

# baby & child

## INSIDE:

Breastfeeding special

Roadtest: breast pumps

Your baby's eyesight

Baby diary

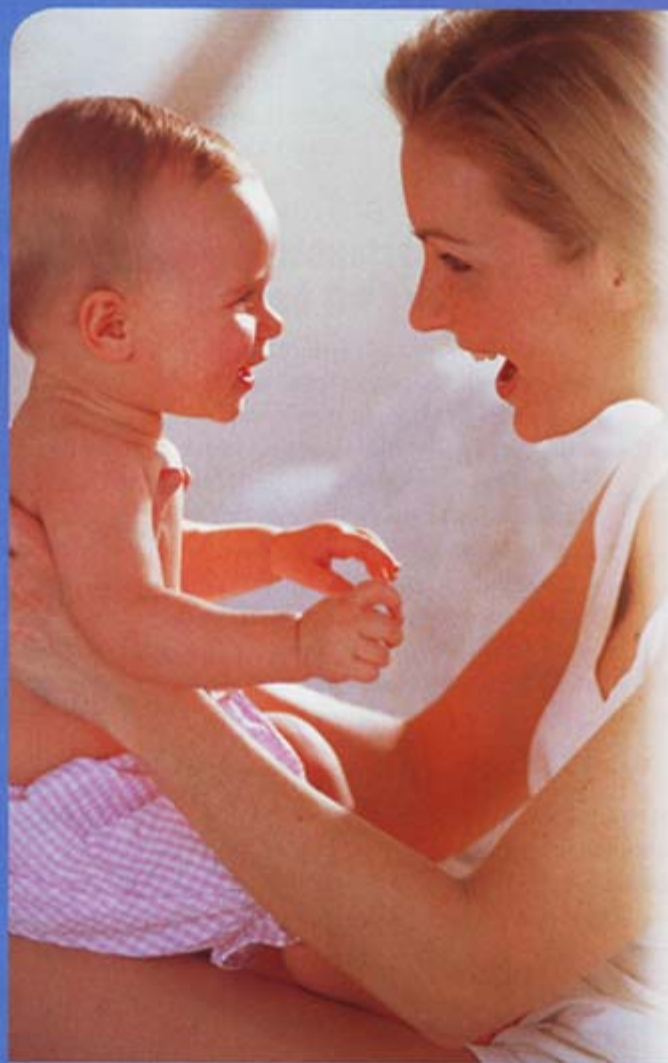
Sleep school

Toddlers and television

Diet doctor

Lunchbox recipes

Kidstuff: lunch boxes



## 5 WAYS TO COMMUNICATE WITH YOUR BABY

Positive interaction is a great way to develop your baby's confidence.

- 1 Spending time talking,** cuddling and smiling at your bub encourages her interest in communication skills.
- 2 Your little one will learn the skill of taking turns in conversation** by first listening to your voice, then mimicking your mouth and eye movements as she babbles.
- 3 Telling your baby what's going to happen** in her daily routine, such as "time for food" or "let's have a nice cuddle", signposts her day and helps her learn what to expect from the words 'dinner', 'bath' and 'bedtime'.
- 4 Allowing time in a baby's day** when there's no background noise from the radio or TV helps her to decipher noise and tune in to sound.
- 5 Singing to your baby helps her learn** word patterns and simple sounds. Babies love repetition, and both of you can enjoy nursery rhymes together.

## Rock-a-bye baby

The award-winning Lullabub has been designed to calm and relax babies by gently rocking them to sleep. Each cot leg slips into its own spring-suspension module, which sways the cot according to one of four motion-simulated settings (for example, 'Drive in the car'). Priced at RRP \$249, for orders and more information visit [www.lullabub.com](http://www.lullabub.com).



**DID YOU KNOW?** When a new mum gazes at her baby's face, it lights up the emotional centre of her brain and causes her mood to be uplifted.

Source: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

## Age is just a number

Kiddie clothing, toy and accessory retailer Infancy now offers a cute new range of number T-shirts. Each 100 per cent cotton tee is printed with a brightly designed number to reflect the wearer's age. They're available in two tee colours – white and khaki, for ages 0 to four years. Priced at RRP \$29, visit [www.infancy.com.au](http://www.infancy.com.au) for orders and information.



**"Babies are always more trouble than you thought, and more wonderful."** – CBS news anchor Charles Osgood