



Children's
SOCIETY
Caring for the Future



PARENTING GUIDE ON BABIES

About this Parenting Guide

Like all parents, you love your child and aspire to be a good mother or father. But there will be times when you do not understand why your child behaves in a certain manner and you are unsure of how to manage him/her.

Parenting Guide on Babies is the first in a series of parenting guides put together by Singapore Children's Society. This guide aims to provide you with useful tips to care for your baby, from birth to a year old. The subsequent guides will focus on parenting tips for toddlers and pre-schoolers.

For new parents, taking care of babies may be stressful. There is a tendency for you to become frustrated or anxious when you cannot understand what your baby wants. We have identified six scenarios where caring for your baby can be a challenge and have offered suggestions on what you can do.

We hope you will find these tips helpful. If you wish to discuss any of these parenting issues, do email us at info@childrensociety.org.sg.

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MY BABY WON'T STOP CRYING



Why?

All babies cry and this is their way of communicating with you. You will gradually learn what Baby's cries mean. Newborn babies usually stop crying after they have been fed.

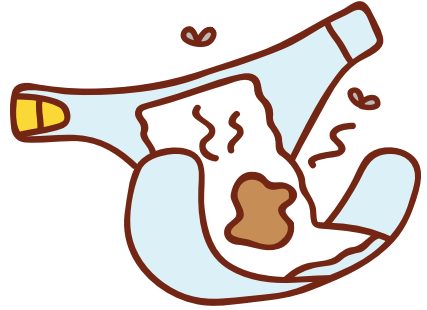
Baby could be:

- uncomfortable.
- hungry.
- seeking your attention.

WHAT CAN YOU DO?



Rock Baby to calm her.



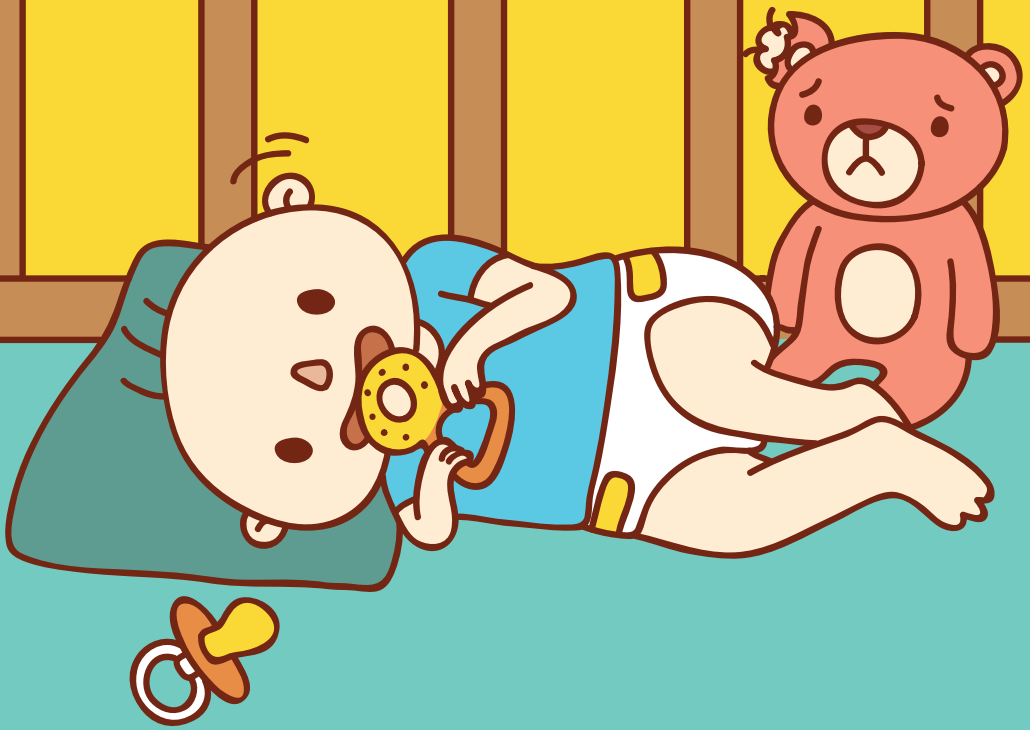
Check for wet nappy.



If Baby's cry is sharp and loud, and she is inconsolable, she could be in pain. Take her to the doctor.



Feed Baby.

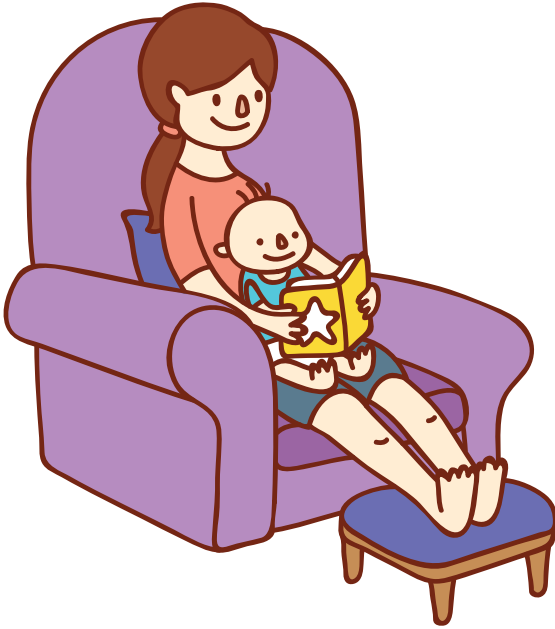


MY BABY CHEWS ON EVERYTHING

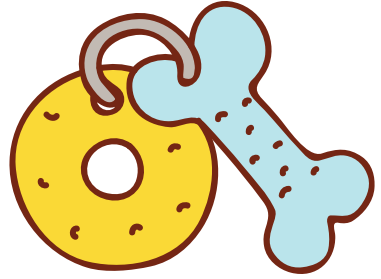
Why?

This is a normal phase of development. Baby's gums will become itchy and sore when she is teething, hence, she may start biting her fists, toys and furniture.

WHAT CAN YOU DO?



Distract Baby, e.g. read to her, let her play with a toy or bring her for a walk.



A teething ring may soothe Baby. Keep objects you do not want Baby to put into her mouth out of her reach.



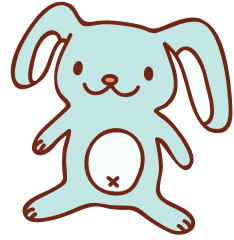
MY BABY FIGHTS DIAPER CHANGE

Why?

Babies rarely keep still, especially when they are learning to roll over, sit up or crawl.

WHAT CAN YOU DO?

Ensure that Baby is not lying on any object as it may be making her uncomfortable.



Give Baby her favourite toy to hold her attention.



Relax and do not battle with Baby.

Talk or sing to Baby to distract her.





MY BABY STAYS AWAKE AT NIGHT

Why?

Baby is:

- not tired.
- hungry.
- seeking your attention.

WHAT CAN YOU DO?

Gradually increase what Baby eats during the day so that night feeds can be reduced.



Help Baby relax before bedtime by creating comfort routines like singing or reading. Cut down on noise and activities.

Pat Baby on the back, rock her gently and say soothing words to put her to bed.



Avoid letting Baby sleep in the late afternoon.



MY BABY DISLIKES BATHS

Why?

Baby:

- feels insecure as she may have had a bad bathing experience.
- does not like the water because it is too hot or too cold.
- does not like getting wet.
- does not like the lengthy process of a bath.



WHAT CAN YOU DO?

Make Baby feel safe and comfortable by letting her play with the bath water.

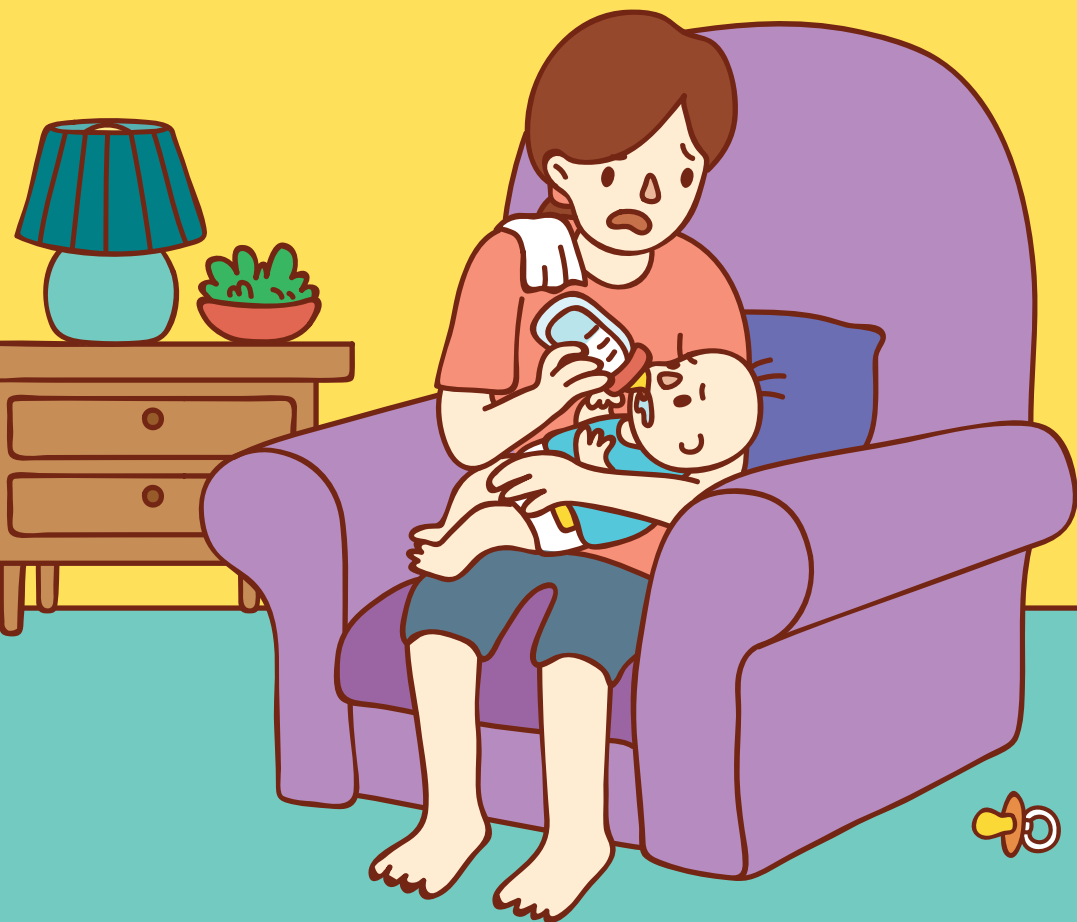
Let Baby play with toys in the bath tub.



Test the water temperature with your elbow and pat Baby with the bath water to get her ready.

3:00	Feeding Time
4:00	Bathing!
5:00	Playtime!
6:00	Feeding Time
9:00	Feeding Time

Create a bath time routine.



MY BABY SPITS OUT DURING FEEDS

Why?

- The valve between the food pipe (esophagus) and the stomach has not fully developed.
- Baby swallows air during feeds and milk comes out with the air when she burps.

WHAT CAN YOU DO?



After feeds, keep Baby upright for a while and avoid bathing Baby immediately.



Burp Baby several times during feeds.



Feed Baby smaller amounts.



Avoid pressure on Baby's stomach area.

ABOUT SINGAPORE CHILDREN'S SOCIETY

Singapore Children's Society has been fulfilling a very meaningful role to disadvantaged children, youth and their families in Singapore since 1952. We are an independent and non-profit organisation that relies predominantly on public support for many of our programmes, including public education initiatives such as this Parenting Guide.

If you find this Guide useful and would like to contribute towards our programmes, please fill up your particulars and donation details on the following pages and mail it back to us at:

Singapore Children's Society
No. 298 Tiong Bahru Road
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Singapore 168730

Your kind donation will help us touch the lives of needy children and youths and allow us to commit to our mission of bringing relief and happiness to children in need.

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Singapore Children's Society is an Institution of Public Character and all local donations qualify for 2.5 times tax exemption benefits. For more information about us, please visit our website at www.childrensociety.org.sg.

If you have any feedback for us, please contact us at **6273 2010** or info@childrensociety.org.sg.

Thank you for your support!

OTHER TITLES IN THIS PARENTING GUIDE SERIES

(downloadable from <http://childrensociety.org.sg>)



PARENTING GUIDE ON BABIES

This is the first in our series of parenting guides. This guide aims to provide parents with useful tips on how to care for their baby, from birth to one year old.

Topics include 'My baby won't stop crying', 'My baby chews on everything' and 'My baby dislikes baths'.



PARENTING GUIDE ON TODDLERS

The second guide in this series helps parents to understand the behaviour of toddlers from one to three years old. It gives parents suggestions on how to cope when their child misbehaves.

Topics include 'My child won't sit still', 'My child won't listen to me' and 'My child is rough'.



PARENTING GUIDE ON PRE-SCHOOLERS

(Available in English and Chinese)

Through a series of light-hearted illustrations, these guides provide tips on how parents can handle difficult situations with their pre-schooler, aged four to six, and explains why he may be behaving in a certain way.

Topics include 'My child wants my attention all the time', 'My child cannot concentrate' and 'My child tells lies'.

You may also find the following useful in your journey as a parent:

Child Abuse and Neglect Prevention microsite

<http://preventchildabuse.childrensociety.org.sg/>

e-CSEW Directory

<http://csewdirectory.childrensociety.org.sg/>

We hope the tips in this guide will come in handy whenever you are unsure of how to manage your baby. Most importantly, enjoy your parenting journey as happy parents make happy babies.

We would like to express our gratitude and appreciation to Mrs Maria Shiu and the other members of the Research and Advocacy Standing Committee (RASC) for their help and advice in putting this guide together.

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