands before feeding.
- Keep chopping boards and utensils thoroughly clean.
- Keep cooked and raw meats covered and away from each other and from other foods in the fridge.
- Cook all food thoroughly and cool it to a lukewarm temperature before giving it to your baby.
- When reheating food, make sure it's piping hot all the way through and then let it cool down before giving it to your child.
- If you are using a microwave, always stir and check the temperature before feeding it to your child.
- Don't reheat cooked food more than once to prevent food poisoning.
- Don't save and reuse foods that your child has half eaten.



Dealing with illness

All children get ill from time to time; most infections pass quickly and leave children better able to resist them in the future.

It can be difficult to know if your baby is seriously ill, trust your instincts, you know better than anyone what your baby is usually like.

When it's urgent, it is very difficult to describe when to call an ambulance and/or go to the accident and emergency department (A&E), but you could use the following as a guide.

You should call an ambulance for your child if they:

- stop breathing
- are struggling for breath
- are unconscious or seem unaware of what is going on
- will not wake up
- have a fit for the first time, even if they seem to recover.

You should take your child to A&E if they:

- have a fever and are persistently lethargic despite having paracetamol or ibuprofen
- are having difficulty breathing
- have severe abdominal pain

- have a cut that will not stop bleeding or is gaping open
- have a leg or arm injury and cannot use the limb
- have ingested a poison or tablets

What you need in your first aid box?

- Age appropriate painkiller, such as paracetamol or ibuprofen, which can be used for headaches and fevers. You will also need a no-needle dosing syringe. ALWAYS follow the dosage instructions on the label.
- Baby thermometer, there are different sorts so read the instructions carefully.
- Pair of scissors for cutting clothes, plasters and tape down to size.
- Tweezers to remove thorns and splinters
- Ice packs or gel packs can be kept in the fridge and applied to bumps and bruises to relieve swelling.
- Saline solution and an eye bath. This is useful for washing specks of dust or foreign bodies out of sore eyes.

If you're worried about your child and aren't sure if they need medical help, call NHS 111.



Play Talk Read at Sandwell Libraries

Play Talk Read are fun, interactive craft and story sessions designed for families with children under 5.

Everyone is welcome!

Sessions consist of a range of storytelling, songs, rhymes and crafts and include ideas to take home and try again.

Scan the QR code to find your nearest session.



Learning to talk...

Babies need you to talk to them

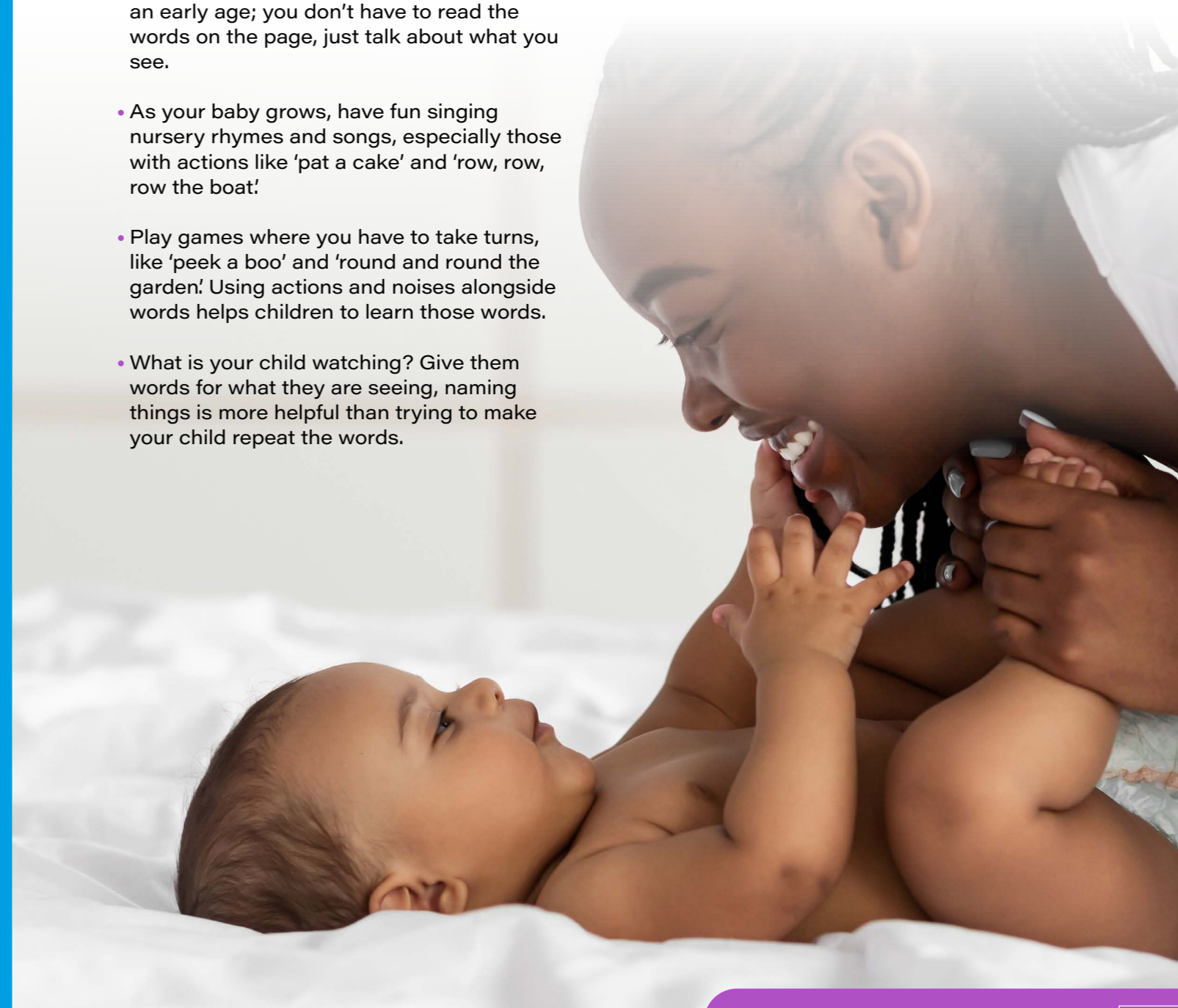
They will look back at you and very soon begin to understand how conversations work. Even copying and making 'baby' noises will teach your baby useful lessons about listening, the importance of words and taking turns in conversations.

Helpful tips

- From the day they are born you can make faces and noises, talk about what is going on e.g. 'are you hungry now?'
- Start looking at books with your baby from an early age; you don't have to read the words on the page, just talk about what you see.
- As your baby grows, have fun singing nursery rhymes and songs, especially those with actions like 'pat a cake' and 'row, row, row the boat!'
- Play games where you have to take turns, like 'peek a boo' and 'round and round the garden.' Using actions and noises alongside words helps children to learn those words.
- What is your child watching? Give them words for what they are seeing, naming things is more helpful than trying to make your child repeat the words.

Bilingual children

Lots of children grow up in a family where more than one language is spoken. Speaking more than one language is an advantage to children in their learning, and knowing their home language will support the development of English. The important thing is to talk to your child in whichever language feels comfortable to you. Children adapt to this very well.



Development STAGES

All babies are different and will develop at their own pace in their own way.

Here's a quick guide on what to expect your baby to learn within their first year.



By three months...

By three months, most babies can:

- Raise their head and chest when lying on their stomach
- Keep their head in the middle when lying on their back
- Smile - responding to your smiles
- Grip objects in their hands



By six months...

By six months, most babies:

- are learning to roll both ways
- can support their weight on their legs (when held)
- are beginning to develop some mobility on their tummy
- can laugh



By nine months...

By nine months, most babies can:

- sit unsupported and play with toys
- start to crawl or move around by bottom shuffling
- clap and play games such as 'pat a cake' and 'peekaboo'



By twelve months...

By twelve months, most babies can:

- get from sitting to lying on their tummy or to crawling
- walk holding on to furniture (and may stand and walk independently)
- Say one or two words such as mama, dada etc
- Point at objects to get your attention

If you have any concerns with regards to your baby's development please speak to your Health Visitor on **0121 612 5021**.

Tummy Time

Tummy time should start soon after birth as part of a pleasurable daily routine. You might begin with 1 – 2 minutes a few times a day, over time; you can gradually build up to 15 – 30 minutes a few times a day.

You might start by laying your baby across your lap on their tummy, as your baby grows stronger, you can put them on a rug on the floor to play. If your baby becomes sleepy during tummy time, put them on their back to sleep.

As your baby gains more control of their head and arms, give them a ball to play with, rolling it back and forth from you to them.

As they start to move around more, clear away any objects that may be dangerous and introduce new toys and games. Tummy time means giving your baby time on their stomach while they're awake and you're there with them. Tummy time is important for your baby's development.



Sandwell **Family Hubs**
Helping Families Thrive



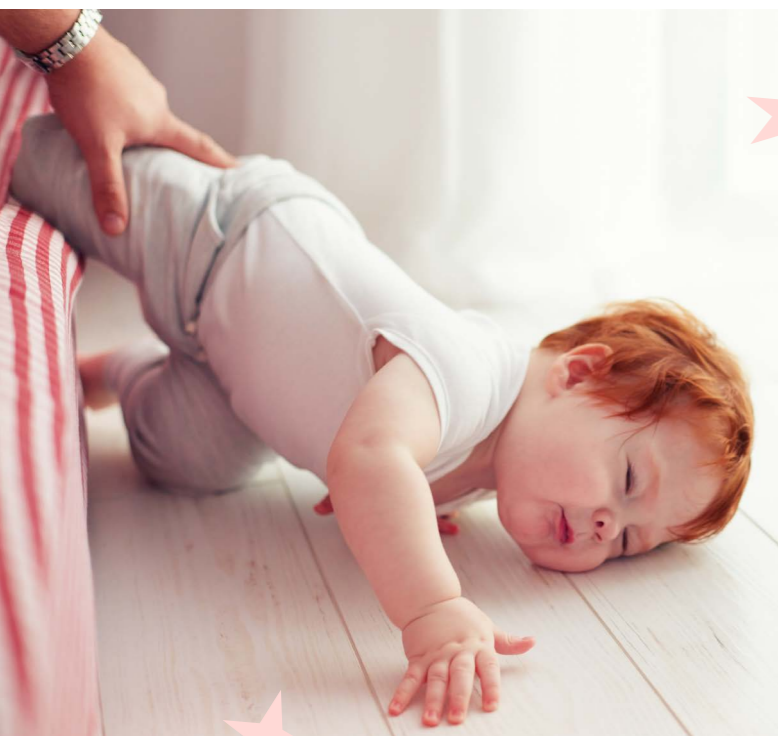
Sandwell Family Hubs have many sessions available for you and your baby

www.sandwellfamilyhubs.com



Keeping your baby SAFE!

Despite your best efforts, childhood accidents can sometimes happen. Here's some tips to try and avoid them and to help keep your little one as safe as possible.



Falls

Babies soon learn to wriggle and kick, and it's not long before they can roll over, which means that they can roll off things. Don't leave your baby unattended on a bed, sofa or changing table - even for a second - as they could roll off. Fit safety gates to stop them climbing stairs and falling down them and remove cot toys and cot bumpers as a baby can use them to climb on and may fall out of the cot.

Burns and scalds

A baby's skin is much thinner than an adult's and will burn much more easily. This means taking extra care at bath time. Also, remember that babies will grab at brightly coloured objects, like mugs.

Fit a fireguard to all fires and heaters, guards can prevent falling or reaching into fires. Also keep hair straighteners away from children and place them in a safe place to cool down.



Medicines & chemicals

Keep household cleaning products, washing tablets, liquitabs and small batteries out of the sight of children, preferably in a high, lockable cupboard. Other items that should not be left lying around include e-cigarettes, liquid refills, plug-in air fresheners and sachets of air fresheners.



Choking or suffocating

Always cut up your baby's food, they can choke on something as small as a grape. Don't use pillows or duvets with babies under one as they can suffocate if their face gets covered, they will not be able to push the duvet away. Make sure cot toys have very short ribbons and remove them when your baby goes to sleep. Tie up cords; don't place a child's cot, bed, highchair, playpen or items of furniture near a window blind. Nappy sacks should be moved away from babies to avoid the danger of suffocation and choking.



Car Seats

By law, all under-fives must always ride in proper baby or child car seats when travelling by car - even on short local journeys. Always use a baby or child car seat that is right for your child's height and weight and make sure the seat is fitted properly in the car and your baby or toddler is securely strapped in. Never leave your baby alone in the car. It can get very hot in summer. Also, they may play with window and door switches and the cigarette lighter. It's especially dangerous if you have left the keys in the ignition.



Drowning

Babies can drown in as little as 5cm (2 inches) of water, stay with your baby all the time they are in the bath - never leave them even for a moment, even if there is an older brother or sister in the bath with them. If you use a bath seat, remember that it's not a safety device. You will still need to stay with your baby all the time.



Planning Childcare

You may have decided that you're going to spend some time at home with your baby, or you may be planning to return to work, either full time or part time, fairly soon after the birth.

If you plan to go back to work, start thinking in advance about who will look after your baby.

It's not always easy to find satisfactory childcare arrangements and it may take you some time.

Contact Family Information Service at your local authority for a list of registered childminders and nurseries in your area.

For further information visit fis.sandwell.gov.uk or the GOV.UK website has more information on help paying for childcare.



Signposting

Baby Clinics:

www.swbh.nhs.uk/services/health-visiting

Black Country Women's Aid:

0121 552 6448

Breast Feeding Network:

07505 775 357

Changes:

www.bookwhen.com/book4changes



Family_HubsTeam@sandwell.gov.uk
www.sandwellfamilyhubs.com

Family Information Service:

fis.sandwell.gov.uk

Healthy Sandwell:

0800 011 4656 or 0121 569 5100
text GETHEALTHY to 87007
LS@nhs.net

Sandwell Infant Feeding Team:

07816 061 633

Inclusion Support Early Years:

0121 569 2860 / 0121 569 2859

Lullaby Trust:

Bereavement support
0808 802 6868
Information & advice
0808 802 6869
www.lullabytrust.org.uk

National Breastfeeding Help Line:

0300 100 0212

Twins and Multiple Births Association (Tamba):

www.tamba.org.uk

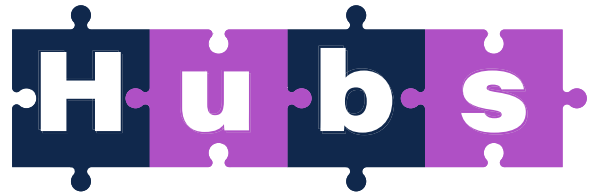
Lifestyle Support:



We find the support you need

www.healthysandwell.co.uk





Your local Family Hub...



Rowley Regis Family Hub

Dudley Road, Rowley Regis. B65 8JY
 0121 559 9916



Oldbury Family Hub

Tividale Street, Tividale, DY4 7SD
 0121 557 0740



Tipton Family Hub

24 Ridgeway Road, Tipton, DY4 0TB
 0121 522 5150



Smethwick Family Hub

Corbett Street, Smethwick, B66 3PX
 0121 555 6756



West Bromwich Central Family Hub

Wattle Road, West Bromwich, B70 9EZ - 0121 500 4011



West Bromwich North Family Hub

Connor Road, West Bromwich, B71 3DJ - 0121 588 5431