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Preparing for Baby

Here are some things to consider

Caring for yourself

Maintain a healthy diet and active lifestyle with regular exercise – walking and swimming are especially good for pregnant women.

Start to identify a support network in your local community. For example:

- Where is the early childhood health centre child and family health nurse located?
- Do you have a general practitioner?
- Do you have someone you can confide in if you find being a parent is difficult or if you are feeling anxious?
- What services does your local council provide for parents e.g. family day care, toy library?
- Is there an occasional care service you can use, or a friend or relative who will help with babysitting?
- Will you need to use public transport? If so, it can be helpful to practice using public transport before having to do it with a pram and new baby.
- Do you have the telephone number of the Tresillian Parent's Help Line?

Parenting and your first baby

If this is your first baby you may need to think about:

- Your feelings about breastfeeding.
- What to do if the baby is unsettled and how you will respond (responsive settling).
- Setting up the nursery and other equipment; second-hand, clean, safe equipment is fine.
- Avoiding excessive bending or lifting that may cause injury to your back e.g. ensuring the babies cot or change table is not too low.

- Moving the cot away from windows and window cords as they can be a hazard to your baby.
- Avoid buying too many small clothes or baby toys, as babies grow quickly out of them. Remember your baby's most important toy is you. Babies need one on one time with their parents. Your touch, eye contact, voice and smell are what babies need for their brain growth and development.
- Attending antenatal classes in preparation for childbirth and parenting
- Talking to other new parents and more experienced parents.
- Offering to babysit a friend's new baby. This may encourage them to offer to babysit your baby occasionally.
- Watching other parents care for their babies, e.g. how they calm their baby.
- Learning basic first aid and cardio-pulmonary resuscitation.

Family issues

Conflicts can occur when parents have not discussed:

- Parenting style expectations – e.g. types of discipline.
- Types of household support that will be needed, e.g. sharing housework and/or cooking.
- Level of involvement by other people e.g. grandparents, aunts, uncles, and friends.

- Whether the older child can go to a friend, family member or child care centre to help you have time for yourself.
- Financial and budget considerations, e.g. living on one wage, returning to work, cuts to spending.
- Expectations about returning to work or remaining at home.
- How you will manage time as a couple.

Importantly if things go wrong don't be too hard on yourself – ask for help. Talk to your partner about the way you and they were parented. What things were positive that you would like to repeat with your children? What things were negative that you don't want to repeat with your children? It can help to write these things down.

Household safety

Now is the time to check your home is child safe:

- Install fire detectors or ensure they are working.
- Get an electrician to install an electrical circuit breaker if not already installed.
- Make sure poisons and household cleaning products are kept in a secure cupboard.
- Change the location of heavy food items and other kitchen equipment that would injure a young child if they pulled it on top of themselves.
- Secure cupboard with childproof locks.

- Remove, isolate or cover any water hazard such as bird baths, spas and ponds.
- Put up safety gates on stairs.
- If you have a cat, make sure your cat cannot get into baby's cot as cats love to sleep where it is warm.
- If you have a dog, start to make changes to the dog's routine and/or behaviour before the birth of your baby as pets can feel ignored when a new baby comes along.
- Check that you have age appropriate car seats and that they are installed correctly.

**Our friendly team at Tresillian
are here to support your family!**

For a referral to Tresillian:

Ask your local Health Professional,
Child & Family Health Nurse, GP
or early parenting support service
to refer you and your child.

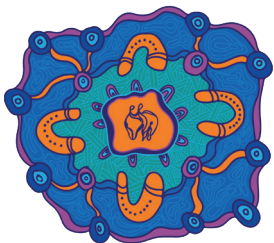


Self Refer by visiting the Tresillian website.
Fill in a short online contact form and
one of our Nurses will call you back.

Visit **tresillian.org.au**



For advice on your child or the
best service for your family, call the
Tresillian Parent's Help Line
FREECALL 1300 272 736



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander People as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of the land in the countries on which we live and work in NSW, the ACT and Victoria. We respect that Aboriginal and Torres Strait Islander People have lived in Australia for over 60,000 years and are recognised as having the oldest living continuous culture in the world, with unique languages and spiritual relationships to the land and sea. We pay our respects to Aboriginal and Torres Strait Islander Elders past and present and acknowledge all Aboriginal and Torres Strait Islander people living in the communities we serve.