

Welcome to today's OHbaby! Coffee Catchup with Dorothy Waide

1. The 4th Trimester - (babies under 12 weeks)

- Nurturing, holding, drawing baby close
- There is no right or wrong way of caring for a baby, but there are harder and easier ways
- It is not a negative sleep cue to hold a baby or feed a baby before going to bed, however there are ways of doing this so they don't become an issue.
- Settling movements in arms need to be small and manageable, as large movements are the hardest habit to break
- Babies need two nutrients – FOOD and SLEEP.
- ROUTINE
 - Wake, feed, cuddle, (top up), sleep
 - Wake time for 0-6 weeks: 45 mins – 1 hour
 - Wake time for 6-12 weeks: 1 hour to 1.5 hours
 - Naps – minimum 1.5 hours. Resettle if wake before, or start next wake cycle
- TACT - Time, Acceptance, Consistency and Tact.
- Life isn't predictable - 100% consistency is impossible. 80% consistency it perfectly okay.
- Swaddling
 - Pros and cons
 - Types of swaddles
 - Important to keep lower part of body free
 - Transitioning from swaddle to sleeping bag
- Tools to help settle a baby
 - Engulf Hold
 - Cupping and patting
 - Shushing
- Dorothy's favourite expressions
 - *Dump and run*
 - *Don't hover like a helicopter*
 - *Fussiness causes irritability*
 - *Don't start anything in arms that you cannot finish in the cot*

NOTES:

2. Nurturing within boundaries – (babies over 12 weeks)

- Supporting baby to self-settle and re-settle. Self-settling is falling asleep, re-settling is about staying asleep.
- Adults do things to help them fall asleep; crying is what a baby does.
- Self-settling does NOT involve leaving your baby to cry it out alone to finally fall asleep due to stress and exhaustion.
- TIPS ON SETTLING
 - Work within your, and your baby's, comfort zone. Push the boundaries but take small steps.
 - Changes to routine usually take a 10-day time frame
 - Remember the first three to four days will always be the hardest when making changes
 - Always try and settle in baby in their cot. It's harder to resettle her if you take her out of the cot, but sometimes that must be done
 - When comforting don't talk or give eye contact – both of these stimulate. Instead, you can use the shush noise and let your body talk to her. Also try and stand to the middle or bottom end of her body when comforting.
 - It takes 20 minutes for a baby to fall asleep. A going to sleep cry is off and on
- Sleep is a learned behaviour
- Consistency is key
 - Transitioning naps
- Cat naps
- Sleep props and dummies
- Sleep regression
- Waking up the room
- Night waking

NOTES:

3. Feeding and Burping

- Breastfeeding – takes a minimum of six weeks to establish
- No correct way to hold a baby - learn what works for you. Madonna hold and rugby hold.
- Village for support
- Golden rule: if they're not sucking, they're not feeding.
- No time frames for how long they'll feed.
- Burping – some babies more difficult than others.
 - Over the knees tummy down
 - Over the knees facing upwards
 - Tongue position
 - On the shoulder
 - On the change table
- Colic and reflux
 - Mother's diet
 - Feeding holds
 - Sleeping positions
 - Winding products
 - Getting the help you need – don't take no for an answer

NOTES:

4. Dream Feeds

- Pros and cons
- Different from night feeds, parent led not baby led
- Between 10PM and midnight

NOTES:

5. Looking after yourself

- Fuel your body with good wholesome food
- Rest as much as possible
- Pay attention to your feelings
- Ask for help
- Tips for visitors
- Nipple care
- Enhancing milk production:
 - What goes in your mouth goes in your milk
 - Natal vitamins – protein snacks and shakes, Mother's tea, fenugreek, Omega 3's.
 - Pro-biotics

NOTES:

6. Alternative therapies and support

- Osteopathy, chiropractic therapy, acupuncture, naturopathic medicine

NOTES:

7. Teething

- Alternative remedies and recommended products
- Pamol and Nurofen
- Painful and increased trouble at night

NOTES:

8. Solids and Formula

- Introduce between 4-6 months - milk first, solids second.
- Baby weight and signs of readiness
- Solids and sleep – food may not be the issue
- After 8 months, solids first
- Types of supplementary formula

NOTES:

Extended notes and video tutorials are available on Dorothy's website for a small fee. You can also contact Dorothy directly about her consultancy services.

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Please remember that Dorothy is NOT a licensed medical practitioner and the information she shares with you has come from her vast experience working with numerous families, babies and toddlers.



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