

Baby & toddler years

Compiled by Karyn Henger

Word perfect

These make great gifts for Christmas. Go to www.simplycolors.co.nz and write your own special Christmas message on a garment for your child. Prices vary according to the garment, colour and the length of your message.



PHOTO COURTESY OF SIMPLYCOLORS - TO BUY A MOSQUITO NET GO TO www.ferrymosquitoes.co.nz



MOZZIE BUSTERS

PROTECT YOUR CHILD FROM MOSQUITOES:

- ❖ Avoid areas mosquitoes like – gardens, heavily treed areas, stagnant water. Shut windows and doors between dusk and dawn.
- ❖ Hang a mosquito net over the cot.
- ❖ Dress baby in tightly-woven clothes, long sleeves, pants and light colours.
- ❖ Burn citronella candles outside.
- ❖ If you have to use insect repellent, opt for a children's version, which has less than 10 per cent DEET. For children under two (even up to age five) spray the repellent on their clothes, not skin.

❖ Lifesaving chart

The stats are alarming – 68 per cent of preschooler drownings occur in and around the home. And, of those, 90 per cent of infants under two drown in the bath. What's surprising is that adults often don't attempt CPR because they don't feel confident they can help. But the opposite is true.

Any effort to help restart breathing is better than not acting, says Barbara Venville of WaterSafe Auckland, which has produced a wall chart on how

to perform CPR on children up to age eight.

The chart "Seconds Count... Act First" shows the ABC (Airways, Breathing and Chest Compressions) of CPR on youngsters. For a free copy, visit www.watersafe.org.nz. To learn CPR, go to www.stjohn.org.nz/education and click on CPR for course information.

For tips on keeping safe in the water go to *Tried and True* on page 139.

My little fish

What amazing baby photos these make! Shots like this one are taken by Amy Taylor, a former nanny, marine biologist and underwater wildlife filmmaker. Amy set up her underwater photography company, Merbabes, two years ago. She works with swim schools in Auckland, and plans to expand to other parts of New Zealand. See www.merbabes.co.nz.



ASK DOROTHY...

INTERNATIONALLY ACCLAIMED NURSE FOR NEWBORNS DOROTHY WAIDE HAS BEEN CALLED ON BY THE RICH AND FAMOUS THE WORLD OVER, INCLUDING CATHERINE ZETA-JONES AND DANIELLE SPENCER, RUSSELL CROWE'S WIFE. NOW HERE SHE IS TO ANSWER YOUR BABY QUESTIONS:

Q What's the best way to get my baby's wind up?

A A baby needs her back straight to burp. I find the easiest position is over the shoulder. If she's curled up, straighten her by placing your thumbs under the pelvic area and palms and fingers on the back of her bottom and lift her out from your body and then hold her firmly over the bottom area. Don't

pull her legs downwards from their sockets.

In the first 10 days a lot of babies don't need much burping. However, if there's a lot of gas start with light patting. As the baby gets older he/she may need more vigorous patting. With some babies, gas builds up over the day and that is why they are so fussy at the end of the day. Most of the gas centres around the left side of their bodies so I make sure my thumb and fingers rub up

and down each side of the body with the palm working the central back.

Check your baby's tongue. Sit him on your lap, open the mouth by pulling the lower jaw down and see where the tongue is. If it's stuck to the top of the mouth he won't be able to burp. Release it by gently pulling down on his chin. Most babies will burp loudly after this.

