



# HANDLE with CARE

FEED, CHANGE, SLEEP, REPEAT:  
THE GENTLE RHYTHM OF CARING  
FOR A NEW BABY. THE FOLLOWING  
TIPS HAVE BEEN COLLATED AS  
ENCOURAGEMENT - YOU'VE GOT THIS!

Congratulations, and welcome to parenthood. We hope perfect strangers gather to congratulate you in the supermarket, and gush (quietly) over your buggy as you walk down the street. We hope your letter box is overflowing with cards and good cheer, and we sincerely hope your visitors are hanging out your washing. (Whenever there's an offer of help, the answer is always yes.)

Make the most of this incredible time. Photograph your poppet from every possible angle. Kiss each perfect little finger and toe. And pay close attention when they stretch with the conviction of an unravelling Egyptian mummy ... you may just hear the yawn of their joints and sinews, may even feel you've watched them grow. But when the visitors have all gone home, and your partner's returned to work, and catching forty winks feels as impossible as running forty kilometres, remember you're not alone. Millions have been before you, felt just like you, and gone on to not only survive, but also thrive. You yourself are living proof. So, back yourself, you've got this.

You're more capable than you think, and you don't even know how much you already know; instinct is an incredible thing. What's more, your baby is more gracious than you can imagine. You're a superhero in their eyes. You have what it takes to take care of them. Here are just a few words of wisdom to support you on your way.





## Feeding

No sooner do babies arrive 'earth side' than they seek out food. Fascinatingly, newborn babies are capable of doing the 'breast crawl', whereby they instinctively move towards their mother's nipple, mere minutes after being born.

The general consensus is that breast milk is a baby's best first food, due to its unique nutritional and immune-boosting properties. As such, the World Health Organisation recommend mothers exclusively breastfeed infants for the first six months to achieve optimal growth, development and health. Thereafter, babies should be given nutritious complementary foods and continue breastfeeding up to the age of two years or beyond. The International WHO code, to which New Zealand is a signatory, exists to protect and promote breastfeeding, and also to monitor and restrict the marketing of breast milk substitutes.

Breastfeeding is not always easy. For some women it is very challenging and, for a few, all but impossible. We understand this, and to all mothers, however you feed your babies - we salute you.

### FIVE TIPS FOR FEEDING:

- 1 Feed in a calm environment with a drink within arm's reach. You can never overestimate a breastfeeding mother's thirst.
- 2 If you're finding breastfeeding difficult, don't delay in asking for help. Your midwife is a good first port of call, and they may also recommend a lactation consultant. A good latch is very important - it will save your nipples, ensure good milk flow and minimise baby's wind.
- 3 Experiment with different holds to find what suits you.
- 4 If baby keeps falling asleep mid-feed, changing their nappy will help wake them up.
- 5 Burping is a five minute job that is worth every single second. Learn the techniques to burp your baby efficiently, and you'll both reap the satisfaction.

For more helpful and detailed articles on feeding your baby, go to [ohbaby.co.nz/baby/feeding](http://ohbaby.co.nz/baby/feeding).



## EXPRESS DELIVERY

### THOUGHTS ON EXPRESSING FROM PAEDIATRICIAN AND LACTATION CONSULTANT DR ABBY BASKETT:

Unless your midwife or lactation consultant tells you otherwise, don't start regular expressing until feeding is well established, usually around four weeks. If you have a normal supply and you express from an early stage, you may develop problems such as oversupply or mastitis. However, if you have a low supply, it may be suggested that you start expressing earlier in an effort to increase your milk supply.

Make sure the pump you are using is comfortable and fits your nipple size and shape. There are several different types of pump available, from double electric pumps (used in hospitals and available for hire from baby stores) to wearable silicone pumps. You can also express by hand.

### REASONS TO EXPRESS

- ✦ To increase supply - extra breast stimulation and consistent emptying will promote milk supply.
- ✦ To provide milk for baby in preparation for separation, eg mum's return to work. In this case, expressing in the morning (when most women have more milk) may work best.
- ✦ In order to top a baby up who has faltering growth.
- ✦ To feed a baby who can't latch. In this case, if you want to provide all your baby's milk, you will need to pump at all of baby's feed times, and give baby the milk in a bottle.

### RETURNING TO WORK AND EXPRESSING MILK FOR OLDER BABIES

- ✦ Returning to work can be a difficult time. Remember, your employer is bound under employment law to provide breaks for breastfeeding and expressing. "Employers have to give breastfeeding breaks and appropriate facilities for women who want to breastfeed or express milk for their babies at work or during the working day".
- ✦ Some women find it increasingly difficult to express milk after the first three to six months. This does not reflect supply. It may be due to difficulties with letting down to the pump or differences in the way milk is produced and stored in the breast for older babies.

## BREAST FRIENDS:

Handy products to help you on your breastfeeding journey include:

- ✦ Maternity bras and nursing singlets
- ✦ Breastfeeding tops and clothing designed for easy access
- ✦ Nipple cream, a lanolin-based product like Purelan is ideal
- ✦ Breast pads - both absorbent and protective, like hydrogel breast discs
- ✦ Feeding pillow
- ✦ Some people find nipple shields to be helpful
- ✦ Breast pump
- ✦ Bottles and a steriliser

Check out [breastmates.co.nz](http://breastmates.co.nz) for a vast selection of maternity products.



## Your essential breastfeeding companion

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# Bathing

Bathing baby can be a lovely ritual and a key part of a relaxing evening routine in preparation for bed. In many households, bath time is Dad's time, with fathers finding bath time to be a great opportunity to connect with their baby after being out at work most of the day.

While some new babies love being in the bath, others are not too impressed by it, and Dorothy Waide reminds us that very young babies can often get distressed at bath time because the whole process takes so long and, quite frankly, is exhausting. Dorothy notes that bathing a new baby should actually only take a few minutes - it takes longer to undress, dry and dress them again than it does for the actual bathing. Too long in the water can also dry out a baby's delicate skin so save the longer baths for when they are toddlers - when the fun of splashing about can fully be appreciated.

For young babies, Dorothy also recommends washing their face and eyes before you place baby in the bath. Wet cotton pads are great for cleaning a baby's delicate eye area, just use a fresh one for each eye.

**"IF BABY IS UNSETTLED, PLACE A WARM FLANNEL OVER THEIR TUMMY FOR COMFORT AND A SENSE OF SECURITY."**

## FIVE TIPS FOR BATH TIME:

- 1 Check the temperature first! Ideally with a thermometer, but if you haven't got one, use your elbow. The water should feel warm, not hot. A good range is between 36 and 38°C.
- 2 Babies don't actually need bath products, it's up to you what you choose to use on your baby's skin, but make sure everything you do want to use is within arm's reach before you start.
- 3 Your non-dominant arm should be under the baby's neck and shoulder region, so that baby's head is resting on your wrist/lower forearm and your other hand slides under their lower body, supporting their buttocks as you lower them in. You can then use this hand for washing baby.
- 4 If baby is unsettled, place a warm flannel over their tummy for comfort and a sense of security. Babies often get upset in the bath because they have got tired. Remember to keep the actual bathing time short and efficient, just a few minutes. As baby gets older, the bath time routine can be extended to include more time in the water and you can linger over some massage and getting dressed. This time is really valuable for bonding.
- 5 Instead of rubbing, pat your baby dry, ensuring you get into the creases, and parcel them up in a cute hooded towel to keep them cosy.

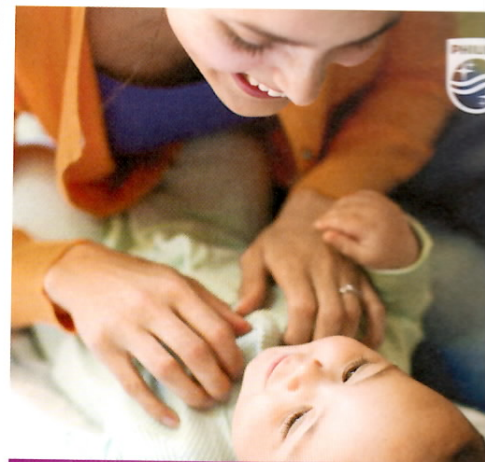




### BATH BUDDIES:

- ☆ A baby bath - there are a wide range available, from collapsible to bucket baths, although you can also use the family bath
- ☆ Bath support for use in the family tub
- ☆ Facecloths - muslin cloths are ideal
- ☆ Mild and gentle bath products especially formulated for babies' sensitive skin
- ☆ Soft towels - hooded towels are great as you can quickly wrap baby up, keeping them snug and cosy

For a great range of bathing products and more advice, check out [bathandpottytime.co.nz](http://bathandpottytime.co.nz).



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# Changing

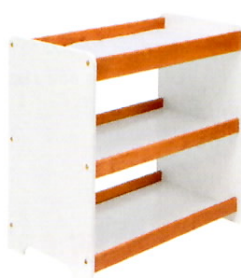
Not sure if you want to hear this, but you can budget on changing your newborn baby's nappy around eight to twelve times per day. As they get older, this will reduce to around six nappy changes a day. Clichéd, but you'll soon be able to do it with your eyes shut. Which is handy, as you'll no doubt have to change a fair few in the dark.

Cloth nappies are a great option - both for your budget and the environment. You don't have to commit to all cloth though, even just swapping one disposable for a cloth nappy each day makes a truckload of difference to the world's rubbish problems, over the duration of your child's nappy-wearing years.

## FIVE TIPS FOR CHANGING:

- 1 Have a set place to change nappies. Some parents find it easy to use the floor, which is the safest place, but many parents find this too hard on their backs.
- 2 Cover the change mat with an easily washable cloth, like a square cloth nappy.
- 3 Keep products together in a container or basket - creams, nappies, wipes or cloths, nappy bags - and have a bin or bucket handy.
- 4 Roll up dirty disposable nappies and fasten securely with the tabs so they are quick and easy to dispose of.
- 5 Make sure the new nappy isn't too loose, and if there's a ruffle around the leg opening, make sure it's facing outwards to prevent leakage.

## CHANGING ESSENTIALS:



Cariboo Contemporary change table, \$479, [cariboonz.co.nz](http://cariboonz.co.nz), Sudocrem, \$16.30 from [babycity](http://babycity.com), Bambino Miosolo nappy, \$39.95, [thesleepstore.co.nz](http://thesleepstore.co.nz); Huggies Ultimate Newborn nappies, RRP\$13.99 from supermarkets; WaterWipes, [waterwipes.com](http://waterwipes.com), Lily black tote nappy bag, \$75.90, [breastmates.co.nz](http://breastmates.co.nz).





# Sleep

**S**leep, sweet sleep. Babies need it, parents desperately want it. As vital as sleep is, it can be the most challenging aspect of caring for a new baby. And to make it even tougher, the more tired you are, the more challenging everything feels. Our babies need to be guided in the process of learning to find their sleep, and as they get older, to settle and re-settle themselves. So, as hard as it can be, it is worth investing time in the journey of 'parenting our children to sleep', as Dorothy Waide refers to it. Our best advice, when it comes to infant sleep, is try and relax as much as possible. Babies sense our feelings and calm breeds calm. There is plenty of time ahead for establishing more stringent routines, but in the early days, your baby has a routine of their own - they feed, they need a nappy change, they sleep. Sometimes that sleep will be in our arms, sometimes it will be in baby's bed.

Read more on baby sleep, settling and re-settling, including many detailed articles by Dorothy, at [ohbaby.co.nz/baby/sleep](http://ohbaby.co.nz/baby/sleep).

## FIVE TIPS FOR NEWBORN SLEEP:

- 1 Brand new babies will sleep anywhere, but as a general rule, a dark room is a great place for baby to sleep. Babies need darkness to produce melatonin, the hormone that controls our sleep/wake cycles. Blackout curtains are a sound investment for any nursery.
- 2 Try not to let your baby get overtired or over-stimulated - a baby under the age of six weeks will ideally be up for no longer than 45 minutes to an hour at a time.
- 3 Babies take their cue from you, so take a deep breath and try to relax when settling your baby.
- 4 Don't underestimate the power of a song. Singing a lullaby calms both parent and child.
- 5 If your baby wakes and needs re-settling, do it with as little fuss as possible, avoiding talking and eye contact.





### SLEEP SUPPORT:

- ✧ You have a wide range of options when choosing a bed for your baby: Moses basket, bassinet, cot, safe co-sleeping pod, Natures Sway baby hammock, you could even make like the Finnish people and use a specially designed cardboard box when baby is small! Whatever your choice, ensure the mattress is new, as previously used mattresses can harbour mould and other nasties.
- ✧ Consider using a Safe T Sleep, a wrap that safely holds your baby in a snug sleeping position with their head and face clear from suffocation risk. Check out safetsleep.com for more information.
- ✧ Merino is an ideal fabric for baby sleepwear, for its temperature-regulating properties. Merino sleeping bags and swaddles have become many a parent's must-have items.
- ✧ Swaddling new babies has been proven to enhance their sleep as it controls a baby's startle reflex and also creates a cocooned feeling of security, replicating the womb. The key is to have the swaddle firm over the arms and torso, but loose over baby's hips, allowing hips and legs to move freely.

For an amazing array of sleep products and expert advice, check out [thesleepstore.co.nz](http://thesleepstore.co.nz).



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Dorothy Waide, *You Simply Can't Spoil a Newborn*.

## DEAR DOROTHY

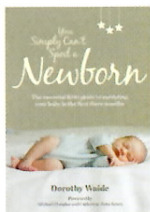
Dorothy Waide is one of New Zealand's most sought-after baby sleep consultants. With over 30 years' experience in post-partum care and child management, Dorothy qualified as a Karitane Mothercraft nurse in New Zealand in 1973, and has a background in hospital care for maternity and children's wards, daycares and in-home 24/7 daycare.

Dorothy is a regular contributor to OHbaby! and a member of our panel of experts. You can ask her a question at [ohbaby.co.nz/askourexperts](http://ohbaby.co.nz/askourexperts). She is also a regular guest on our Friday Live interviews on Facebook, where she happily answers questions on baby care and sleep - mostly sleep, now that we think about it!

In 2015 Dorothy wrote her book *You Simply Can't Spoil a Newborn*:

*The essential Kiwi guide to nurturing your baby in the first three months*, which became a bestseller and this year is being reprinted due to its success. The book lives up to its claims - an essential guide to caring for and nurturing your baby - and offers practical advice on everything from swaddling to settling, sleep to siblings. We thoroughly recommend this book to all new parents - keep it on your bedside table and dip in and out whenever you need some practical advice, served with grace and encouragement. •

*You Simply Can't Spoil a Newborn*, Dorothy Waide, RRP\$39.99, Bateman Publishing.



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