

Caring 4 your baby

Your baby needs you for food, love and wellbeing - this is part of parenting.

Babies don't have words to tell you what they need. They cry because they are hungry, wet, uncomfortable, upset, unwell, scared, in pain, or need a cuddle or sleep.

Safety and supervision

Never leave your baby alone, even to answer the phone, as accidents can happen very quickly, especially when alone in the bath or when baby is alone crawling on a bed where they can easily roll off.

When your baby begins crawling they will want to pick up objects and put them into their mouth - keep small objects off the floor to prevent choking.

Keep sharp, breakable and other dangerous objects and fluids, including alcohol and cleaning products, high up and locked away – well out of your baby's reach.

Never shake your baby. Play with them gently and remember even playfully throwing them in the air can cause them serious harm and injury.

If you are feeling angry, take a deep breath and count to 10. Take baby for a walk in the pram and talk about your feelings with a relative or friend or your early childhood nurse.

Parent Line

132 055 (voice and TTY)

24-hour advice and information for parents with kids up to 18 years

Tresillian

02 9787 0855 or 1800 637 357
(freecall outside Sydney)

24-hour information and counselling for parents or carers of children under five years.

Karitane

02 9794 2350 or 1300 CARING
(freecall outside Sydney)

24-hour telephone parenting information and counselling



Never leave your baby alone or cared for by another child.

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Sleeping time

Make sure you have a safe, clean cot or bassinet for your baby to sleep in. Use a firm, clean mattress that fits the cot well (a second-hand mattress is fine).

Position baby's feet at the bottom of the cot and tuck bedclothes in securely.

Babies that sleep on their tummy or their side are at risk of Sudden Infant Death Syndrome (SIDS). The safest way to put your baby to sleep is to lay them on their back. Try wrapping baby in lightweight cotton or muslin to help prevent them from rolling onto their tummy.

Do not put quilts, doonas, lamb's wool, pillows, soft toys, bumpers or anything else that could cover your baby's head in their cot at bed or nap time.

Smoking near your baby can increase the risk of SIDS.



Never sleep with your baby in your bed or on the sofa if you have been drinking or taking drugs or medications that make you feel sleepy.

Immunisation

Immunisation helps to protect your baby from very serious illnesses and infectious diseases. The first immunisation for hepatitis is offered just after birth in hospitals. More are due at two months of age. Ask your doctor or child health nurse for more information.

Sing, talk and play with your baby – it helps them learn and grow.

Hold, cuddle and stroke your baby so they learn to feel safe and loved. A very young baby's neck muscles are not strong enough to hold their head. Always support your baby's head with your arm or hands as you lift and hold them.

Being a parent isn't easy! Don't be afraid to ask for some help.



NSW Department of
Community Services

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