

QUICK HEALTH CHECK FOR YOUR KIDS

There are lots of services available to help kids. Sometimes when life is difficult there doesn't seem time to take your kids along to the local health service. Have a talk about your kids' health and nutrition and see if there are any action plans that you need to develop.

Checking on your baby or child's development

There are some good indicators of development called milestones. It is often worth taking a bit of time to check on your baby or child's development and to make sure that they are meeting their major developmental tasks.

Don't panic if your child or baby seems a bit behind in one area: children do tend to develop at different rates and while one baby may walk at 11 months another may wait till 13 months.

Sometimes we have unrealistic expectations about our children and believe that they are able to do things that are really just a bit beyond them. Discuss with your PuP therapist what you think your baby or child can do and check this with a developmental chart to see if you and your child are on track.

Do you have a baby?

Did you know that holding your baby and smiling at him helps his brain develop? You can't spoil your baby with love; he needs lots of it from you and from all of his family.

Singing songs to your baby and having fun is another great way of letting your baby know you love him. Have you sung to your baby in the last day or so?

Has your baby been immunised?

There are lots of important reasons why your baby should be immunised. Talk to your PuP therapist about how to get in touch with the health service to discuss this in more detail.

Language development

Even though children won't begin to make real words for a while (about a year for many children) all of the foundations for language are being laid down in the first year.

You can help this enormously by chatting to your baby. Point out things to him and tell him what you are doing. Include him by smiling at him and enjoying his sounds..... Baby BABBLE is very important.

Letting babies cry

Should you let your young baby cry? This is an important question that parents often ask and the answer is **probably not!**

If your baby is crying she is trying to communicate with you. Do you find that piercing cry really difficult to listen to? You should! It is Nature's way of making sure babies are attended to....

Have you done all of the things you think your baby may need - feed, change nappy, made sure she is not too hot and not too cold, and your baby is still crying!

This is one of the most difficult moments for parents of little babies... It can feel unbearable.

Holding and rocking your baby while they are crying is one option.

Putting them in the pram all warm and comfy and going for a walk can often help.

If you feel that you can't do either and you are so overwhelmed that you are scared you may harm your baby then:

Put your baby in their pram or cot safely

This is the time when it is OK to close the door for 10 minutes or so

Don't leave it too long!

Call someone - a friend, a relative or even a help line

Try to calm down... take some slow deep breaths

Remember - you are not the first person to feel overwhelmed

Talking to someone really soon is the best thing you can do!

This happens to many parents - it is much more common than people ever realise. Some days life can feel overwhelming - the bills come in, you have an argument with your mum and you get up four times during the night to the children.... All of this and more means that a crying baby can be very difficult to manage.

BUT if this is happening several times a day to YOU then you need some help - please talk to someone very soon - there are lots of things that can be done to help people in this situation - BUT **YOU NEED TO ASK FOR HELP.**

Gentle songs for little babies

Did you know that every culture has a tradition of singing lullabies to babies? Your voice is one of the most important signals of safety for your baby.

Do you know any lullabies? You can look on YouTube and other sites for some sweet songs. Sing them when there is no else around but you and your baby. She will not judge your singing.