



Handy hints and tips for Baby





'Handy hits and tips for Baby' kindly written and compiled by parents through our Facebook page.

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FEEDING



FEEDING TIPS

Lynda Jackson - MY TOP TIP: during bottle years, always have a flask of water (especially for night) at bottle temperature so you are never waiting for bottles to heat/cool.

Fiona O Neill - As a mother of multiples I lost count on the amount of scoops of formula I had added to water and ended up throwing it out (expensive) then one day I come up with the idea of weighing the powder and marking on scale where 20/30/40 scoops were, made it so much easier cut bottle making time in half.

Sinead Cummins - My tip is for spoon feeding, give your child a second spoon which will keep them amused while you feed them!!

Louise McSweeney - I am trying to wean my daughter off formula at the moment, so every 3 days I take out an ounce of formula and put in an ounce of cows milk, its less stressful and makes the transition easier!

Breda Collins - For first time breast feeding mums, how to know if your baby is drinking enough, once they have 5 or more wet nappies then they are drinking plenty, breast feeding is fabulous for flying no bottles no hassles, my baby recently had gastro and was nearly weaned at 8 months but the only thing her tummy could tolerate was breast milk, so its so good and easily digestible for babies, but very important for breast feeding mums get the baby used to drinking breast milk from a bottle as its a different suck and will be easy to let the dad do the last feed while you take a bath or head to bed early.

Babypotz - My tip would of course be .. make your own home made babyfood and freeze it in Babypotz! Its healthier for your baby and so much less expensive! Anyone who mentions Shasta Baby Products when they order and likes our page (Babypotz) will receive a 20% discount. (from Lesley O'Mahony at Babypotz)

Lorraine Sheehan - My tip would be in relation to the first spoon feed for baby, as the first time never comes back have the camera ready. It doesn't really matter if the baby spits it all out or swallows, it is still a memorable moment and can only be captured the once so load your camera or video camera!

Jessie Hogan - My tip.... from the minute your baby starts eating baby rice etc., I would mash in strawberries, bananas you name it to get my little man used to the taste of all sorts of fruits, now he is totally obsessed with any fruit, its great, and he is so healthy from it, never any trouble with constipation!

Corrina Jordan Stone - For night time feeds use a Shasta stainless steel bottle, make it to the temp your baby likes before you go to bed. As it keeps liquids at the same temp for 5-6 hours you'll have the bottle ready as soon as baby wakes for a feed! Also have nappy wipes & a drink for yourself ready so you won't even need to get out of bed if you keep babys cot beside you.

Mel Connolly - When my kids were young, we kept a mini fridge and a kettle in the bedroom, for the baby bottles, that way there was no tramping up and down the stairs in the middle of the night like a zombie for the feeds



GENERAL TIPS

Corrina Jordan Stone - My best tip is go with your gut instincts. Also don't think about things too much, if you did you'd never get out of the house with baby. Just bring what you think baby will need and don't worry if you forget anything sure the vast majority of baby care and feeding products can be bought if you do forget anything. So whether it's a day trip or a family holiday just do it. You'll all feel much better if you do.

Lisa Kearns - My best tip is out of sight out of mind ...if a baby is crying for something they can't have remove it altogether and distract them and the crying will stop ...out of sight out of mind.

Lorraine McHale - Stop reading the baby advice books and feeling bad if you aren't doing what they are telling you to do!! Have some faith in your own skills and intuition and go with your gut instinct!

Courtney Floyd - My best advice is, enjoy being a mummy and enjoy your baby, there is nothing better than waking up to see your babies face in the morning and knowing they love you to bits!

Meth Melissa - Always try to keep to the same plan - teatime then bath time, read bedtime story, put older kids to bed for 8 on a school night works great for me.

Annmarie Coyle - Play with your children alot and they`ll be alot happier.

Denise Skelly - My tip is do whats best for you and baby not by what everyone else says you should do as they say mum knows best.

Susan Byrne - Love the wall.. my top tip, play time is the most important time for you and your baby, give yourself at least one hour for play and not to forget to make time for yourself and Daddy.

Chefs Garden Direct - Routine from day one! Stick to it. Couldn't stress that enough!

Marie Smyth - My top tip is when baby is fussy and won't settle for no apparent reason put them on a blanket on the floor with nappy off they love it and within moments fussy baby becomes smiley baby.

Christine Dunworth - As a mother of 2 aged 13 and 22 months my top tip is fresh air! Make sure the kids go outside to play regardless of the weather or at least for a walk wrapped up in the buggy, the fresh air will do the kids and mums the world of good and lead to better naps and night time sleeps for all the family!

Bums Up Modern Cloth Nappies UK - Parenting Tip?? Hmmmm, we would have to say 'Enjoy every Moment - they grow up too quick!

Edel Burke - My tip when you bring baby home from hospital is to do what works for you and your baby and don't be listening to advice from others, telling you your doing it wrong or the baby should be in a routine by now etc....its time enough for a routine when there in school.



Joanne Carroll - When I was in hospital I used to swaddle my wee fellow, just because he wouldn't settle for me. Swaddling represents the closeness in the womb. When he was getting a bit big for swaddling he wouldn't settle for me then at night, we'd wake with freezing hands and face and blankets at his toes. I have to say them sleeping bags for babies are the best inventions in this house ever! He's still a wriggler now at 9 months but I'm at least guaranteed his body is warm at all times throughout the night! There is no need to go to mothercare and spend a fortune, either get the 'big brands' in the likes of tk maxx or I have to say Dunnes and Penny's ones are really good! Highly recommend the sleeping bags.

Claire Byrne - When bringing a new baby into a family with children have the baby bring a little present for the older children.

Debbie Floody - I am mother of a 21 month old independent little lady and am due my second baby TODAY!! My tip to all mums (especially new ones) is to accept any help offered to you by family and friends. Its amazing how you feel like wonder woman after giving birth but are also wrecked! So, give yourself a break and let others help.

Anne Hctor - Tip: don't try to be supermum in those first few weeks and try to have a perfect house and everything organised. Tell visitors when you're not up for visitors. There will be days when you just won't have time to brush your hair and get out of the pjs just because a well meaning friend is calling. Just be with your baby because you could look away to do something and miss that first smile or a loving gaze and that's that moment gone and you never ever get it back.

Selina Sheehan - Go with your own instinct because at the end of the day a mother always knows best for there own child and every child is different. It is great getting advice of friends and family especially when your new to parenthood!

Debs Heffernan - My tip for getting a child out of the bath (who doesn't want to)!!! Just say before you pull the plug, that the spider is drinking the water and will come up the hole when all the water is gone. Worked with my three and they always jump out quickly!!!

Marie O'Reilly - My biggest tip when it comes to your little one's forget about having the latest gear and gadgets, teddies that move when they cry etc... nothing beats a cuddle from the moment their born, Love and creating an everlasting bond with them will far out last any teddies etc... MEMORIES LAST FOREVER.....

Truly Madly Baby & Truly Madly Kid - So many tips on do's and dont's but think we step back from the whirlwind of parenting from time to time: Cherish your children. No matter what your situation-no matter how often your children drive you crazy-know there are thousands of women.

Davida O'Neill - My best tip is to do with disposable nappies. I found different brands better at different times and wondered why, its to do with sizing. You really need to go with the brand that most suits your baby's weight at that time. Your baby should be almost in the middle of the two given weights eg. if the pack says 8-12lb these are perfect for approx 10lb baby. Obvious for some maybe but took me a while to realise this was why I was changing cot sheets so often.



Lorraine Sheehan - Although its recommended to change a nappy about 5 - 10 minutes after a bowel movement try to avoid this at night time if at all possible! Newborn babies often have bowel movements during the night, but the majority of good brand nappies, however, can keep the baby dry for up to 12 hours.

Lorraine McHale - Once you are out of the nappies don't go back and don't use the pull ups as the poor things get confused (of course use them at night for a while). Stay at home for a few days and keep asking do they need to go.

Corrina Jordan Stone - I found the steri soother was a fantastic addition to my hospital bag! It's also great to have a new.

Corrina Jordan Stone - Gripe Water: Some places still sell it in the Republic but its very expensive so worth the drive up to Newry or ask a friend to get you some if they are going up to Sainsburys, Boots, Savers or Semi Chem!

Lynda Jackson - Get iron on name labels and iron one onto favourite ted and write your phone number on him!! Ted WILL get lost, at least this way there is a chance someone will ring number!!!!

Lorraine Sheehan - Quick tip on winding a baby - To reduce wind when bottle feeding your baby you should ensure that the bottle is sufficiently tilted so that the milk completely covers the opening of the teat - this will prevent baby from taking gulps of air with the milk. Other tips for trying to reduce wind include feeding baby in an upright position, giving baby smaller feeds more often, avoiding lying baby down flat on their backs straight after a feed and taking feeding breaks to help baby bring up any wind, massaging baby's tummy area can also help.

POTTY



TIPS ON POTTY TRAINING

David O'Neill - What I am doing at the moment (maybe not to everybodys liking but its working so far for me) I went to a cheap eurosaver store and bought lots of cheap small toys. I put them all in a bag so she could not see them and everytime my daughter successfully went to the toilet in the potty she got to pick a toy out of the bag, it's working well as she was very resistant to the idea previously.

Christine Dunworth - Why not leave it for a few weeks and try again when little one is more ready, you'll be amazed how quickly they take to big boy/girl pants and potties when they are really ready. Don't stress because other people have trained their babies at certain ages, all kids are different and will do it in their own time.

Belinda Meaghan - Bribe!! I've heard from a few people that the best thing to do is give them a reward for going to the potty and make a big deal of it when they use it properly.

Lynda Jackson - I fail miserably on that subject!!!! did everything I should have, no cross words or any negativity, he hated being asked all the time but if he wasn't asked, wet pants. Decided we weren't ready but he refused to go back to nappies, couldn't even get him into "big boy pants", he's great now and now we have to start night training!!!

Lynda Jackson - My son had us broke!! We started reward chart and he doesnt eat any sweets, so we had to stock up from euro store, but it got to the stage where we had to abandon because he wouldn't go if he wasn't getting any thing and as soon as he earned reward, he let guard down and would wee all over the place.

Joanne Carroll - I've seen one thing that worked wonders for my brothers small one when they were potty training, its a potty that cheers and sings songs when 'the deeds' been done. The thing is to encourage the small one to use it and make a drama out of it.

Lynda Jackson - Yep, we got one!! we tryed everything, he made us take batteries out of it, its fisherprice, they have a boy one and a girl one!! Advice on that potty is make sure they are well used to sound because they could jump with fright when singing starts and make pee stop!! As for being asked, we asked on recommended times according to books and that just drove him nuts, he just get so cross and annoyed which was making the whole experience negative.

Dorothy T. Murphy - Stickers for poos! Lots of praise!

Melanie Mulvey - After 3 DAYS we have a wee in the potty....yippee!!!

Denise Skelly - I found doing a chart and buying them there favour stickers and everytime the use the potty let them put a sticker on the chart and if they get so many stickers on the chart they get a treat I found they loved the idea of just putting there sticker on them self they were done in 3 weeks.

Lorraine Sheehan - The best potty training advice I have is to purchase the Fisher Price fun to learn potty available in Argos. It teaches the child about toilet flushing , toilet paper and more. Plays a song to praise the child when the potty is used. Can be transfered to be used on normal toilet when doing the transition from potty to toilet. Really worked a treat for me my child loved it as its very encouraging for them. 100% a good buy.

HANDY HINTS AND TIPS FOR BABY

POTTY



Catherine Arnold - Potty training is easy when you wait until YOUR child is ready, patience is the key to everything and listen to advice, billions have done it before you, trust your instincts and judgement.

Rachel Louise Nelson - My friend keeps a jar of favourite sweets in her bathroom and everytime her son goes toilet he gets a handful of sweets, she said it was a nightmare before she tried this but apparently works wonders.

SLEEPING



SLEEPING TIPS

Anne Hactor - Best investment: apart from Shasta baby Products of course, is a Doodoo bear. Activated by your baby's crying and movement it will soothe your baby if it just wakes for no reason and send your baby back to sleep and therefore your baby won't get into the habit of being lifted each time it wakes. My little girl's Doodoo is our best friend.

Roisin Stapleton - Sleep when baby sleeps and squeeze the nappy to see if there is much crystals formed rather than wasting another nappy checking.

Caroline Dwyer - My top tip: bath at 7 with Johnsons baby bedtime - then massage with E45 and after some Johnsons aroma talc and lots of cuddles then bottle and bed and dream feed at 11pm - baby nearly 6 months and sleeps until 9 every morning and has only woken 4 times in 6 months - so lots of good night sleeps had.

Frances-Anne O'Brien - My tip would be to get into a good night time routine as soon as possible when my wee man was 3 weeks old I had him bathed, fed and down to the bedroom for 7:30.

Frances-Anne O'Brien - When he woke I fed him down in the bedroom he is now 17 months and still goes down at the same time if not before it.

Frances-Anne OBrien - I made it a rule in my house when my son was born that when baby sleeps baby stays asleep and there would be no lifting him and wakening him when visitors came.

Frances-Anne O'Brien - A sleeping baby is a happy baby.

Rita O'Connell - I am a mom of five and I have always had background noise like a radio down low, while putting my baby to sleep as they get used to it, so that when their siblings are making a racket they sleep right through it.

Kaylee Cronin - My top tip: if your baby is wide awake and wont settle a perfect way to help them use up their energy is 10-15 mins on their tummys, it wares them out.

Joanne Carroll - Get baby used to noise of different sorts, eg radio, hoover etc at a very early age especially when sleeping. Don't resort to 'silence' in the house at all times. You'll have a more content baby when it comes to sleep time when your out and about! Thats from a mum whos wee fellow is so used to radio etc on when sleeping that he slept through a cinema movie no bother a few weeks ago.



TIPS ON DEALING WITH SICK CHILDREN

Corrina Jordan Stone - My tip for mums of multiples or premature/sick babies is to keep a diary of each feed and nappy change. Its really helpful for when you go to checkups to have a log of all input and output from baby.

Wendy Keogh - My top tip is when your baby has a cold or is snuffly. Put a towel rolled up under the cot mattress and it helps baby to breathe easier. Also some 'Snuffle Babe' (baby vicks) rubbed onto the soles of their feet works wonders too.

Christina Nowak - Put some menthol-oil on a wet towel and hang it close to the heater, so the child can breathe better, when he/she has a cold at night.

Lorraine Sheehan - Ways to treat a baby with a head cold -

1. Make sure your baby gets lots of rest.
2. Give your baby plenty of liquids, especially if the cold is accompanied by a fever.
3. Elevate your baby's head if she is stuffed up and congested. You can do this by putting a pillow or two under the crib mattress at one end.
4. Since your baby cannot b...

Lorraine Ni Bhealatúin - Visit the public health nurse regularly. They offer invaluable advice. They can help reassure you if you have any worries however trivial you may think they are. By using your public health nurse you reduce the pressures on GP waiting times. Public health nurses are free and are very experienced in all things baby related.

Rickie Kikey Higgins - My tip when giving a baby calpol or other medication put it in a bottle top and let them suck on it.

Nicola Farrell - Nappy Rash can be greatly helped by making a paste with cornflour and a little water and applying to the sore area.

Joanne Carroll - My tips are for those that have teething babies! I know me for one has a teething wee one since he was 8 weeks old. Forget teething rings etc, one the best things I've found so far are cucumbers and carrots. I cut them into strips and put into freezer, when my wee fellows has big rosey cheeks I give him one and he chews on it for ages. Big imprints of his hard gums on them! For sleepless nights, I'm speaking from once again my experiences, my wee fellow we'd have clear runny nose when teething, I'd put 2 drops of saline drops in his nose and I'd put a flat pillow just to raise his upper body up a wee bit. It makes my wee fellow a lot more content and able to breath.

Lorraine Sheehan - Baby teething - Soak a small piece of cloth I used to use a soft bib and then put it in the freezer. When baby, is inconsolable, give them the cloth and they'll suck on the towel and will get immediate relief from the cold feeling next to there gums.



TRAVEL TIPS

Collette Jennings - My top tip is for when i bring my 5 shopping, before we leave the house I give them each a list of what I need in the shops they are so excited when we get there and stay beside me all the time helping with the shopping ticking of whats on their list when they put it into the trolley, they enjoy it I don't get stressed HAPPY DAYS it really works.

Lorraine Sheehan - Another tip for parents travelling with small children who will require a nappy change on board the aircraft. On some airlines the cabin crew will prepare the change table in one of the toilets for you if you let them know that you need to use one. It's a real help if you have a squirmy, smelly bundle to hold while wrestling with lowering a change table in the tiny space of an airplane bathroom - so the first time you need to make a change on the plane, ask an assistant where they prefer you to make the change, and take any help offered. Gets the job done much quicker keeping all happy.

Melanie Mulvey - If your toddler plays up when you take him/her out, have a little chat with them before you leave the house that you want them to 'be good and listen to mammy' you will be suprised how well it works.

Lynda Jackson - A quick quiet word so no one else can hear, when I get back to car, I always remind and thank him for all the good things he did and I never mention the wrong behaviour and I have to say he is an absolute star when we are out.

Melanie Mulvey - Of course my little girl was refusing to hold my hand anywhere and would run of on me until i had the chat with her, it worked a treat.