

Baby Express



The Children's

FOUNDATION


Improves children's health in North East England



Whoops  child safety project

BABY, TODDLER & KIDS EXPRESS



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Background

Parenting is widely recognized to be a key factor in early child development and influences physical health and growth, mental and social wellbeing, and educational achievement

School of Clinical Medical Sciences. Newcastle University

Dr Tony Waterston et al.

Improving early relationships:

A randomised controlled trial of an

age paced parenting newsletter



Intervention

Recruited	mothers	185
	Intervention group	95
	Control group	91
Seen at year 1 -	152 mothers	Lost – 33
Mean age of mother	29.4	
Marital Status	58% Married	42% Single
Previous Employment	87% Yes	13% No

methods



Analysis

Questionnaires	Intervention-Control	
	Mean difference (95% CI) p-value	Effect size ²¹
Wellbeing		
Total score	-1.6 (-3.5, 0.3) p=0.105	0.28
Daily Hassles		
Frequency total	-4.1 (-7.0, -1.3) p=0.005*	0.47
Intensity total	-7.4 (-11.2, -3.5) p<0.001*	0.60
AAPI		
Inappropriate expectations of children	3. (0.2, 2.4) p=0.024	0.31
Parental lack of empathy towards children's needs	0.0 (-1.0, 1.1) p=0.941	0.01
Strong belief in the use of corporal punishment as a means of discipline	0.5 (-1.2, 2.2) p=0.543	0.08
Reversing parent-child role responsibilities	-0.2 (-1.0, 0.6) p=0.616	0.06
Oppressing children's power and independence	0.4 (-0.2, 1.0) p=0.176	0.18

Results



The Aged-based Principle

A month-by-month guide to enjoying your baby's first year . . .

Baby Express

Issue Four: your baby is
3 - 4 months old

INSIDE THIS ISSUE

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**Exercises to try
with your baby**

page 5

***Baby talk: it's
never too soon
to encourage
talking***

page 4

***The power of touch
- help your baby
to learn about her
surroundings***

PLUS

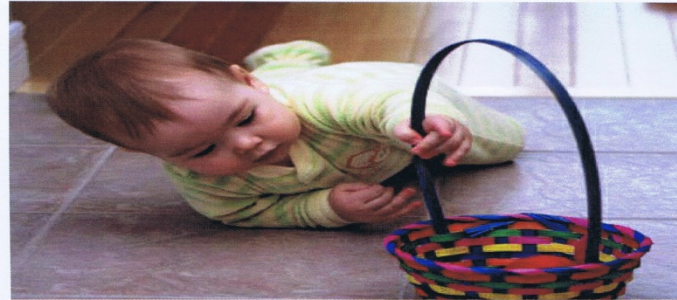
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**Things you can do
to soothe a crying
baby**

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How your baby's changing . . .



Your reaching-out baby

YOUR BABY is starting to tell people apart, and knows you, and anyone else he sees every day. He smiles more at real people than at pictures of faces - try it with some photographs or magazine pictures and see. He might also have favourite toys, and smile at them, too.

Your baby can probably roll from side to side, and might even be able to go from his tummy to his back. Watch out, though, if he's ever lying on a flat surface; he could roll off really quickly, and hurt himself.

Your baby is starting to learn that things go together. When he sees you turning on the taps, he may know it's bath time. He really enjoys splashing in the bath, and he loves looking in the mirror. Your baby's reaching and grasping skills are improving. Watch him when he wants a toy. At first, he had to look from his hand to the toy and back again, so he could judge the distance between them. But as time goes on, he learns how to grab for it directly, without looking at his hand first.

You'll probably notice he puts a lot of things in his mouth, so you need to make sure anything he can get hold of is safe to chew on. Most babies begin teething at six months, though some start to get teeth sooner than this.

What works in Parenting Support

Review of International Evidence

Evaluated

Age-paced newsletters

- Parent child relationships
- Cognitive development
- Stages of a child's life
- Health
- Nutrition
- Maternal mental health
- Maternal and child stress
- Daily hassles

BABY EXPRESS....

Recommendations

A month-by-month guide to enjoying your baby's first year . . .

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Issue One: your baby is
0 - 1 month old

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Learning to understand your baby

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Baby essentials: things you'll need at home and outdoors

page 3
Look after yourself, as well as your baby

PLUS
Advice for breastfeeding mums



Welcome to your baby!

CARING FOR your baby may seem a challenge at first - but you'll get more confident as time goes on.

Your baby might be different from how you imagined he'd be when you were pregnant, and in any case, it can take time for you and your baby to get used to each other - it's a new life for both of you. Some parents love their baby straight away; others need a bit more time. When they get to know their baby, they find their love grows.

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Your Baby, Toddler and Kids Express

- Purchase the copywrite – one off cost
- Own contact details submitted
- Small cost per family per year

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