

My Baby's Journey

12 months

From birth to 1 year old



Newborn Babies



Need tender loving care

Breastfeeding



Normal



Grows strong babies



Free



Helps weight loss for mum



Bonding



Natural

2nd Month



At two months, Baby will start to smile, especially when you talk to them

2nd Month

HEY Mum!

Eat well, be well

Healthy Snacks



Help you look great



Aid weight loss



And feel great



3rd Month



At three months, when you lay baby on their tummy, they may try to push themselves along with their arms and legs

What is SIDS?

It's Sudden Infant Death Syndrome

Its when a baby dies and we don't know why

What can I do to reduce the risk of SIDS?

Always place Baby on their back to sleep

Don't cover Baby's face when they are sleeping

No smoking round baby, anytime, anyplace

Baby needs their own bed, don't sleep Baby with Mum and Dad

4th Month



At four months, baby will start to reach out and start to grab things

Teething

What are the 5 signs
of teething?

Drooling

Sucking their finger
biting

Gums are red and swollen

Crying/irritable

What helps?

Rub gums with a soft cool baby spoon

Give Baby a cool teething ring

Talk to the nurse about pain relief

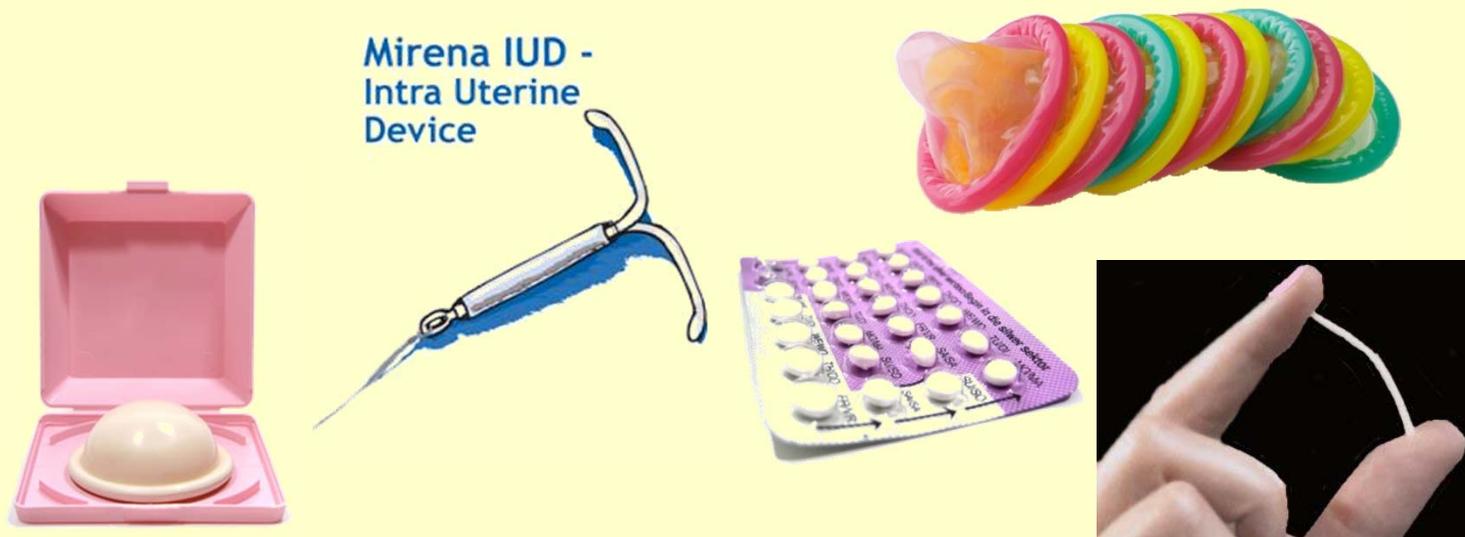
5th Month



At five months, baby can tell where sounds come from and can recognise their own name

Should I think about contraception?

It would be a good idea to wait a little while
longer before you become pregnant again
How many types of contraception can you think of?



Talk to the nurse about your options

6th Month



Baby might be ready to sit up without support

Its now time to introduce solids

Here are some handy hints

Rice Cereal is full of iron



Iron helps Baby have
strong blood and beat
sickness

Pureed vegies and fruit



Makes baby strong
and healthy

Its cheap too

7th Month



Baby might be starting to crawl!

Baby is eating lots

Should Baby avoid anything? YES

Say no to soft drinks



It rots teeth

Also avoid

- Honey
- Fruit juice
- Tea and coffee



No cows milk 'til
baby is 1 year old

No egg white 'til 10 months old



No egg yolk 'til 1 year

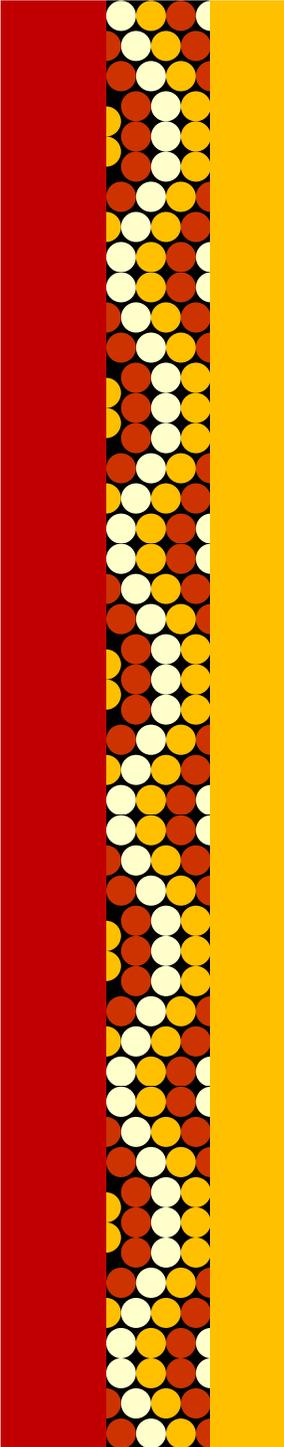
No Nuts and nut products like
peanut butter til 4-6 years old



8th Month



At eight months old, Baby can sit and play
with toys



Being a Dad

Being a Dad for the first time can be challenging

Here are some suggestions

If you're having a tough time, yarn to your family, friends or one of the men's business crew at your health centre

You can support your partner by going to appointments with her and Baby

Help take care of Baby

Talk with your partner

Help around the house

Help take care of other children

9th Month



Baby's memory is improving and they will start to look for a toy if they drop it

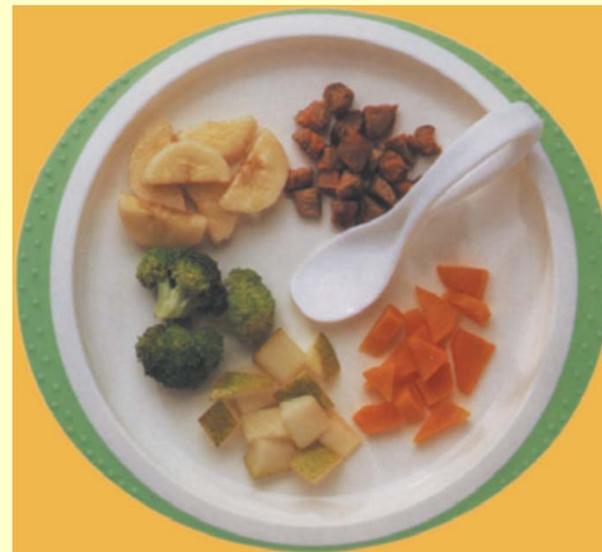
Baby is ready for diced foods and finger foods

Finger food ideas

Boiled and
sliced carrots

Cooked and
chopped root

Small steamed
broccoli heads



Boiled and
sliced potato

Sliced
Banana

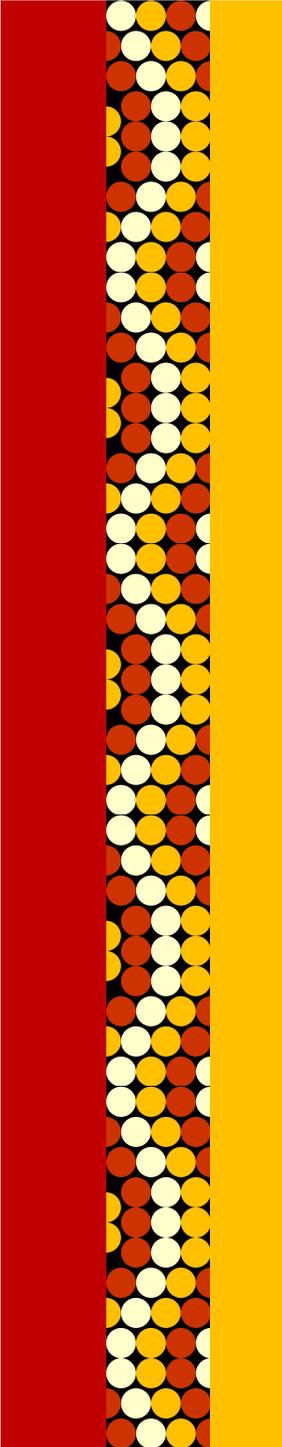
Chopped
peaches

Tub of yogurt
with a soft baby
spoon

10th Month



Baby will now be able to hold a cup with both hands



Play and Development

Playing with Baby helps them to.....

Learn about their world

Develop their reflexes and muscle movements

Stimulates and comforts baby

Games to play

Peek-a-boo

Incy-wincy-spider

Follow the leader

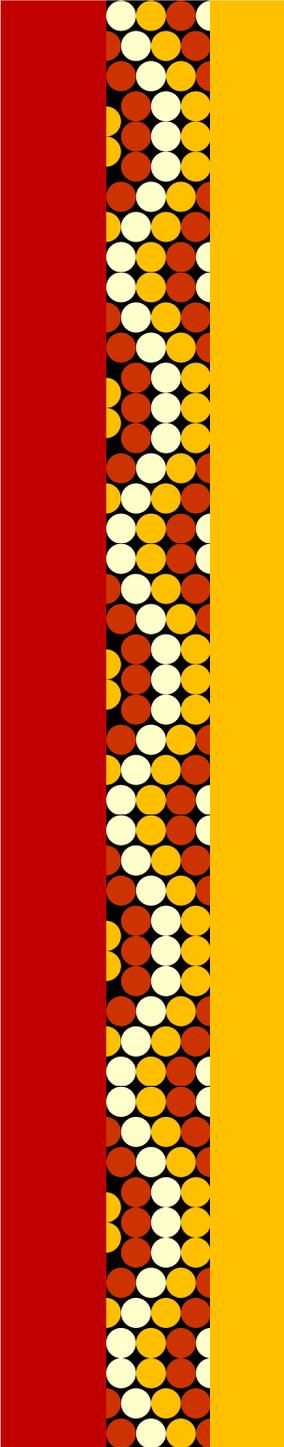
Hide and seek with toys

Push a toy along the floor

11th Month



Baby may now be able to feed themselves a whole meal



Baby's Independence

Baby is growing up fast and becoming more independent

Its time to start setting boundaries

Teaching what is right from wrong

Don't always let baby eat what they want

Insist they eat healthy food and not lollies

Encourage their language by listening and responding to their babble

12th Month



At 12 months Baby will start to pull themselves up, they want to start walking

Baby is starting to eat family foods

Baby can now eat low-salt and low-sugar family foods



Always watch Baby when they eat, choking is always a hazard

Keep baby's food safe by refrigerating leftovers in a sealed container for less than 2 days

Make sure food is safe!

And always wash your hands before you prepare food

The End