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info & ideas

Practical Parenting brings you the latest ideas to help you care for your baby



Your little STAR

This month we look at the star qualities of Cancer

Your Cancerian bub is a sensitive soul who will respond well to affection, but may require constant reassurance as she grows older. She is very visual and will love looking at pictures, the more colourful the better. She likes being at home, so taking her out can become quite a mission. She is well attuned to her surroundings, so try to keep your home life calm and stable. As she grows, she'll be very good at entertaining herself and will have a wonderful imagination.

Celebrate safe sleep

Red Nose Day is on June 25. Since it began 23 years ago SIDS deaths in Australia have fallen by 85 per cent, so don't forget to support this wonderful event and if you're a new mum, why not brush up on The Safe Sleeping Program:

1. Sleep baby on the back from birth, not on the tummy or side
2. Sleep baby with face uncovered (no duvets, pillows, bumpers or soft toys)
3. Avoid exposing babies to tobacco smoke before birth and after
4. Provide a safe sleeping environment (safe cot, safe mattress, safe bedding)

5. Sleep baby in their own safe sleeping environment next to the parent's bed for the first six to 12 months of life
- * Red Nose Day merchandise is available from major retail outlets or online. Visit the website at www.rednoseday.com.au.

Did you KNOW?

A baby should not be given honey before 12 months of age due to a risk of botulism



Check it out

mothercare lands in Oz

Fans of UK parenting super-store **mothercare** will be happy to hear it plans to open shops around the country over the next 18 months. Two stores are already up and running, in Chadstone and Doncaster, Victoria. Highpoint in Maribyrnong, Victoria, and Chatswood in NSW are next on the list. Every store will have a midwife to help with product suitability and even general concerns.

