



Ep 1: 2.30pm TV 2 - Monday August 21st
(Repeats on Monday September 25th)

New Beginnings: the first few weeks

We meet baby Scarlett and her first-time parents Kristine and Chris in hospital when Scarlett is just 12 hours old, and then again at home when she's two weeks old, this time with midwife and lactation consultant Barbara Taunton-Clarke . We discuss the concerns of the first few weeks: breastfeeding, sleeping, and adjusting to parenthood. Gill Connell, SPARC's Active Movement advisor, kicks off her regular segment on how getting babies moving is essential to grow their brains.

What happens at this age and stage?

The first few weeks of a baby's life is a time for getting to know each other; a time for adjusting to life as a parent if it's your first baby or for the whole family to bond if it's a new sibling. Babies don't 'do' much during this time, in fact their needs are pretty simple: lots of love and cuddles, lots of milk, lots of sleep. Babies will sleep a lot during this time, up to 20 hours out of 24. Don't expect any set routine, it's a time to go with the flow. Newborn babies appear to cry a lot, but remember it's their way of communicating. Experts talk a lot about how important it is for babies to bond with at least one caregiver. Some of the issues facing new parents include getting to grips with breastfeeding; coping with the dreaded 'witching hour'; worries about whether baby is getting enough milk; a couple's changing relationship now there are three; fluctuating hormones and see-sawing emotions; and what (whose!) advice to take onboard.

Need help with Breastfeeding?

Phone La Leche League on (04) 4710690 or (09) 846 0752, and they can give details of La Leche League leaders in your area. Their service is free.

0800 4 LACTATION will get you in touch with a lactation consultant. A co-ordinator will put you in touch with a lactation consultant near you.

Our advisors for this episode:

Barbara Taunton-Clarke

Barbara is an antenatal and post-natal educator, a midwife and lactation consultant. She works at Birthcare in Auckland, and is a mother of two. Barbara talks about common issues new parents face in the first six weeks of their babies' lives.

Frank Hayes

Frank is a psychologist with over sixteen years experience working with children, families, groups and men. He lectures at Auckland University of Technology and also consults with Maternal Mental Health, Waitemata. He's a father of two. Frank talks about men making the transition to fatherhood.

Pat Watson

Pat is Barnardos SKIP Early Childhood Project Advisor. She's a mother of three and grandmother of two, and has worked in early childhood education with Barnardos for over 20 years. Pat comments on the concept of 'conscious parenting'.

Gill Connell

Based in Christchurch Gill is our Active Movement presenter. She has an impressive amount of information about the importance of children being active, and imparts this to our families along with a series of activities they can do with their little ones to ensure they ultimately reach their genetic potential. Gill travels the country with her company 'Moving Smart', educating early childhood educators, primary school teachers, parents and caregivers on the all-important link between movement and learning. A primary-school teacher and mother of 3, Gill has co-written a book for parents called *Moving To Learn*, and is about to write a sequel. She was part of a reference group that worked with SPARC to develop a national framework and guidelines for physical activity in early childhood. This work was the basis of the world-leading national initiative *Active Movement*, a philosophy targeting the 0-5 age group. NZ is the only country in the world to have a nationwide focus on the under-fives in this regard. Gill continues to work with SPARC in a mentoring capacity.

