

OUR RECOMMENDATIONS

Bonding

Skin to skin
Gazing and eye contact
Singing, even nonsensically!
Talking your baby through your actions
Massage/loving touch

Sleep

Swaddling, tightly with arms down
White noise
Sucking (soother, finger, breast)
Light rocking/movement

Soothing

Harvey Karp's 5 S's are the best
Swaddling/tight hold/baby wearing
Sushing/white noise
Side lying/tummy's touching
Sucking on soother/finger/breast
Swinging/rocking/slow & steady movements
Bringing baby up to neck and humming/throaty sounds
Walking outside while baby wearing

Feeding

Teaching parents their baby's feeding cues (early, mid and late)
Going with baby's rhythm and trusting them (feeding every 2.5 - 4 hrs depending on situation)

First Foods

Baby-led has had amazing success for our clients
Spear-like shapes: start with egg yolk strips, avocado, kiwi, etc
Gagging and throwing-up are different than choking

Diapering

Before feeds to wake sleepy babies, or for reflux-y babies
After feeds for babies who poo while feeding
Talk babies the process, and be gentle
Throw a diaper under their bums before, and be ready to flip it up if a pee/poo explosion starts happening

Development

The Wonder Weeks app is a great resource to help guide when/what leaps are happening
Extra snuggles, white noise, baby-wearing and skin to skin are key supports

Play

R.I.E and Montessori have good toy guides
Use what's around the house and is safe, baby's are low maintenance

Safety

Get a car seat tech to check their set-up - **Safer Seats**
Safe Beginnings run private & group classes for CPR and parent safety

Products

Spectra pumps - the blue one
Snuggle-me organic*
Velcro swaddlers
Water wipes
Solly/Baby Beluga wraps*
Dr Brown's bottles - specify which nipple size (preemie for nursing babies, and newborns)

*means there is a coupon code in our client portal!