

The Latching Technique



- 1 Get the baby's body in a straight line and lift the baby up to the breast from below.



- 2 Line up your baby's nose to the nipple.



- 3 Get as much of the dark nipple area as possible into the baby's mouth, still keeping the nose clear.

Happy Baby Breastfeeding Positions



Cradle or cross-cradle

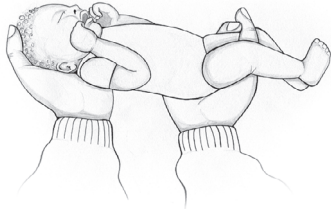
Place the baby's head in the crook of the supporting arm and hold the baby across your body with either the same arm or both arms.



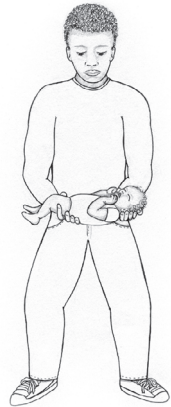
Side-lying

Support the baby's head in the crook of the arm on your side, resting the baby's body against your upper body.

Happy Baby Up-Down Technique



- 1 Gently rest baby's head in the palm of your hand and hold their bottom in the palm of the other hand, wrapping thumb and forefinger around the baby's thigh.



- 2 Stand with your feet hip-width apart with the baby at waist height.



- 3 Move baby up to shoulder height and back down again to waist height in a rapid motion and repeat for a couple of minutes.

Happy Baby Half Swaddle



- 1 Lie the baby on their back on a flat surface with their head over the top edge over a large square cotton muslin.



- 2 Fold one side over and tuck in behind the baby's back so the top edge of the swaddle is under the armpit, leaving both hands free.



- 3 Fold across the other side and tuck in at the back. You can fold up the bottom piece and tuck in like an envelope or leave the baby free to kick.

Three Signs Your Baby Has Wind

- 1 Grey/blue top lip
- 2 Grimacing smile
- 3 Stretching and pushing away from you

Winding Techniques

1 Sitting upright

Sitting your baby in an upright position on your knee helps release the wind in the tummy. There is no need to vigorously pat and bang your baby's back; a gentle circular rubbing movement combined with tilting the baby forwards and backwards will often do the trick.

Winding Technique One

- 1 Sit your baby upright on your knee.
- 2 Hold them under the chin between your thumb and forefinger.
- 3 Gently rub the small of their back in small circles with the flat of your other hand.

2 Over the shoulder

You may find that once your baby is fully fed, putting your Little One over your shoulder may be a good position to get some wind up.

Winding Technique Two

- 1 Hold your baby securely with the flat of your palm on the small of their back.
- 2 Rest your baby's body against your chest with their head and neck over your shoulder.
- 3 Bring up your other hand and use the flat of your palm to rub their back in a gentle circular motion.

3 Outstretched legs

Winding Technique Three

- 1 Rest your baby on your outstretched legs with their feet pressing on your stomach.
- 2 Hold each ankle and gently bend their legs and move their feet towards their tummy.
- 3 Gently rock their feet back down, then repeat a few more times to help alleviate wind.

The EPDS Questions

You may be asked these questions:

In the past 7 days:

- 1 I have been able to laugh and see the funny side of things:
- As much as I always could
 - Not quite so much now
 - Definitely not so much now
 - Not at all
- 2 I have looked forward with enjoyment to things:
- As much as I ever did
 - Rather less than I used to
 - Definitely less than I used to
 - Hardly at all
- 3 I have blamed myself unnecessarily when things went wrong:
- Yes, most of the time
 - Yes, some of the time
 - Not very often
 - No, never
- 4 I have been anxious or worried for no good reason:
- No, not at all
 - Hardly ever
 - Yes, sometimes
 - Yes, very often
- 5 I have felt scared or panicky for no very good reason:
- Yes, quite a lot
 - Yes, sometimes

- No, not much
 - No, not at all
- 6 Things have been getting on top of me:
- Yes, most of the time I haven't been able to cope at all
 - Yes, sometimes I haven't been coping as well as usual
 - No, most of the time I have coped quite well
 - No, I have been coping as well as ever
- 7 I have been so unhappy that I have had difficulty sleeping:
- Yes, most of the time
 - Yes, sometimes
 - Not very often
 - No, not at all
- 8 I have felt sad or miserable:
- Yes, most of the time
 - Yes, quite often
 - Not very often
 - No, not at all
- 9 I have been so unhappy that I have been crying:
- Yes, most of the time
 - Yes, quite often
 - Only occasionally
 - No, never
- 10 The thought of harming myself has occurred to me:
- Yes, quite often
 - Sometimes
 - Hardly ever
 - Never

Adaptable Mini-Routine (0-3 Weeks)

6.00am - 7.00am	<ul style="list-style-type: none">• First feed (breast milk or formula)• Wind and change nappy• Try and put them down in the crib for a sleep and catch up on an extra 40 winks yourself
9.00am - 11.00am	<ul style="list-style-type: none">• Second feed• Wind and change nappy• If baby is still awake clean their eyes, face and hands and get them dressed• Gentle play/Tummy Time/singing• Nap time
12.30am - 1.30pm	<ul style="list-style-type: none">• Third feed• Wind and nappy change• Maybe a trip out in the fresh air just for a short walk or little time in the baby swing chair with some chatting and singing

2.30pm - 3.30pm	<ul style="list-style-type: none">• Fourth feed• Wind and nappy change• Nap time
5.00pm - 7.30pm	<ul style="list-style-type: none">• Fifth feed• Wind and nappy change• Maybe a bath• Chatting, singing and playing with daddy• Short nap
8.00pm - 9.00pm	<ul style="list-style-type: none">• Sixth feed• Wind and change nappy
11.00pm -12.00am	<ul style="list-style-type: none">• Nappy change• Half swaddle in large muslin (if used)• Last feed• Wind• Put baby in crib to sleep

Adaptable Mini-Routine (4-8 Weeks)

Your Little One may start to go for longer between feeds but will still need those naps during the day in order to sleep well at night. Here's an adaptable mini-routine:

6.00am - 7.00am	<ul style="list-style-type: none">• First feed• Wind and nappy change• Pop them back to sleep in their crib
9.00am - 10.00am	<ul style="list-style-type: none">• Second feed• Wind and nappy change• Clean eyes, face and hands and dress• Go out for some fresh air• Nap time
12.00pm - 1.00pm	<ul style="list-style-type: none">• Third feed• Wind and change nappy• Nap time/play/outing

3.00pm - 4.00pm	<ul style="list-style-type: none">• Fourth feed• Wind and nappy change• Nap time
6.00pm - 7.00pm	<ul style="list-style-type: none">• Fifth feed• Wind and nappy change• Playtime with daddy• Bath time
9.00pm - 10.00pm	<ul style="list-style-type: none">• Sixth feed• Wind and nappy change• Little nap
11.30pm - 12.30am	<ul style="list-style-type: none">• Nappy change• Half swaddle in a muslin (if used)• Last feed• Wind• Put baby in crib to sleep

Adaptable Mini-Routine (8-12 Weeks)

6.00am - 7.00am	<ul style="list-style-type: none">• First feed• Wind and change nappy• Little bit of extra sleep
9.00am - 10.30am	<ul style="list-style-type: none">• Second feed• Wind and nappy change• Wash and dress• Play/outing/story/singing or a little TV• Nap time
12.00am - 1.00pm	<ul style="list-style-type: none">• Third feed• Wind and nappy change• Outing/playtime/Tummy Time• Nap time

3.00pm - 5.00pm	<ul style="list-style-type: none">• Fourth feed• Wind and nappy change• Nap• Playtime with daddy• Bath
6.30pm - 7.30pm	<ul style="list-style-type: none">• Fifth feed• Wind and change nappy• Little nap
10.30pm - 11.30pm	<ul style="list-style-type: none">• Nappy change• Half swaddle in muslin (if used)• Last feed• Wind• Put baby in crib to sleep

Adaptable Mini-Routine (12-20 Weeks)

6.00am - 7.00am	<ul style="list-style-type: none">• First feed• Wind and nappy change• Pop them back in crib for a little more sleep
9.00am - 10.00am	<ul style="list-style-type: none">• Second feed• Wash and dress• Tummy Time/playtime/outing/group/clinic visit
12.00pm - 1.00pm	<ul style="list-style-type: none">• Third feed• Wind and nappy change• Play/outing• Nap

3.00pm - 4.00pm	<ul style="list-style-type: none">• Fourth feed• Wind and nappy change
6.00pm - 7.00pm	<ul style="list-style-type: none">• Fifth feed• Wind• Bath• Gentle play
9.00pm - 11.00pm	<ul style="list-style-type: none">• Nappy change• Half swaddle in large muslin (if used)• Last feed• Wind• Put baby in crib to sleep

Adaptable Mini-Routine (6-9 Months)

6.00am - 8.00am	<ul style="list-style-type: none">• First feed
9.00am	<ul style="list-style-type: none">• Breakfast• Second feed• Playtime/outing/baby group
12.00pm - 1.00pm	<ul style="list-style-type: none">• Lunch
1.30pm - 2.00pm	<ul style="list-style-type: none">• Nap or outing
2.30pm - 3.30pm	<ul style="list-style-type: none">• Third feed• Playtime/nap/outing

5.00pm - 7.00pm	<ul style="list-style-type: none">• Tea• Bath• Playtime
9.00pm - 10.00pm	<ul style="list-style-type: none">• Milky supper, e.g. porridge/ unsugared cereal• Nappy change• Feed• Sleep

Adaptable Mini-Routine (9-12 Months)

6.00am - 8.00am	<ul style="list-style-type: none">• Feed if needed or go straight to breakfast• Breakfast (if they haven't had a feed give them some milk in a beaker)
10.00am - 11.00am	<ul style="list-style-type: none">• Mid-morning healthy snack• Milk in a beaker
12.00pm - 2.00pm	<ul style="list-style-type: none">• Lunch• Outing/playtime/nap
3.00pm - 4.00pm	<ul style="list-style-type: none">• Mid-afternoon healthy snack and milk or water in a beaker• Outing/playtime/nap

5.00pm - 7.00pm	<ul style="list-style-type: none">• Tea• Bath• Playtime
8.00pm - 9.00pm	<ul style="list-style-type: none">• Milky supper, e.g. porridge/unsugared cereal and milk• Nappy change• Bedtime story• Sleep

	0-3 months	3-6 months	6-9 months	9-12 months
Ready steady go	<p>Grasping your finger and holding on tight</p> <p>Starting to do push-ups (i.e. lifts head when on tummy during supervised Tummy Time)</p>	<p>Holding head up well now</p> <p>Starting to do real press-ups during Tummy Time</p> <p>Starting to hold objects, e.g. rattle, before throwing them</p> <p>During Tummy Time is getting more mobile, e.g. rolling, spinning and doing a dry 'swimming' motion</p> <p>Towards six months baby might sit momentarily before wobbling over</p>	<p>Sits momentarily and develops sitting more securely with practice</p> <p>Many babies are rolling over and often can do both ways, but some babies rarely or never roll</p> <p>May be starting to crawl, bottom shuffle or both</p> <p>Likes to take their weight and stand, and may start to cruise around the furniture (avoid baby walkers as they are unsafe and may delay motor development)</p>	<p>Starting to be mobile now. Crawling, and some babies walk with a push-along toy or even unaided</p> <p>Sitting very reliably, playing with toys on the floor</p> <p>Can get around the house by themselves</p>

	0-3 months	3-6 months	6-9 months	9-12 months
Look and see	<p>Starting to smile, which develops into a convincing, recognisable smile</p> <p>Gazing at you and looking towards light</p> <p>Staring at objects like curtains and blinds</p>	<p>Really smiling and getting excited by people and objects</p> <p>Animated and enthusiastic at the sight of food</p>	<p>Starting to pick up little threads and bits using a pincer movement</p> <p>Picking up food from baby tray and hand-feeding</p> <p>Play clapping games, e.g. Patty Cake.</p> <p>Enjoying favourite TV programmes, songs and books</p>	<p>Likes stories and looking in books and at pictures</p> <p>May be starting to point with index finger</p> <p>Starting to drink water from baby cup and getting very proficient at hand-feeding</p>
Listen and learn	<p>Stills to your voice and recognises it</p> <p>May like music and enjoys your singing</p>	<p>Vocalising more now with coos and gurgles</p> <p>Enjoys making lots of noise and will enjoy and recognise music and singing (babies can be soothed by music - anything from Mozart to rap)</p>	<p>Vocalising now, starting with multiple syllables, e.g. Goo, goo, goo and Ga, ga, ga</p> <p>Laughing and squealing in response to things</p>	<p>Singing rhymes and playing 'Incy Wincey Spider' and 'Twinkle, Twinkle Little Star'</p> <p>May like going to groups like Bounce and Rhyme and Mums and Toddlers</p> <p>Understanding what is being said now and may be responding with single words</p>

Happy Baby Meal Planner 5+ Months

Simple suggestions to pick and choose from

	Breakfast	Mid-morning	Lunch	Mid-afternoon	Tea-time	Bedtime
Monday	Milk feed on waking Baby rice	Milk feed	Milk feed	Milk feed	Baby rice Milk feed	Milk feed
Tuesday	Milk feed on waking Baby rice with apple purée	Milk feed	Milk feed	Milk feed	Baby rice with carrot purée Milk feed	Milk feed
Wednesday	Milk feed on waking Baby rice with pear purée	Milk feed	Milk feed	Milk feed	Baby rice with parsnip purée Milk feed	Milk feed
Thursday	Milk feed on waking Baby rice with plum purée	Milk feed	Milk feed	Milk feed	Baby rice with butternut squash purée Milk feed	Milk feed
Friday	Milk feed on waking Baby rice with mashed banana	Milk feed	Milk feed	Milk feed	Baby rice with sweet potato purée Milk feed	Milk feed
Saturday	Milk feed on waking Baby porridge made with baby's milk and fruit purée	Milk feed	Milk feed	Milk feed	Baby rice with mashed avocado Milk feed	Milk feed
Sunday	Milk feed on waking Baby yoghurt with fruit purée and a piece of white toast cut into triangles	Milk feed	Milk feed	Milk feed	Carrot purée and previously cooked and cooled orange lentils Milk feed	Milk feed

Visit www.sarahbeeson.org for Meal Planner templates and recipe ideas.

Happy Baby Meal Planner 7+ Months

Simple suggestions to pick and choose from

	Breakfast	Mid-morning	Lunch	Mid-afternoon	Tea-time	Bedtime
Monday	Milk feed on waking Baby porridge with banana mash or wheels on high-chair tray	Milk feed	Milk feed	Milk feed	Mashed butternut squash and little pasta shells with grated cheese	Milk feed
Tuesday	Milk feed on waking Baby yoghurt served with mashed or small pieces of mango on high-chair tray, and cheese spread on a triangle of white toast	Milk feed	Milk feed	Milk feed	Mashed sweet potatoes with orange lentils	Milk feed
Wednesday	Milk feed on waking Baby cereal with fresh or dried apricots	Milk feed	Milk feed	Milk feed	Mashed cauliflower cheese and mashed asparagus or avocado	Milk feed
Thursday	Milk feed on waking Fromage frais with textured peach or nectarine	Milk feed	Milk feed	Milk feed	Puréed poached chicken in a white sauce with pea purée	Milk feed
Friday	Milk feed on waking Baby muesli with previously boiled and cooled cows' milk	Milk feed	Milk feed	Milk feed	White fish (take crumbs off one cooked fish finger) with pea and mashed potato purée	Milk feed
Saturday	Milk feed on waking Baked beans with white toast triangles and a selection of fruit	Milk feed	Milk feed	Milk feed	Tuna or salmon with small pasta shells in a cheese or white sauce	Milk feed
Sunday	Milk feed on waking Porridge with grated apple or pear	Milk feed	Milk feed	Milk feed	Blended roast chicken dinner, vegetables and baby gravy	Milk feed

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At around 9 months most babies will be developing their hand-feeding skills and will be ready for lunch, snacks and a milky supper. You may find that as their appetite increases they will demand fewer milk feeds.

Happy Baby Meal Planner 9+ Months

Simple suggestions to pick and choose from

	Breakfast	Mid-morning	Lunch	Mid-afternoon	Tea-time	Bedtime
Monday	Rice Crispies with cows' milk Offer a cup of milk or water	6 grapes (halved) Milk or water	Tuna and mashed sweetcorn with mini-jacket potato Offer a cup of water	End of cucumber Milk or water	Chicken casserole with vegetables Offer a cup of water	Instant porridge or breakfast cereal with warmed cows' milk and/or buttered white toast Milk feed
Tuesday	Brioche egg bread with fruit Offer a cup of milk or water	Mini-yoghurt pot Milk or water	Vegetable soup with breadsticks Offer a cup of water	¼ packet of carrot puffs Milk or water	Shepherd's pie with sweet potato mash Offer a cup of water	Instant porridge or breakfast cereal with warmed cows' milk and/or buttered white toast Milk feed
Wednesday	Cheerios with cows' milk and halved blueberries Offer a cup of milk or water	Raisins Milk or water	Cooked lentils with sweet potato Offer a cup of water	Half a banana Milk or water	Lamb hotpot Offer a cup of water	Instant porridge or breakfast cereal with warmed cows' milk and/or buttered white toast Milk feed

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Happy Baby Meal Planner 9+ Months

Simple suggestions to pick and choose from

	Breakfast	Mid-morning	Lunch	Mid-afternoon	Tea-time	Bedtime
Thursday	Scrambled egg with white toast triangles Offer a cup of milk or water	Baby biscuit and fruit Milk or water	Sandwiches (white bread) and raw red pepper and carrot pieces Offer a cup of water	2 broccoli trees Milk or water	Macaroni cheese with tomatoes Offer a cup of water	Instant porridge or breakfast cereal with warmed cows' milk and/or buttered white toast Milk feed
Friday	Breakfast cereal with fruit Offer a cup of milk or water	Apple pieces Milk or water	Ham and cheese pancakes Offer a cup of water	Halved cherry tomatoes Milk or water	Fish pie with broccoli Offer a cup of water	Instant porridge or breakfast cereal with warmed cows' milk and/or buttered white toast Milk feed
Saturday	Boiled egg and white toast triangles Offer a cup of milk or water	Satsuma Milk or water	Homemade cheese and tomato pizza slices with cucumber and tomatoes Offer a cup of water	Chopped or sliced melon Milk or water	Stir-fried vegetables and noodles Offer a cup of water	Instant porridge or breakfast cereal with warmed cows' milk and/or buttered white toast Milk feed
Sunday	Pancakes with yoghurt and apple or blueberry Offer a cup of milk or water	Chopped avocado Milk or water	Roast chicken dinner Offer a cup of water	Half a pear Milk or water	Pikelets with toasted cheese Offer a cup of water	Instant porridge or breakfast cereal with warmed cows' milk and/or buttered white toast Milk feed

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