

Whenever a **i** is shown this means the page referred to features an infographic which has been designed to help explain the topic quickly and easily.

THE HEALTH VISITING SERVICE

Pages 16 and 17

- Your health visiting service **i**
- Newborn physical exam
- Child health clinics



TRANSITION TO PARENTHOOD

Pages 11 to 15

- Adjusting to parenthood
- Relationships, conflict and where to find support **i**
- Finances and benefits
- Parenting on your own



PARENTAL HEALTH AND WELLBEING

Pages 20 to 23 and 140

- Healthy eating
- Physical recovery after birth
- Physical activity **i**
- Planning another pregnancy



SMOKING, ALCOHOL AND DRUGS

Page 24

- Smoking cessation
- Drugs and alcohol support



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neu tecstiwch HMQ i 80818.
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or text HMQ to 80818.
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PARENTING

Pages 82 and 84, and 136 to 138

- Coping with a crying baby
- Your child's rights (including physical punishment and the law)
- Managing behaviours



BONDING WITH YOUR BABY

Pages 31 to 33

- Giving your baby the best start
- Some things you could try **i**



CHILD SAFETY

Pages 50 to 58

- Child safety at home ⁱ
- Animals
- Button batteries
- Car seats
- Baby slings and carriers ⁱ

Need to know

Thick coats or body suits can prevent the harness from being firmly fastened around your child so make sure you remove them when putting them in their car seat.

CHILD HEALTH

Pages 59 to 76 and 86

- Preventing illness (including immunisation)
- Spotting the signs of illness (including meningitis and sepsis) ⁱ
- Baby and child first aid ⁱ
- Colic



SLEEP

Pages 88 to 95

- The importance of sleep
- Establishing a bedtime routine ⁱ
- Safe sleep ⁱ

You should ALWAYS...

Place your baby on their back to sleep, on a flat firm mattress (you may have to think about an appropriate waterproof cover for your mattress if bed-sharing).
Make sure your baby can't fall out of bed or get trapped between the mattress and the wall.
Keep the space around your baby clear of pillows, duvets, blankets or any other items that could obstruct your baby's breathing or cause them to overheat. To avoid loose bedding a sleeping bag* is advisable.



DENTAL CARE

Pages 26 and 102 to 105

- Access to an NHS dentist for mother and child
- Teething and dental care
- Different ways to brush your baby's teeth ⁱ

Need to do

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

GENERAL CHILD DEVELOPMENT

Pages 30, 34 to 36, 80, 125 and 129

- Baby brain development ⁱ
- Play
- Physical activity

“I'd like to play more with mine and not just give them a toy, but I want to make sure that whatever game we are playing helps them develop.”

HEALTHY CHILD GROWTH

Pages 37 and 38

- Good nutrition
- Things you can do to support healthy growth ⁱ

Need to know

For more information to help you understand how your baby will grow over time visit [111.wales.nhs.uk/doityourself/pregnancy/babyhealthweightheight/](https://www.nhs.uk/doityourself/pregnancy/babyhealthweightheight/)

CHILD DEVELOPMENT 0-6 MONTHS

Pages 78 to 81 and 85

- Supporting the baby's development
- Bilingualism
- Dummies

Need to know

For lots of ideas for fun activities that will help your baby's brain development, visit www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/

INFANT FEEDING

Pages 106 to 116

- Breast feeding
- Common concerns
- Signs the baby is feeding well
- Formula feeding
- Preparing formula ⁱ
- Sterilising feeding equipment ⁱ
- Vitamins



CHILD DEVELOPMENT 6-12 MONTHS

Pages 98 to 101

- Supporting the baby's development
- Baby walkers and bouncers

Need to do

Make sure you keep talking and reading with your baby as part of your everyday routine!

FOODS FROM 6 MONTHS

Pages 106 to 113

- Introducing solid foods
- Foods from around 6 months ⁱ
- Food Allergies
- Foods and drinks you should not give your child ⁱ
- Foods from 7 to 9 months and 9 to 12 months



CHILD DEVELOPMENT 12 MONTHS TO 2 YEARS

Pages 125 to 129

- Supporting development from 12-18 months
- Supporting development from 18-24 months
- Child safety

Need to do

If your toddler does not show any interest in walking by eighteen months, speak to your health visitor, as they may think it helpful to refer them to a physiotherapist or paediatrician.

FEEDING YOUR TODDLER

Pages 130 to 134

- Food groups and portions ⁱ
- Helping your toddler to eat well
- Things to avoid
- Top tips for drinks

