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# Bump, Baby and Beyond

Your Growing Baby



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## Your growing baby

The period from one month to one year will be an amazing time for you and your baby. He will grow from a tiny bundle into a little person. At one year old he will be moving around and may be walking. Even though words will still be few and far between, he will be communicating with you. Your baby's brain is growing very fast. The experiences he has and the way you respond to him will shape the way his brain and emotional system develop. Find out how to understand your baby's world and what he needs from you.

**Your growing baby at a glance**  
 Your baby's brain is growing very fast at this time. Give him lots of love, smiles, time to play games, talk and sing together and new things to learn about the world around him.

### Looking after yourself

If you feel very isolated, low or tearful and it doesn't get better after a few days, talk to your health visitor or GP. You may have postnatal depression. It is common and can be treated but do ask for help.

Remind yourself of the 'Five Ways to Wellbeing' and try do at least one each day.

### Your baby's health

Breastfeeding will help to keep your baby well. He needs only breast or formula milk, until six months.

Take your baby to be immunised. The first jab is when he is two months old.

Talk to your health visitor if you have any concerns.

### Illnesses

Mild illnesses such as coughs and colds are common.

Contact your GP if you feel something isn't right, or doesn't get better.

Make sure you know the signs of two very serious illnesses – meningitis and septicaemia\* – get medical help immediately for these.

For more information visit [www.meningitisnow.org](http://www.meningitisnow.org)

### Safety

Make sure your home is as safe as possible for your baby.

Always use a high factor sun cream or sun block and stay out of midday sun.

Use a car seat when travelling by car and a cycle helmet if you go on a bike ride.

Never leave your baby alone around water, even for a minute.

### Your baby's food

At around six months your baby may be ready to try some solid food.

Never add any salt or sugar to your baby's bottle or food.

Be patient and try to make food time fun when your baby is trying new tastes.

### Your baby's teeth

Look after your baby's teeth. Don't give him sugary and sweet things to eat and brush your baby's teeth as soon as his first tooth appears.



## Your baby's development

AS your baby develops it is important that he is immunised and checked regularly to ensure that he is kept safe and well as he develops.



MONTHS	1	2	3	4	5	6	7
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### Immunisations

(Immunisations and health visitor appointments at 2, 3 and 4 months)

### Health visitor appointment

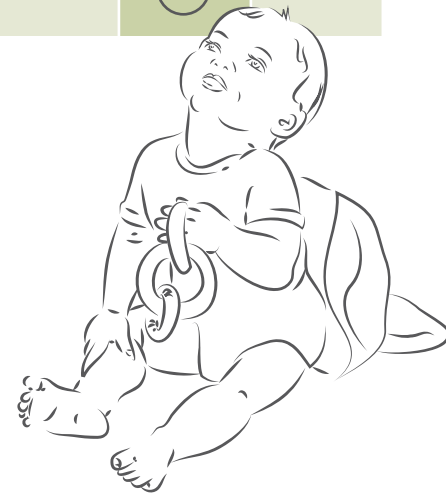
(around 6 months)

This aims to help you keep your baby safe, now he is moving around.

### Health review

(6 – 8 weeks)

You will be offered a physical examination of your baby when he is six to eight weeks old. This will include a physical check, weighing and measuring your baby and a postnatal check for mum, including assessment for postnatal depression. Your GP or health visitor can answer any questions you may have about feeding or caring for your baby and immunisations.



Your health visitor will work with you to make sure you have the support you need to help you care for your baby during this important time.



8	9	10	11	12	13	14	15
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### Health review

(around 15 months)

Your health visitor will offer another health check, this will be similar to the check he gets at six to eight weeks and will help your health visitor make sure he is developing well.

### Bookstart Pack

(around 9 months)

You will be given the 'Bookstart Pack' for babies to help you get into the habit of reading to your baby.

### Immunisations

(12 months)





# Your baby's immunisations

## Immunisation is the safest and most effective way of protecting your baby against some serious diseases. Your baby will be offered his first immunisations when he is two months old.

### Your immunisation appointment

You will be sent an appointment letter telling you when it's time to bring your baby in for his immunisations. The nurse or GP will explain the process, ask if your baby is well and ask if he is on any medications. The nurse or GP will answer any questions you have.

Some babies are also offered BCG or extra Hepatitis B vaccines. Extra doses of Hepatitis B vaccine are given to babies whose mothers are Hepatitis B positive.

### Immunisation and premature babies

Premature babies can be at greater risk of getting an infection. They should start getting their immunisations from two months after birth, as advised by a health professional.

For information about which vaccinations your baby will be offered and when, please visit [phw.nhs.wales/topics/immunisation-and-vaccines/vaccination-information1/](http://phw.nhs.wales/topics/immunisation-and-vaccines/vaccination-information1/)

If you have any concerns regarding your baby's immunisation speak to your GP or health visitor.

## Your questions:

### What is immunisation?

Immunisation protects us from serious diseases. Once we have been immunised our bodies are better at fighting diseases that we come into contact with.

### Are there any side effects?

Most babies are fine after their immunisations, but some have mild side effects like redness and swelling where they have had the injection, or may seem unsettled. They may also have a fever, particularly after their MenB immunisations at two and four months. Give the baby infant paracetamol at the time of these injections to treat or prevent this. A total

of three doses should be given with a syringe or 2.5mls spoon at 4 - 6 hourly intervals, please read the instructions on the bottle carefully.

After the oral rotavirus vaccine, some babies can get diarrhoea. In very rare cases the vaccine can cause stomach pain, vomiting, and the baby may pass a red jelly substance, usually within a week of vaccination. If you are worried speak to a health professional.

### My baby is ill. Should I still get him immunised?

You don't need to postpone an immunisation appointment unless your baby has a fever, is being sick, or has diarrhoea. Speak to your nurse or health visitor if you aren't sure.





## What you can expect at 1-2 months

Now that your baby is a month old, your life together may have started to settle into some kind of pattern. It's still too early to expect to be in a routine, this will start to happen over the coming weeks and months.

Even at this early stage, there are many things you can do to help him develop. Talk to your baby and sing to him as much as possible. Read to him, tell him stories and nursery rhymes and describe what you are doing as you go about your day. Ensure you have quiet time with your baby and give him time to respond to you. This early communication is critical to his speech and language development and he'll love hearing the sound of your voice.

### At 1-2 months your baby may be able to:

- Reach for you when he needs attention, security or comfort
- Stretch and kick more strongly as the weeks go by
- Smile on purpose, blow bubbles and coo when you talk and play together. Newborn babies are sensitive to the way you hold, rock and feed them
- Mimic your facial expressions. Try sticking your tongue out or making funny faces and see if he copies you
- Respond to the sound of your voice
- Respond to loud noises by blinking, startling, frowning, or waking up
- Move his limbs more, or slow down his sucking rhythm when he hears familiar household noises like footsteps or running bath water
- Begin to face straight ahead while lying on his back and lift his head while lying on his tummy



## What you can expect at 3-4 months

Your baby will have come a long way in his first three months. Many mums and dads say this is a very enjoyable time for them. You will be more confident and your baby will be more sociable.

You will have learned enough about your baby's personality to understand what he wants most of the time.

Your baby will be able to recognise familiar faces. He will be able to turn towards your voice when he hears you and he will be excited by familiar sounds. He will be able to make more sounds and will love to hear his own voice. He will laugh when he interacts with people.

Your baby will learn to take turns when you play peek-a-boo. Copy his sounds back to him and wait and see what happens. Your full attention is the best gift you can offer your baby.

Around now is a good time to think about an evening routine. If you follow a similar pattern each night, your baby will start to show excitement as he knows what to expect. He will know that after his bath he will get a feed and a story before going to bed. Some babies even start to sleep through the night at this point, but most don't!

### At 3-4 months your baby may be able to:

- Keep his head up almost straight when he's in a sitting position (make sure he's supported) and his back is straighter than before
- Open his fingers and bring his hands together

- Wave and kick more forcefully. Make sure there's nothing dangerous for him to kick over, like hot drinks
- Wriggle. Take care, because there's a risk he could wriggle out of your arms, off the bed, or other high places
- Start to look towards your voice when you speak to him. Try having 'quiet time' by putting the TV and radio off. This will help your baby hear your voice clearly and can help him with talking and language
- 'Stand' on your lap with your help and later may be starting to take some of his own weight with some support
- Support his head and chest with his arms when lying on his stomach
- Open and shut his hands and start to use his hands and eyes to coordinate
- Begin to babble and imitate some sounds and enjoy playing with other people

### Playing with your baby at 3-4 months

This is when parents can really get to know their baby. The first year is when your baby's brain develops quickly. It's very important to talk, play and to read to him as much as possible. Although he doesn't understand what you're saying, he can hear the patterns of your speech and is learning how to communicate. It's important to have 'face-to-face' time with your baby to help these skills develop.

### Get your baby talking

You can help your baby learn how to communicate by talking to him and responding to his noises. This will help him develop good relationships, do better at school and be a confident, happy child.

**Further information**  
[www.wordsforlife.org.uk/baby](http://www.wordsforlife.org.uk/baby)

### Get your baby reading

- It's never too early to start. Your baby has been listening to your voice since before he was born
- Make it part of your routine. Books, songs and rhymes can easily become part of your day. Why not share a rhyme with your baby during changing or feeding times?
- Talk to your baby about the story. Point things out and really give him a good chance to look at the book. Talk about the pictures and how the characters are feeling
- It's fun to make noises to match the pictures. For example, 'quack' when you see a duck
- Point out things that you and your baby might have seen. For example, you might want to say, 'Look, there's a picture of a dog – we saw a dog on our walk today'
- Don't worry about sounding silly. Babies love to hear different voices and sounds

- As your baby gets older, leave books where he can reach them. Don't worry if he chews them!
- Keep a book handy in your bag when you are out and about. This will keep your baby amused while waiting for appointments, on a journey, or in a queue
- Cuddle up with your baby and read

'Bookstart' gives free book packs to every child in Wales at nine-months and two-years-old to inspire a love of reading. Ask your health visitor or at your local library for more information.

**Further information**  
[www.booktrust.org.uk/what-we-do/programmes-and-campaigns/bookstart/](http://www.booktrust.org.uk/what-we-do/programmes-and-campaigns/bookstart/)

### Play ideas

From about three months, your baby will be able to hold things. He will soon start to develop 'hand-eye coordination'. That means he will be able to hold something like a rattle and look at it too.

Here are some ideas to help you play with your baby. Remember to turn off the television so your baby can concentrate.

- Encourage him to play on the floor and spend time on his tummy
- Sing songs and see if he joins in with his own baby noises
- Experiment with different noises and see which he likes best
- Dangle an object in front of his face. From about eight weeks, you should see him follow it with his eyes
- Read, sing and tell him stories. Enjoy 'rhyme time' together, or look for local parent and baby groups with sing-along sessions

**Further information**  
 For ideas on play activities or things you can do in your local area, see  
[www.parentclub.scot/articles/play-talk-read](http://www.parentclub.scot/articles/play-talk-read)





## What you can expect at 5-6 months

By the time your baby is five or six months old, you will have a good understanding of his needs. You will know the signs that he is tired, hungry, or wants attention. You may be in a routine and be able to tell when he needs feeding, or a sleep.

Many babies will be sleeping through the night by now. Some nights he will still wake up, maybe because he is hungry, has a dirty nappy, or is feeling unwell. When he cries, it will be his way of telling you that something is not right.

Your baby will be smiling and laughing now when you play with him. He will show you that he is annoyed or angry by squeaking or screaming, rather than by tearful crying.

He will be more sociable and will enjoy watching other children and want to join in. He will also love your attention and will be learning how to get more of it by waving his arms or making a noise.

At six months your baby will be ready to start having 'solid' food, as well as his regular breast or formula milk.

### At 5-6 months your baby may be able to:

- Hold his arms out to be lifted
- Roll over from his front to his back and sometimes from his back to his front
- Sit up with support in the pram, or on the sofa with cushions around him. Don't leave him alone like this because he could fall
- Enjoy bouncing in a standing position on your lap
- Grab small toys and objects that you put in front of him
- Drop things and let them fall. If he can't see things he's dropped, he'll forget them quickly. He won't realise he can look for things and find them again
- Know that if he shakes a rattle it makes a noise
- Use his mouth to explore things, or put things in his mouth. Make sure you remove items that could be poisonous or could cause him to choke

### Breastfeeding after going back to work

Speak to your employer about your choice to continue breastfeeding. If your childcare is close to work you could try arranging your breaks so you can pop out to feed your baby.

You can provide expressed milk for your nursery or childminder to use. You may need to express milk at work, refrigerate it and then transport it in a sterilised container in a cool bag. Your employer has a duty to provide a room or space where you can express milk and a fridge where you can store it.

If you express milk during the day when you're at work, you will still be able to breastfeed in the evening and at weekends when you and your baby are at home together. Your body will soon adjust.

From six months, your baby can have expressed breast milk from a cup, so there's no need to introduce him to a bottle.

**Remember!**  
If you're entitled to Healthy Start vouchers, you can get free vitamins for your baby.

**Further information**  
[www.maternityaction.org.uk](http://www.maternityaction.org.uk)



**What you can expect at 7-8 months**  
 You and your baby will have got to know each other well by now. He will be a real person who can easily let you know what he likes and dislikes. You will be starting to understand what type of child he will grow into. Your baby will behave differently depending on what is going on.

Some babies get quite cranky because they start to realise what they can and can't do. Your baby may really want to reach a toy on the other side of the room and get frustrated that he can't crawl yet.

At around 7-8 months, some babies start to get shy with strangers. For some babies this only lasts for a short time, for others it can be longer.

Your baby can get upset if you or your partner leaves the room. He doesn't yet understand that you're still in the house, so call out to him to let him know you're around.

Enjoy spending time with your baby and playing and singing with him. He may clap his hands and copy you.

**At 7-8 months your baby may be able to:**

- Sit up without help for a few minutes
- Move across the floor by sliding, shuffling or rolling
- Hold and drink from a cup with a spout
- Look at where sounds are coming from quite accurately
- React to familiar people around him and repeat an act if you praise him
- Babble and respond to you with noise
- Get upset if you take a toy away from him. He will probably also cry if you leave him for too long
- Get 'clingy' with you and his regular carers
- Roll over
- Move things from one hand to the other
- Support his whole weight on his legs when he is held upright
- Respond to his own name when you call it
- Explore objects with his hands and mouth
- Enjoy playing peek-a-boo
- Be interested in mirrors

**A health visitor's view:**

"If your baby becomes clingy at this stage, such as he gets upset if you leave the room, or is shy around strangers don't worry. It's part of normal development, your baby feels safe and secure with you and doesn't know you will come back when you leave. He will learn this over time. Your baby not liking you leaving is a good sign that he feels a deep and safe connection with you. If you are planning to go back to work this can be a worry, will your baby be upset all day at nursery? Take your time choosing childcare that feels right for you and your family and make sure you have plenty of getting to know you sessions."

Angela, Aneurin Bevan Health Board



## What you can expect at 9-10 months

By 10 months most babies are crawling or nearly crawling. Some can also move around the furniture and pull themselves up to a standing position if furniture is the right height.

Your baby may want to stick very close to your lap. He may still be a bit clingy at this stage if he is with new people. Your baby may also be getting more independent and able to make his feelings felt. For example, he may refuse to cooperate by stiffening his body as you try to dress him. He will also begin to use lots more gestures, including clapping and waving.

Talk to him about the things you do together. Make your voice tuneful and he will listen. Give your baby quiet time every day. You will notice that he practises with speech sounds when he is on his own.

Introducing your baby to different foods early on can help him to enjoy a variety of tastes and textures and make him less likely to be a picky eater later on. It might also help him to make healthier eating choices. From now on, your baby will gradually start fitting in with your family eating patterns – eating breakfast, lunch, tea and maybe a couple of snacks in between.

If your baby is eating less than usual, this is fine as long as he is happy and healthy and continues to grow. It's normal for your baby's appetite to change from day to day.

### At 9–10 months your baby may be able to:

- Turn and stretch to grab a toy without falling over
- Use his finger to point at small objects.
- Babble with recognisable sounds such as 'mama' and 'dada' and copy noises that you make
- Understand some phrases like 'no', 'bye-bye' and 'dinner', especially when they are part of a familiar routine. For example, he'll understand 'bath time' when he's in the bath
- Clap and wave
- Copy things you do to make the same thing happen. Show him how to ring a bell and he'll shake it to make the same noise
- Understand that things are still there even if he can't see them. He will be able to watch while you hide a toy under a cloth and find it again by removing the cloth

### Playing with your baby at 9–10 months

Your baby will be very interested in toys that have sound and movement. He will be able to use his fingers and hands to open little doors, or to push things along. Show your baby what to do and he will copy you. Try to limit the amount of time he spends in baby bouncers and other types of seats. Where possible, let him safely play on the floor.

### Have fun!

Playing with your baby is great fun for him and for you. It's a useful way to see how he is developing too.

Watch how your baby starts games. Your baby will enjoy handing things to you and then taking them back. He might start dropping things on to the floor from his high chair just so that you will pick them up. He will do it again and again! Check that toys and other things you give your baby to play with are safe and can't be swallowed or cause him to choke.

Your baby will love songs and rhymes. Sing him the rhymes you remember from your childhood. Ask your parents, or your brothers or sisters, what they remember too.

Your health visitor can help you with ideas for games if you don't know any. Switch off the television to get rid of background noise when you're playing or reading to your child.

### Further information

For ideas on play activities or things you can do in your local area, see

[www.parentclub.scot/articles/play-talk-read](http://www.parentclub.scot/articles/play-talk-read)  
or [www.wordsforlife.org.uk/songs](http://www.wordsforlife.org.uk/songs)



### Dummies

Some parents don't give their baby a dummy, but if you do make sure you do not let your baby use it for long periods. If your baby is using a dummy after he is one year old it can delay his speech and language development, cause dental problems and increase his risk of ear infections.

Always make sure that your baby's dummy is removed before you talk to each other. The earlier you wean your baby off the dummy, the easier it will be, this is why giving your baby a dummy is not encouraged past the age of 9 months.

### How to wean your baby off a dummy

Replace the comfort: Many babies use a dummy to comfort them, especially when they are tired, upset or unwell. Replace this need with another comforting object such as a soft blanket or teddy bear to cuddle.

### Top Tips:

- Choose your timing. A period of change or stress for you or your baby might not be a good time to give up the dummy
- Begin by restricting the dummy to certain times and places, like bedtime. This will give your baby time to get used to being without the dummy
- Once your baby is coping for periods of time without the dummy, set a time and date and then remove the dummy completely
- Make sure you get rid of every dummy so you are not tempted to give your baby the 'emergency' dummy
- Don't turn back! Expect some protests initially, but stay strong and it will be worth it in the end

If you have any worries about your baby at this stage, your health visitor can check your child's health and development.



## What you can expect at 11-12 months

Think about how far you've come as parents and how well you've done. It will not have been easy!

Your baby will have changed a lot in one year. He will be able to do things he couldn't do before. He will be able to communicate with you and move around. He will definitely have a mind of his own and he'll be showing signs of wanting to make his own decisions and he won't always agree with you.

However, in lots of ways your baby will want to please you and keep you happy. You might find that your baby will hold his arms out for his jacket or wave 'goodbye' if you ask him to and he may be able to point to familiar things.

### At 11-12 months your baby may be able to:

- Understand simple phrases like 'do you want a drink?'
- Follow simple directions with familiar objects, like 'bring me teddy'
- Recognise people he knows
- Show affection with kisses and cuddles
- Point at objects so that you can say things like, 'yes, that's a cup'
- Push, throw and knock down everything in sight and give toys to others
- Use gestures like pointing and waving and understand more of what you are saying
- Move around. Some children learn to crawl, while others move around on their tummies or their bottoms. Others will roll to wherever they want to go
- Walk around, but don't worry if your baby hasn't done this yet. It happens any time between eight and 20 months

## Health and wellbeing

Your own health and happiness are very important. If you are not feeling well it is hard to give your baby everything he needs.

Make sure you are eating a healthy balanced diet. Now that your baby is a little bit older, try and find some time to make some more positive changes to what you eat if you need to.

Take your baby out for walks. Talk to him about what you see while you are out. He will be taking it all in.

Now is a great time to make new friends. There are lots of groups for mums and babies and it's great to get out and share your experiences with other mums.

Take a bit of time to relax and switch off. Make time for your favourite things, like listening to some music, reading a magazine, going for a swim, or watching an episode of your favourite television programme.

### A mum's view:

"It's easy to forget about the things you used to enjoy doing before you had a baby. I found that just having an hour or two to myself whilst someone looked after Eva made a huge difference."

Katrina from Cardiff



## Postnatal depression

IS more common than you might think. It affects 10 to 20% of new mums and is common in dads too.

It can happen days, weeks, or even months after the birth of your baby. Help is at hand and you are not alone. With the right support and treatment, you will be able to make a full recovery.

### Symptoms of postnatal depression

A person with postnatal depression will usually experience a lot of difficult feelings such as: loneliness, guilt, worry, getting angry and frustrated, feeling tearful and crying a lot and feeling exhausted. It can affect their appetite, sleep patterns, sex drive and concentration. For some people, these feelings can be quite mild, but for others they are overwhelming.

If you have postnatal depression, you may feel worried and negative about the future, or overly concerned about your baby's health.

### Feeling lonely

It is common to feel lonely after the birth of your baby, especially if you've given up work, or can't go out shopping or on nights out with your friends. If you don't have a partner or close friends and family around you on a regular basis, then it's especially tough.

### Feeling guilty

You might feel that everybody expects you to be delighted when your new baby is born, but often this just isn't the case. If you don't bond with your baby straight away you might feel guilty too. Guilt can sometimes trigger depression, as well as be a symptom of it.

### Feeling down

Sometimes postnatal depression can come right out of the blue, even if everything is going well. This can be confusing and upsetting. Feeling down for no reason might make you feel anxious and guilty and make you feel more depressed.

### Postpartum psychosis

Postpartum psychosis is a serious but rare condition. It usually affects women in the first few days after birth.\*

### Getting help with postnatal depression

Getting help early on is the best thing you can do if you have postnatal depression, so if you are feeling bad let somebody know. The sooner you get help, the sooner you will feel like yourself again.

Not getting the help you need can be harmful, because it can affect all your relationships, including how you bond with your baby. The first step to getting better is to talk about how you are feeling.

### You are not alone

Some parents with postnatal depression try to hide it because they think they should be coping better. They worry about admitting that they're finding it tough. You might also worry that your baby will be taken away from you, but that will not happen. There are a number of ways in which you will be helped and supported.

### Talk about it

Talk to your midwife, health visitor or GP. They will have a lot of experience in helping new parents with postnatal depression. The earlier you open up to them, the sooner you will be on the road to recovery.

### Counselling and psychotherapy

For most people with postnatal depression the best treatment is counselling and support. This begins with your health visitor who can listen to you and talk to you about your feelings. This may be enough to help you feel better. You may decide that you need more in-depth counselling or therapy. If so, that will be arranged for you.

### Self-help

Many parents find that self-help groups are really good. These groups offer support and counselling from an experienced counsellor. Finding out that you are not alone and realising that other people know how you are feeling is often the first step to getting better. Your health visitor will be able to put you in touch with a local group or service.

### Medical treatment

Although most mums with postnatal depression will not need antidepressants, you and your GP may decide that this is the best thing for you. If this is the case, you might be given counselling too. If you are breastfeeding, your GP will prescribe an antidepressant that will not affect your baby.

Antidepressants may be prescribed for up to a year. Although this seems like a long time, it is important that you don't stop taking them without talking to your GP, even if you start to feel better. Antidepressants can take two to four weeks before they start to take effect and they need to be taken for up to six months after you've started to feel better. This can help to stop your depression from coming back.

### Dads



Dads can get depression after the birth of a child too. Between 1 and 4 percent of new dads get depression during the first year. Some new dads are more at risk of getting depression. Being young, unemployed, or not having much money when your baby is born increases your risk of depression.

If mum is depressed this can make dad more stressed, which can increase the risk of dad getting depressed too. Dads might get depressed for a number of reasons: the new responsibility, the cost of bringing up baby, the change in lifestyle, the change in the relationship with their partner, or lack of sleep and more work to do at home.

If you are a dad who thinks he might be depressed, talk to your GP or health visitor. The sooner you get help the more quickly you will recover. In lots of areas of Wales there are dads support groups which may be helpful.



### Looking after yourself

It is very easy to forget your own needs when you have a new baby. Take up any offers of help from family or friends and try and do some of these things:

- Give yourself a treat, or meet up with some friends for coffee
- Try and put your feet up when your baby is asleep
- Get into a night-time routine. Have a bath and a hot drink and read for a while
- Do some exercise. Even a short walk can make you feel better
- Make sure you eat regular nutritious meals rather than quick-fix snacks
- Express your feelings. Talk to someone you trust, or write it all down

The important thing to remember is that you are not alone with postnatal depression. Help is at hand.

### How partners, family or friends can help

If you have family or friends with a new baby, you can help them avoid or cope with postnatal depression by doing some of these things:

- Offer to look after the baby so that parents can have a good rest, ideally in the middle of the day
- Help them around the house by cooking, cleaning or doing laundry
- Encourage parents to look after themselves by eating regularly, drinking plenty of water and taking a break now and then
- Take the baby out for a walk in the pram for a couple of hours
- Pick up essentials from the supermarket, and make up a sandwich and leave it in the fridge with some other snacks
- Be prepared to listen. If you think they may be depressed, encourage them to seek help from their GP, health visitor and midwife

### Further information

On depression visit [www.mind.org.uk](http://www.mind.org.uk)

## Introducing solid foods to your baby

When your baby is around six months old, he will be ready to have some solid food alongside his breast or formula milk.

Giving your baby solid foods before six months is not recommended, as his digestive system is not fully developed and you will be replacing milk with less nutritious foods.

At about six months you can slowly introduce other foods, but you should keep giving him breast or formula milk until he is at least one year old. You can continue to breastfeed him for as long as you wish. When you first start introducing solid foods alongside milk it is important to know that milk will still be the most important source of nutrition. As your baby starts to eat more solids in the second six months, his milk intake will reduce.

Breast fed babies will always take the amount they need. Formula fed babies will need about 400ml a day by the age of around one year alongside a good range of healthy foods.

Before six months, if you feel that your baby is not satisfied with his usual milk feeds, give extra breast or formula milk rather than giving solids too early.

If your baby starts waking up in the night when he used to sleep through, it is not necessarily a sign of hunger. Starting solids early will not help him to sleep longer or through the night.

### Signs to look for that your baby is ready to start solid foods include:

- He can sit up well without support and hold his head steady.
- He can look at food, pick it up and put it in his mouth by himself.
- He can swallow food. Babies who are not ready will push food back out, so they get more around their face than in their mouth.

**If you believe your baby is ready for solid foods before six months talk it through with your health visitor.**

### Getting started with solid food

It is best to start off slowly. Build up gradually from one solid feed a day at first, to breakfast, lunch and tea. Babies under 12 months old don't need snacks between meals. Some babies will take longer to move over to solids than others.

### Find a time that suits you

It's best not to give your baby solid food straight before a milk feed. You don't want to fill him up because he'll have less milk that way. Choose a time when your baby is awake and alert. The middle of the day may be best. Offer food on a baby spoon and just a little bit at a time to start with.

### Be safe and comfortable

At around six months, your baby will be able to support himself enough to sit in a high chair, provided he is safely strapped in. Never leave a baby alone in a high chair. **You should always stay with your baby while he is eating in case he chokes.**

Things that you can do to prevent choking are:

- Remove any stones or pips from foods and avoid tough skins
- Halve or chop small fruit, like cherry tomatoes or grapes cutting them length ways
- Cut large fruit into slices rather than chunks

### Spitting and refusing

When you first introduce solid food to your baby it will be a completely new experience. As well as the unexpected taste and texture, your baby will have to learn to move the food around his mouth and swallow it. Many babies react by spitting their first mouthfuls of food straight back out again! This is normal and you should gently keep trying until baby gets the hang of it. You might find that your baby refuses food at first. Again, this is fine. Leave it for another day and try again.

### Your baby's appetite

Healthy babies know their own appetite, and to begin with a couple of teaspoons of food may be enough. Never force your baby to eat. Contact your health visitor if you're worried about your baby's appetite.

Solids don't replace milk. They are given in addition to it in the first year. As your baby starts to eat more solids, the amount of milk he drinks will go down, if you are formula milk feeding, to about 400ml a day by the time he is a year old.

### Further information

If you're stuck for ideas, talk to your health visitor as they will have access to local resources and recipes.

Or visit: [www.everychildwales.co.uk](http://www.everychildwales.co.uk)

### What to start with

A baby at six months can start off with food mashed with a fork to a soft consistency, but with more texture than puréed food. You can also give babies finger food they can hold themselves, like soft cooked vegetable sticks.

### Suitable first foods

You don't have to buy any special foods for your baby – lots of everyday foods are fine.

Start off with savoury tastes like:

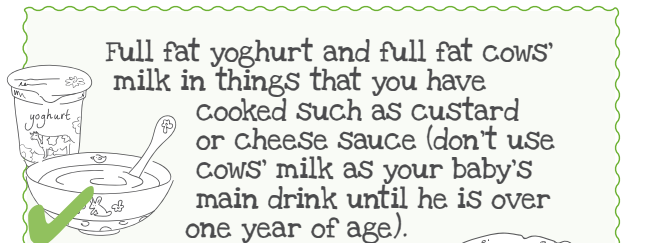
- Cooked and mashed vegetables, like potato, sweet potato, carrot, broccoli, parsnip or cauliflower
- Baby rice mixed with your baby's usual milk

Try flavours one at a time to start with. Increase the variety of flavours. When your baby has accepted a range of vegetable tastes, increase the range of foods and flavours. Offer baby mashed egg, beans, fruits, meat, fish, rice, plain cereals and plain yoghurt.

You can make tasty family meals and use the same food for your baby. For example, you could cook a sweet potato stew (see page overleaf for recipe). But do not add any sugar or salt to your baby's food. Salt can damage his kidneys and sugar can damage his teeth.

### From six months old

Your child will be okay to eat:



Full fat yoghurt and full fat cows' milk in things that you have cooked such as custard or cheese sauce (don't use cows' milk as your baby's main drink until he is over one year of age).

Bread, pasta, chapatis, or any food made from wheat flour.



Cooked eggs, however if eggs do not carry the British Lion mark they must be cooked thoroughly. Thoroughly cooked fish and shellfish.

Ground nuts and seeds.



### Under one year old

Do not give your child:

Liver pate or honey.



Soft drinks and squashes, drinks with added caffeine, such as tea and coffee or rice milk or rice drinks or alcohol.

Salted savoury snacks like crisps or whole nuts.



Anything sweetened with artificial sweeteners or foods or drinks that contain the additives E102, E104, E110, E122, E124, E129 or E211. These additives have been linked to an increase in hyperactive behaviour in some children.



Any foods, designed for adults, with special ingredients (for example, cholesterol lowering margarines, low-fat or low-sugar products, or fortified products). Or ready meals designed for adults.



Low fat food products. These are not suitable for children of this age.

### Recipes for the whole family

You can make tasty family meals and use the same food for your baby. For example, you could cook a sweet potato stew, but your baby can have some of the potato on its own mashed.

#### HOW TO MAKE

**This recipe makes 4 adult-sized portions.**

1. Heat the oil in a large pan and fry the onions until they start to soften.
2. Add all the other ingredients and bring to the boil, stirring well. If you are serving children under 5 with this recipe, you can add the chilli powder after cooking, after the children's portions have been put on one side.
3. Simmer for about 20 minutes until the vegetables are soft.
4. Sprinkle with the fresh herbs before serving.

#### SWEET POTATO STEW

##### INGREDIENTS

- 11/2 tablespoons vegetable oil
- 1 small onion, peeled and diced
- 1 red pepper, de-seeded and diced
- 450g sweet potato, peeled and diced
- 75g frozen green beans
- 1 large can (400g) chopped tomatoes
- 1 large can (400g) red kidney beans, drained and rinsed, (drained weight 240g)
- 2 heaped tablespoons (85g) smooth peanut butter
- 1 teaspoon chilli powder
- 300ml water
- 1 teaspoon freshly chopped herbs such as coriander or parsley (optional)



25cm

Average portion for:  
An adult or teenager aged 12–18 years



25cm

Average portion for:  
5–11 year old



20cm

Average portion for:  
1–4 year old



13cm

Average portion for:  
7–12 month old

For more ideas for recipes the whole family can enjoy visit [www.everychildwales.co.uk](http://www.everychildwales.co.uk)



## Allergies

While variety in your baby's diet is really important, there is a chance they may be allergic to certain foods. That's why it's important to introduce trigger foods one at a time and not before the baby is six months old. These foods include cows' milk, eggs, wheat, gluten, nuts and peanuts (serve them ground, crushed or as a nut butter), seeds, fish and shellfish.

Once introduced and if tolerated, keep offering these foods as part of your baby's usual diet (to minimise the risk of allergy).

Things to look out for:

- Breathing difficulties
- Runny nose
- Stomach upset
- Skin reaction: blotchy, raised red rashes,
- Itchy patches and swelling around the mouth
- Sore, red and itchy eyes

### Further information

If your child shows any of these symptoms, talk to your health visitor or GP for advice or call NHS direct Wales on **0845 46 47** or visit [www.111.wales.nhs.uk](http://www.111.wales.nhs.uk)

Sometimes parents stop giving their baby some foods because they think their child is having a reaction. Always talk things over with your health visitor or GP before making any big changes to your baby's diet.

### Specific allergies to peanuts or eggs

If your baby already has a known allergy, like eczema or a food allergy, then they have a higher risk of developing a peanut or egg allergy. If your baby has an allergy, you should talk to your GP, health visitor, or medical allergy specialist before you give peanuts or foods containing peanuts or eggs to your child for the first time. Otherwise there is no reason to avoid foods containing cooked eggs or nut pastes for babies over six months old.

**Remember not to give whole peanuts, nuts or seeds to children under five years old because of the risk of choking.**

**If you think your baby is suffering a severe allergic reaction, always call 999 and ask for a paramedic.**

## Ready-prepared foods

Baby foods can be expensive to use every day, so it is best to make your own. If you do need to use bought foods occasionally, read the label to check for added sugars. These sugars may be in the form of concentrated fruit purée and fruit juice which make food very sweet. Check for starch and water content too, because they 'bulk out' the food but add little in the way of nutrition.

Some babies who have a lot of pre-prepared 'baby food' take a while to get used to 'real' food with its varieties of tastes, textures and lumps.

## Some sample puree foods



**Don't let your baby suck pureed food directly out of a pouch. This can damage their teeth and doesn't let your baby see the food or practice feeding skills.**

### Drinks

The only drinks your baby needs in his first year are breast or formula milk and water. If you are breastfeeding your baby does not need drinks of water before around six months.

If you are using formula milk, you don't need to change the formula after six months. First infant formulas are the best ones to use throughout his first year. From six months onwards, you can offer your baby water in a proper cup. It is important that your baby learns to sip and swallow instead of sucking. Give him a little baby cup without a spout or lid. If you want to use a cup with a lid make sure you use a 'free flow' beaker.

### Vegetarian diets

Babies do not need meat or fish to stay healthy, but you need to make sure he's getting enough protein and other nutrients from the rest of his diet. Make sure he gets a good variety of foods, including eggs, milk, fruit, vegetables, peas, beans and lentils, nut pastes, soya based foods like tofu, rice, pasta, bread, potatoes and other starchy foods.

#### Further information

On eating well for vegetarian infants and children visit [www.vegsoc.org](http://www.vegsoc.org)

### Vegan diets

A lot more care needs to be taken with a vegan diet, which cuts out animal products like eggs and milk, although it is possible for your baby to develop healthily on such a diet. Ask your health visitor or GP to arrange for you to speak to a dietitian if you are thinking of weaning your baby on to a vegan diet.

#### Further information

On eating well for vegan infants and children visit [www.firststepsnutrition.org](http://www.firststepsnutrition.org)

### Feeding your growing baby

After six months you can start introducing your baby to foods he can pick up and eat by himself. Getting your baby involved in feeding himself can also make weaning easier and more fun.

Here are a few suggestions for finger foods, which your baby can chew, gnaw or suck on:

- Slices of bread, toast, chapatti or naan
- Slices of apple or pear
- Sticks of carrot or celery, just cooked a little bit to soften them. Tiny sandwiches with grated cheese, mashed banana, or mashed tinned fish
- Cooked pasta shapes
- Slices of hard boiled egg, or strips of soft meat like chicken
- Cooked vegetables like broccoli florets, peas, green beans, carrots and halved cherry tomatoes

Babies between seven and nine months of age should have three savoury meals a day with finger foods. Between 10–12 months, you can add a fruit or milk based pudding after the savoury dish.

See next page for some example menu plans

### Some sample finger foods

From the age of six months:



Banana



Cooked carrot



Cooked peppers

From the age of seven months:



Cucumber



Peas



Strawberries



Bread squares



Pasta shapes



Egg

From the age of ten months:



Orange



Chicken



Cheese

## Sample Menu 1 (7-9 month olds)

**Breakfast:** Baby rice made with full-fat milk with a chopped banana and a breast feed or infant formula.



finger food

Kiwi Slices.

**Lunch:** Butter bean and vegetable stew, rice pudding with strawberry purée and a breast feed or infant formula.



Soft-cooked potato.

finger food

**Tea:** Tomato rice with chicken and a breast feed or infant formula.



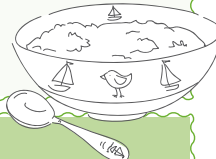
finger food

Steamed mange tout.

**Before bed:**  
A breast feed or infant formula.

## Sample Menu 2 (7-9 month olds)

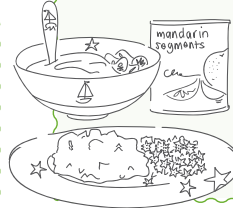
**Breakfast:** Plain porridge made with full-fat milk, and a breast feed or infant formula.



finger food

Pear Slices.

**Lunch:** Stewed lamb in tomato sauce with baby pasta, canned mandarins in juice and full-fat yoghurt and a breast feed or infant formula.



Cooked carrot sticks.

finger food

**Tea:** Scrambled egg with canned chopped tomatoes and a breast feed or infant formula.



finger food

Cooked greenbeans.

**Before bed:**  
A breast feed or infant formula.

Remember! Meals need to be mashed or chopped for under one's.

For more ideas for feeding your little one visit [www.firststepsnutrition.org](http://www.firststepsnutrition.org)

## Sample Menu 1 (10-12 month olds)

**Breakfast:** Porridge and dried apricots and a breast feed or infant formula in a cup.



finger food

Apple Slices.

**Lunch:** Chicken casserole, full-fat yoghurt with raspberries and water in a cup.



Cooked broccoli.

finger food

**Tea:** Vegetable couscous and a breast feed or infant formula in a cup.



finger food

Cucumber sticks and mango slices.

**Before bed:**  
A breast feed or infant formula.

## Sample Menu 2 (10-12 month olds)

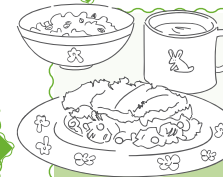
**Breakfast:** Plain porridge with full-fat milk and raisins and a breast feed or infant formula in a cup.



finger food

Blueberries halved lengthways.

**Lunch:** Fish pie, stewed apple with raisins and water in a cup.



Raw carrot sticks.

finger food

**Tea:** Baked potato with tomato sauce, canned mandarin oranges and a breast feed or infant formula in a cup.



finger food

Sliced, hard boiled egg.

**Before bed:**  
A breast feed or infant formula.

Remember! Allow food to cool before serving.



**Stay safe**

- Always wash and dry your hands well before preparing your baby's food
- Check that your baby's hands are clean before feeding
- Keep surfaces clean and prevent pets from coming near food or surfaces where food is prepared or eaten
- Keep chopping boards thoroughly clean
- Use separate chopping boards for raw food and ready-to-eat food
- Keep raw meat and eggs covered and away from other foods in the fridge, including cooked or ready to eat meats. Raw meat should ideally be kept in a sealed container at the bottom of the fridge so it can't touch or drip onto other foods
- Cooked food should not be reheated more than once
- Cook all food thoroughly and cool it as quickly as possible to a lukewarm temperature before giving it to your baby
- Wash and peel fruit and vegetables, such as apples and carrots

**Your questions:****What can my baby eat?**

Some foods are unsuitable for your baby before six months\*. It is important that you do not introduce any of these foods before six months. This is because of possible allergic reaction.

There are also some foods all babies should avoid in the first year. The best foods for babies are simple foods that have not been 'messed about with' – like meat, poultry, fish, eggs, beans, bread, rice, pasta, yoghurt, fruits and vegetables.

**Does my baby need a vitamin supplement?**

It is recommended that all children aged six months to five years are given vitamin supplements containing vitamins A, C and D every day.

Babies that are breastfed should be given vitamin D drops daily from birth.

Babies who are having more than 500ml (about a pint) of infant formula a day shouldn't be given vitamin supplements because formula is fortified with certain nutrients and no other supplementation is required.

If you are eligible for the Healthy Start Scheme, you can get Healthy Start vitamins free of charge. Ask your health visitor how to get these in your area.

*\*For a list of unsuitable foods for your baby, see page 30*

**Teething**

Teething is when your baby's first teeth start to come through. Some babies sail through this process and are showing off their first teeth before you know it. For others it can be an uncomfortable time, causing distress to both you and your baby.

Some signs that your baby is teething are:

- Dribbling more than usual
- Flushed cheeks
- Sore, red gums
- Loss of appetite
- Irritability and disturbed sleep
- Chewing and biting on everything

If your baby is unwell or has a temperature, do not put it down to teething. Ask your doctor or health visitor if your baby is unwell.

**Easing teething**

Here are some ways you can help to make your baby feel better when he is teething:

- Cuddle him. Hugs and cuddles will help comfort and reassure your baby if he is distressed
- Rub his gums. Lightly massaging your baby's gums with a clean finger will soothe him and help to alleviate the pain
- Teething rings. Babies like to chew and bite, so teething rings can help. Make sure you watch your baby when he is biting on the ring. Keep teething rings clean by washing them well in warm soapy water

- Soothe his sore chin. Some babies may dribble a lot and give themselves a sore chin, neck and chest. Try to keep his chin as dry as possible and change any wet clothing. A simple barrier cream can help to keep his skin soft and smooth and may ease chapped areas
- 'Teething gels' should not be used. They do not work and some brands may be harmful
- Never rub brandy or any other kind of alcohol on your baby's gums. You should never give any type of alcohol to a baby

#### Looking after your baby's teeth

From the moment his first tooth appears, you should brush your baby's teeth. As more teeth come through, it is important to have a brushing routine. This will help to make sure that the teeth are brushed properly each time. Use a toothbrush with a small head and soft bristles. Add a very thin layer of fluoride toothpaste. Fluoride helps to strengthen teeth and prevent tooth decay.

There are various ways to position your baby when you brush his teeth. You could try sitting him on a changing mat on the floor, on your lap, or in a baby chair.

Tooth brushing should be introduced as a fun part of your baby's daily routine. You might find that playtime or bath time are good times to brush teeth. Eventually, you can move to a morning and night-time routine.

Always supervise tooth brushing and never leave a baby or small child alone with either a toothbrush or toothpaste.

Sugar is the main cause of tooth decay. Protect his teeth by choosing foods and drinks without added sugar. Sugary drinks and snacks are particularly harmful to teeth when given inbetween meals. The safest drinks for his teeth are milk and water.

You can introduce a beaker or free-flow cup at six months. Aim to stop using a feeding bottle by his first birthday. There's a risk that feeding from a bottle for too long can push his new teeth out of alignment. There is no risk to your baby's teeth from breastfeeding.

**Further information**  
[www.designedtosmile.co.uk](http://www.designedtosmile.co.uk)

**Safety and your growing baby**  
 Make sure that your home is as safe as possible as your baby gets bigger and starts to move around. Here are some things to look out for, especially when your baby starts to crawl, pull himself around the furniture, or walk.

#### Around the house

- Cords from electrical equipment. Babies can see them as a good thing to grab on to. Unplug them and keep them out of reach and switch sockets off when they are not in use
- Be careful of small or sharp objects, like an older child's toys, left on the floor
- Hot drinks. Don't let anyone drink them while your baby is on their lap or crawling around. Don't leave hot fluids on low tables where they can be grabbed
- Hanging tablecloths can be easily grabbed by little hands. Remove them or make sure there is nothing on the table that could fall and hurt your baby
- Door slamming on your baby's fingers; Use a door stop or tie a cloth across the front and back handles, to stop the door from shutting completely. Remember to remove the door stop at night so that you can close the door as part of your night time fire prevention routine

**Did you know that a hot drink can still scald a child 20 minutes after it was made - keep them out of reach.**

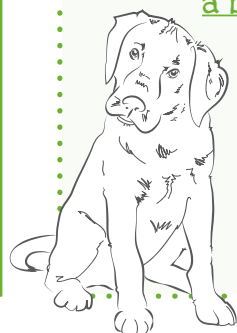
- Blind cords. These should be kept out of the reach of children. If you can, buy blinds that do not have a cord, especially in your child's bedroom. If you have these cords, do not place a child's cot, bed, playpen or high chair near a window. Tie up the cords, or use cleats, cord tidies, clips or ties. Curtain tie-backs can form a loop that could injure your child. Remove them until he is much older
- Do not leave your baby alone with a family pet, even if they are normally friendly. Keep your pets' things, like cat litter trays, food bowls and especially water bowls, away from where your baby can get to them

### Safety and dogs

Deaths from dog bites are rare. Serious injuries from dog bites/strikes are more common, with about 100 hospital admissions a year in Wales many of which are very young children and babies. Therefore you should never leave a baby or young child unsupervised with a dog, even for a moment, no matter how well you know that dog.

### Further information

Visit [www.dogtrust.org.uk](http://www.dogtrust.org.uk) or [www.bluecross.org.uk](http://www.bluecross.org.uk)



### In the sun

Sun safety is even more important for your baby than it is for you. Babies under one year of age should be kept out of direct sunlight altogether. Older babies and children should be protected.

The biggest risk to your baby from sunlight is sunburn. This is painful and can cause permanent damage, or even skin cancer. One episode of sunburn will double your baby's risk of developing skin cancer later in his life.

Keep your baby in the shade as much as possible and use a sun hat or sun shade on the pram or pushchair.

Use child sunscreen cream with a high sun protection factor (at least factor 25). Make sure he is covered up with at least a T-shirt and hat. Some manufacturers now sell bathing suits that cover up most of your child's body.

Other sensible safety steps include staying indoors around midday in the summertime or when you are in a hot country. Make sure he gets plenty to drink in the heat.

**Keep your baby in the shade as much as possible and use a sun hat or sun shade on the pram or pushchair.**

### Water safety

Children can drown in even a couple of inches of water. Never leave your baby alone in the bath or near water, either inside or outside the house. Look out for things like a garden pond, or even a bucket that has collected rain water. Don't leave the paddling pool filled with water overnight.

When you are running a bath for your baby, keep an eye on him as he may try to get into the bath alone. Check the temperature using your elbow or the inside of your forearm. Your baby's skin is thinner than yours and he will scald more easily. Don't leave him alone in the bath, not even for a second. Not only will he be at risk of drowning, but he may play with the taps and scald himself.

### Remember!

**Never leave your baby alone in the bath or near water. Not only will he be at risk of drowning but he may play with the taps and scald himself.**

### Protection against bumps and falls

Never leave your baby or toddler alone on a raised surface. He may roll off and get hurt. Lots of parents can be surprised when their baby learns to roll because it can happen suddenly.

Baby bouncers and car seats should be put on the floor. Every year many babies are injured after falling from a raised surface.

### Babywalkers

Baby walkers will not help your baby to learn to walk. In fact they might slow down his progress and can actually cause injury. A baby needs to be able to roll, crawl, sit and play on the floor to develop properly.

As your baby gets older and becomes more confident moving around he will be able to move very quickly. You will need to make your home as safe as possible for him.

## If your baby is ill

Babies who are really ill do not tend to cry continuously and loudly. A really poorly baby is more likely to whimper and moan.

### Serious illnesses

A mild fever can bring on bouts of crying and it is usually not too much to worry about. Coughs and colds are common too. However, you should be aware of the more serious and rarer conditions that your baby can get.

- If he seems to have a fever or is uncomfortably hot
- Has unexplained bruising, or bleeding from his ears, mouth, nose or bottom, or blood in his poo or pee

Telephone or see your GP if your baby:

- Seems less bright and alert than usual, or sleeps for an unusually long time
- Is having bouts of vomiting for more than an hour
- Has diarrhoea which doesn't clear up in a day
- Has a rash which is not a heat rash or the result of clothes rubbing
- Does a poo that is an odd colour or texture for him, or that contains blood (green poo from time to time is normal)
- Has dry nappies and does not seem to be peeing as much as normal

**When in doubt, always  
seek help from your GP  
or health visitor.**

### Further information

Call NHS Direct Wales on **0845 46 47** or visit **[www.111.wales.nhs.uk](http://www.111.wales.nhs.uk)**, if you need urgent advice and care during the out-of-hours period when your GP surgery is closed.

Seek medical help straight away if your baby:

- Has a fit or convulsion, this means twitching or jerking with unfocused rolling eyes
- Has breathing difficulties
- Loses consciousness
- Becomes blue around the lips or face
- Has signs or symptoms of suspected meningitis or septicaemia\*\*
- Passes blood or redcurrant jelly-like poo
- Seems in obvious pain
- Has swallowed any poisonous item

Keep dangerous household products and medication in a locked kitchen cupboard, high up and out of sight. Just tiny amounts can be fatal to a young child.

It is also important to think about the other places in your home where you leave drugs or medicines. For example handbags, drawers or carrier bags of shopping left lying on the floor. Even everyday medicines which you buy over-the-counter, like aspirin, can be as dangerous as prescription drugs.

### Medicine and your baby

Some over-the-counter medicines are especially for babies or small children. If in doubt, always ask your pharmacist. Your GP won't prescribe medicine for your child if he doesn't need it. Make sure you understand what the correct dose is for your child.

### A mum's view:

**"Sick children don't just need medicine, they need reassurance and lots of cuddles which is more 'medicine' in itself"**

Carlien from Newport



## Very Serious illnesses

It is important that you understand and can identify quickly the signs that your baby might be suffering from a serious illness and get medical help immediately.

### Meningitis and septicaemia

Meningitis and septicaemia are very serious diseases that can affect anyone very quickly. They are not common, but it is important to know the signs and symptoms and get medical help quickly.

### What are meningitis and septicaemia?

Meningitis means swelling of the linings of the brain and spinal cord (meninges) and septicaemia is blood poisoning. These conditions can be caused by the same bacteria and viruses and can occur separately or together. Viral meningitis is more common than bacterial, but it is less serious. If treated early enough, most children will survive.

### Signs and symptoms of meningitis or septicaemia in babies

The early signs and symptoms may be difficult to spot as they are similar to flu.

They include:

- High-pitched, moaning cry
- Irritability when picked up
- Bulging of the soft spot on his head
- Drowsiness and not responding to you, or being difficult to wake
- Floppy or listless, or stiff with jerky movements
- Refusal to feed and vomiting
- A rash or purple bruise like spots that do not fade under pressure (see the glass test on opposite page)
- Skin, especially on his hands and feet, that is pale, blotchy or turning blue
- Fever, with cold hands or feet

### The 'glass test'

The rash starts as tiny red pinprick-sized spots or marks and later changes to purple blotches. These can look like bruises or blood blisters. The rash can be anywhere.

Press a clear drinking glass firmly against the rash so you can see if the rash fades and loses colour under pressure. If it doesn't change colour, contact your GP straight away.

The spots and rash are more difficult to see on darker skin, so check paler areas like the palms of the hands, soles of the feet and the eye area. Any spots or rash may fade at first, so keep checking to be sure.

**Not everyone who gets meningitis will have this rash.**



### What to do next

Remember that not all babies will develop the signs and symptoms listed on page 192. If they develop some of them, especially the red or purple spots, get medical help urgently.

### Further information

If you can't get in touch with your GP, call NHS Direct Wales on **0845 46 47**

If you are still worried after getting advice, trust your instincts and take your baby to the emergency department of your nearest hospital. These conditions are dangerous and can develop very quickly. The earlier babies are treated, the better their chances of making a full recovery.

**Symptoms of meningitis or septicaemia can occur in any order. Not all babies develop all the symptoms. Trust your instincts. If you suspect meningitis get medical help urgently!**



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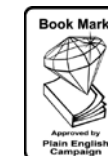
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## Bump, Baby & Beyond

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