

Tips for Parents....

Do you have a friend who is expecting a baby?

Then feel free to email them this free tip sheet and then they can subscribe at: www.babysmiles.com.au to be on the email list.

Be assured this list is confidential, and only used for the monthly tip sheet.

'Newborn Babies need lots of Sleep'

Newborn babies need between 18-20 hrs sleep a day. Many parents are surprised to learn this simple fact.

Babies in the first 6 weeks of life have a basic routine of Feed – Sleep. There is very little awake time and time for play is limited to a few minutes either side of their feed.

By 6 weeks of age, many babies are awake for a little longer say 10 mins. It is typically at this stage that we keep babies up way past this time so other family and friends can have lots of kisses and cuddles. This is important for sure but not as important as ensuring they get enough sleep. When it has been about 50 mins from when your baby woke up then politely tell Grandma that your baby needs time to wind down and go to sleep. Be firm no matter the protests or 'he doesn't look tired, or can't he stay up a little longer'. Babies get overtired very quickly and this is the difference between grizzling and falling asleep or crying for 20 mins or so. As your baby gets older the amount of awake time slowly increases.

By the age of 6 months it will approx. be about 1 ¼ hr, that is all and by 12months 2hrs of awake time. At any age if your baby is grizzling or unhappy then take the initiative and get them ready for a sleep, regardless of how long the time has been and usually they are simply tired – **do not make them stay up for the time period.** It is while babies are asleep that their brains do a huge amount of growth and development and make sense of what they have experienced in their awake time

Try this....

Having some new activity for your child is always welcomed with enthusiasm. This week find time for the following...

Music & Rhythm – children of all ages love music, from babies through to pre-schoolers – we know that music and rhythm uses both hemispheres of the brain and this is vital for language and maths. So try some of the following ideas and was better than mum or dad joining in, the added bonus for parents is not only the fun you have with your child but it's a great way to relieve stress as well.

- Travelling in the car? Put on a nursery rhyme CD and sing along too.
- Your local library is a great and affordable resource for borrowing CD's, join up this week, you'll be surprised and borrow a few books while you are there.
- Turn on the music at home and dance and move to the different tunes, slowly, jumping, floating etc.
- Collect plastic bottles and jars and put a variety of bits n pieces inside – one with bells, rice, pasta, glitter, gumnuts, beads and be sure to glue the lid on (not just tape) and you've just started your own collection of musical instruments
- Two pieces of dowel – your own clacking sticks
- Make your own drum with an empty formula tin, ice-cream container etc.
- Find your measuring spoon set and this makes a great sound when shaken
- For older children you can fill glass bottles with different amounts of water and tap for a variety of different sounds, add a few drops of food colouring to the water to look great.

♥ Your child will love this, make a tape or CD with your own voice reading their favourite books. This takes a little effort however the rewards are many and it can be used again and again. Your child will love listening to your voice as they go to sleep. A great idea for when your are holidaying and are unable to take a stack of books with you.