



# Baby steps

REAL PARENTING ADVICE

Parenting editor: Jen Kelly Ph: 9292 2693  
babysteps@heraldsun.com.au twitter: twitter.com/Babysteps\_shs

## Sweet little gifts

It's a week to Mother's Day – or about six days until hordes of frazzled dads race to the shops in search of a last-minute gift. We asked dozens of new mums what they would like as a gift for their first Mother's Day. Here's some ideas to give Dad a helping hand.



### Long-life bouquet

\$66

WHY give Mum a bunch of flowers that will last a week when you can give her a bouquet of preserved flowers that will last 6-10 years? Prices start from \$19 and the medium bouquet of roses (12cm wide, pictured) is \$66. It can be delivered on Mother's Day within Melbourne metro area if ordered by Thursday 5pm. 1300 708 068, [www.vermont-australia.com.au](http://www.vermont-australia.com.au)

### Fingerprint charm

from \$70

BUY Mum a gift certificate from Smallprint (which will arrive within five working days) to have your baby's fingerprint pressed in metal clay then finished in fine silver. The final product takes a few weeks and you will need to visit one of a range of venues to do the fingerprint. Suitable for babies four months and older.

[www.smallp.com.au](http://www.smallp.com.au)



### Rose box

\$29

FOR a cute twist on chocolates and roses, give Mum a Max Brenner Rose Box containing six pralines and a bouquet of small air-dried roses. Team it with one of Max Brenner's spa products such as the Ivory Coast Cocoa Butter Bubble Bath (\$26) to spoil Mum. Pick them up at one of Melbourne's six Max Brenner Chocolate Bars or order online to receive next day if sent express.

[shop.maxbrenner.com.au](http://shop.maxbrenner.com.au)



### Cute cupcakes

\$40

SAY "thanks Mum" with a dozen vanilla cupcakes with vanilla bean swirl icing and cute candles for \$40 from the Cupcake Queens – they may well be the best cupcakes Mum has tasted. Order online or visit the business's first shop, which opened this weekend in Williamstown.

[www.thecupcakequeens.com.au](http://www.thecupcakequeens.com.au)



### Baby feet sculpture

\$45 a foot

REMEMBER your precious baby's tiny feet forever with these lifelike freestanding sculptures. Order Mum a gift certificate and she can take baby to Belly Art's North Caulfield studio and have the sculptures made with a silver, gold, bronze or white finish. Or order a DIY Baby Hands and Feet Casting Kit, which makes four sculptures, for \$69.95. Kits and gift certificates will arrive by post within four days, and kits are also sold at selected shops.

9509 4060, [www.bellyart.com.au](http://www.bellyart.com.au)



### Puzzle Link Pendant

\$34.95-\$39.95

HAVE an Australian-made sterling silver pendant stamped with your baby's name and birth date as a keepsake and permanent reminder to Mum that "we fit together". It's \$34.95 with baby's name, or \$39.95 with name and birth date. Chains or bangles are available at extra cost. Can be stamped and posted by Mother's Day.

[www.ohmygiddyaunt.com.au](http://www.ohmygiddyaunt.com.au)



## The latest

### COOL FOR A CRISIS

DO YOU know how to recognise meningitis? Know when to call an ambulance for a fever? Or what to do if your child is badly hurt?

If not, you'd be well advised to read *What to Do When Your Child Gets Sick* (above), a manual co-written by Australian doctors. In bookstores now or at [www.allenandunwin.com](http://www.allenandunwin.com) for \$35.

### FORWARD TO FUTURE

THE new Spin Pram from Mothercare changes from forward-facing to rear-facing with one quick spin, so you can turn your baby to face the world while awake then spin them so you can watch while bub sleeps.



Available for \$895 at the new Mothercare stores at Chadstone and Doncaster (and opening at Highpoint in July).

[www.mothercare.com.au](http://www.mothercare.com.au)

### BIRTH OF A FASHION

IF YOU have struggled to find something decent to wear in hospital for childbirth you'll appreciate the new BYOG Hospital Gown (below).

It's made of 100 per cent cotton, comes in a range of colours and designs and looks great in those first photos with the new baby.

The sleeves unsnap for breastfeeding and the back snaps closed to keep you covered.

Cost is \$129.95 at [www.mumsandgifts.com.au](http://www.mumsandgifts.com.au)



NEXT WEEK: \$30 DATE IDEAS FOR NEW PARENTS



### Personalised Cookie Cake

from \$34.95

ORDER a delicious pizza-sized Cookie Cake from Mrs Fields Cookies, which includes a personal message to Mum and your baby's name in icing atop the cookie base. Same-day service at 12 shops across Melbourne. From \$34.95 for single layer to \$64.95 for triple layer.

[www.mrsfields.com.au](http://www.mrsfields.com.au)

## WIN A hospital bag

WORRIED about what to pack in your hospital bag? Take out the stress with a Pregnancy, Birth & Beyond Pack from Mummahh ([www.mummahh.com.au](http://www.mummahh.com.au)), including all the essentials plus a range of pampering products. One lucky Baby Steps reader will win a pack, valued at \$350. For a chance to win and to see terms and conditions, go to [www.heraldson.com.au/lifestyle/competitions](http://www.heraldson.com.au/lifestyle/competitions). Vic residents only. Closes noon May 6, 2010, drawn 2pm on that day, winner published online on the same day.



## Survival guide

### How parents can relieve teething pain without drugs or gels

Baby's first teeth can appear from about four months though even some 12-month-olds may not have any teeth visible.

Some teeth erupt without any other fanfare, though other children appear uncomfortable, with symptoms such as drooling, swollen gums, inconsistent feeding, biting, grumpiness and sleepless nights.

Children appear to enjoy things

to chew on when teething. Suggestions include rusks, teething rings and cold face-washers. Unfortunately they often like cold car keys, which are not hygienic.

Teething often can be the first of many developmental pains that parents must coax their children through.

Be kind to yourself, your partner and your baby and know this phase eventually will pass.

Georgia Tucker, maternal and child health nurse



# Baby steps

REAL PARENTING ADVICE

Parenting editor: Jen Kelly Ph: 9292 2693  
babysteps@heraldsun.com.au twitter: twitter.com/Babysteps\_shs



**Tough job:** Modern fathers have big roles in the birth process. **Picture:** GETTY IMAGES

## The latest

### FOOTPRINTS TO KEEP

THE new mess-free Inkless Print Birth Certificate from Belly Art is the perfect baby shower gift. Simply rub the inkless wipe on the newborn's feet and stamp the footprints on the birth certificate — no paint or ink required. RRP \$29.95. Buy at [www.bellyart.com.au](http://www.bellyart.com.au) and selected stockists.



### CARRYING ON

THE new Ergo Baby Performance baby carrier has just about everything — it suits newborns to preschoolers up to 20kg and can be worn on the front, back or hip. The water-repellent outer layer makes it suited to outdoor sports. RRP \$189 until Christmas. Available from next month in selected baby stores or at [www.babesinarms.com.au](http://www.babesinarms.com.au)



### MASSAGE RETREATS

PARENTS with their baby can enjoy a Japanese-style country spa and wellness retreat in Hepburn Springs.



The three-night retreats at Shizuka Ryokan include accommodation, breakfasts, massage workshops and a private post-natal consultation with a midwife, for \$349 a room a night. September 14-16 or December 7-9. More: [www.shizuka.com.au](http://www.shizuka.com.au); 5348 2030.

## WIN

BABY Bunting has come to the rescue of parents-to-be wanting

to buy the Beema Q that has been hard to find since



the closure this year of all Babyco stores, where the popular three-wheeler was sold. One Baby Steps reader can win a Swallow Beema Q Nero and bassinet, valued at \$468, from Baby Bunting ([www.babybunting.com.au](http://www.babybunting.com.au)). For terms and conditions, go to [www.heraldson.com.au/lifestyle/competitions](http://www.heraldson.com.au/lifestyle/competitions). Vic residents only. Closes noon August 19, 2010.

## NEXT WEEK

THE classic toys you once loved and can buy now for your baby.

# Birthing for blokes

LONG gone are the days the father-to-be would pace in the hospital corridor or head to the pub while his partner pushed out a baby.

Modern dads are expected to be by their partner's side every agonising step of the way — but there's so much more to the job than the occasional comforting hand squeeze and cutting the cord.

*Man With a Pram*, out next month, is billed as "the bloke's guide" to pregnancy from conception to birth, written in a witty, but informative style by two Australian dads who believed the current pregnancy literature was too "preachy, over-serious and well, boring" to appeal to men.

In this following edited extract, authors Jon Farry, a nurse and qualified midwife, and Stephen Mitchell prepare dads-to-be for the lead-up to "the best moment of your life".

**W**atching, sorry helping, your partner give birth can be quite a confronting experience, partly as the first time round you're not going to have seen her, or anyone for that matter, going through the pain of labour.

To get an idea of what it's going to be like (for your partner) imagine the groans and facial expressions of a WWE Wrestler, and now imagine they're not faking.

Don't worry; it's all perfectly normal, unless a caregiver tells you otherwise.

Like bungy jumping, you will experience terror along with overwhelming emotions, the difference being that bungy jumping,

## DAD'S CHECKLIST

**If your partner is getting regular contractions, ring your caregiver and your support people.**

Offer your partner whatever support and pain relief you can while at home. **Get everything you need for the hospital and put it in the car. Don't forget the camera.**

When your caregiver gives you the green light to head for the hospital, do so promptly but without haste — no running the red lights, guys!

**Hand over your birth plan at the**

once over, doesn't usually reduce a grown man to tears of joy.

But have no doubt about it, of all those memorable events you go through in life — be it getting your first car, meeting your partner, getting married — you will remember your child's birth more clearly than any of them.

It's worthwhile looking at the job description.

**LABOUR ASSISTANT:** If your partner wants a shoulder to lean on, it's expected that you provide it.

You may find yourself being a human Hills Hoist, providing essential upright support to your labouring partner.

**hospital, but be ready to make changes to it if necessary.**

If pain relief or obstetric interventions are recommended by your caregiver, help your partner make sensible decisions about these things.

**Continue to offer support and encouragement through transition, the second stage of labour and all that comes after delivery.**

Get ready for shock and awe (or is it arwgh?).

**LIAISON OFFICER:** During labour and birth your partner may not be in the best psychological state to communicate with others, and her vocabulary is likely to consist of grunts, groans and the occasional obscenity. You may have to assist her by acting as an interpreter.

**TEAM PSYCHOLOGIST AND MOTIVATIONAL THERAPIST:** Labour can be a roller-coaster ride of emotions, with your partner moving between excitement and despair.

Your role is to try and keep her on as even a keel as possible. Good luck, buddy!

**DECISION-MAKING ASSISTANT:** Try making an informed decision while pushing out a pumpkin!

Support people should have a good idea of what may happen during labour in order to help make effective and informed decisions. So read up.

**DOGSBODY:** Provide your partner with plenty of food and fluids if permitted by your caregiver.

Beyond that, basically do anything she asks.

**PHOTOJOURNALIST/CAMERAMAN/ DOCUMENTARY FILMMAKER:** It's usually one of

your responsibilities to record your child's day of birth.

However, if it prevents you from taking an active part in the baby's birth, hand the responsibility over to someone else if possible (but not to some guy you met in the corridor).

Remember to charge the camera, and print or back up the photos as soon as you can.

**PUBLIC RELATIONS**

**SPECIALIST:** Keeping the public notified with email or text releases is an important part of the job, along with progress reports to close members of the family.

*Man With a Pram* will be in bookstores next month. RRP \$24.99. Published by Hachette.



## Survival guide RAINY DAY ACTIVITIES AT HOME

■ I empty the plastics drawer in the kitchen and she plays with a whole bunch of new toys.

Nicole Latham, Rowville

■ We make bridges and hills out of all the pillows in the house and climb under and over.

Amanda Pajewski, Warragul

■ I put my son in his swing with the blind up and we watch the trees move in the wind and the rain fall.

Marianne Buyskes-Abrahams, Ringwood East

■ If it is not too cold I dress my daughter up in waterproof pants and let her explore the wet backyard. She can run around without getting wet

and cold and then we come inside for a nice warm drink.

Megan Mallen, Rowville

■ The other day we went to the spice rack — he loved smelling the different aromas, especially cinnamon.

Kirilee Evans, Eltham



# Baby steps

REAL PARENTING ADVICE

Parenting editor: Jen Kelly Ph: 9292 2693  
babysteps@heraldsun.com.au twitter: twitter.com/Babysteps\_shs

## Gifts for a new dad

IT'S a week to Father's Day and truckloads of power tools, gadgets and Xbox games are flying off the shelves. But a dad only gets one *first* Father's Day, so why not make this a day to remember with a special gift that stands the test of time?

We've tracked down eight gifts perfect for a dad's first Father's Day, from keepsakes of the birth to practical gifts for dads and babies to get out and about.

### PERSONALISED CARD \$5.95, postage free

**IMMORTALISE** Dad on a gift that will be cherished for life on one of the new personalised, professionally printed Father's Day cards from Hallmark.

Order online, add your own photos and text and the custom-made card will be printed and mailed the same day if ordered before 3pm weekdays.

Order at [www.hallmarkcards.com.au](http://www.hallmarkcards.com.au).

### FOOTPRINTS KEYRING \$190

**BUY** Dad a gift certificate from Smallprint to have a miniaturised version of your baby's footprints pressed in metal clay then finished in fine silver.

The final product takes a few weeks and you will need to visit one of a range of venues to do the footprints before the prints are scanned into a computer, resized to fit, then stamped on to the keyring.

Order by 5pm tomorrow and specify it's for Father's Day to receive the gift certificate in time. See [www.smallp.com.au](http://www.smallp.com.au)

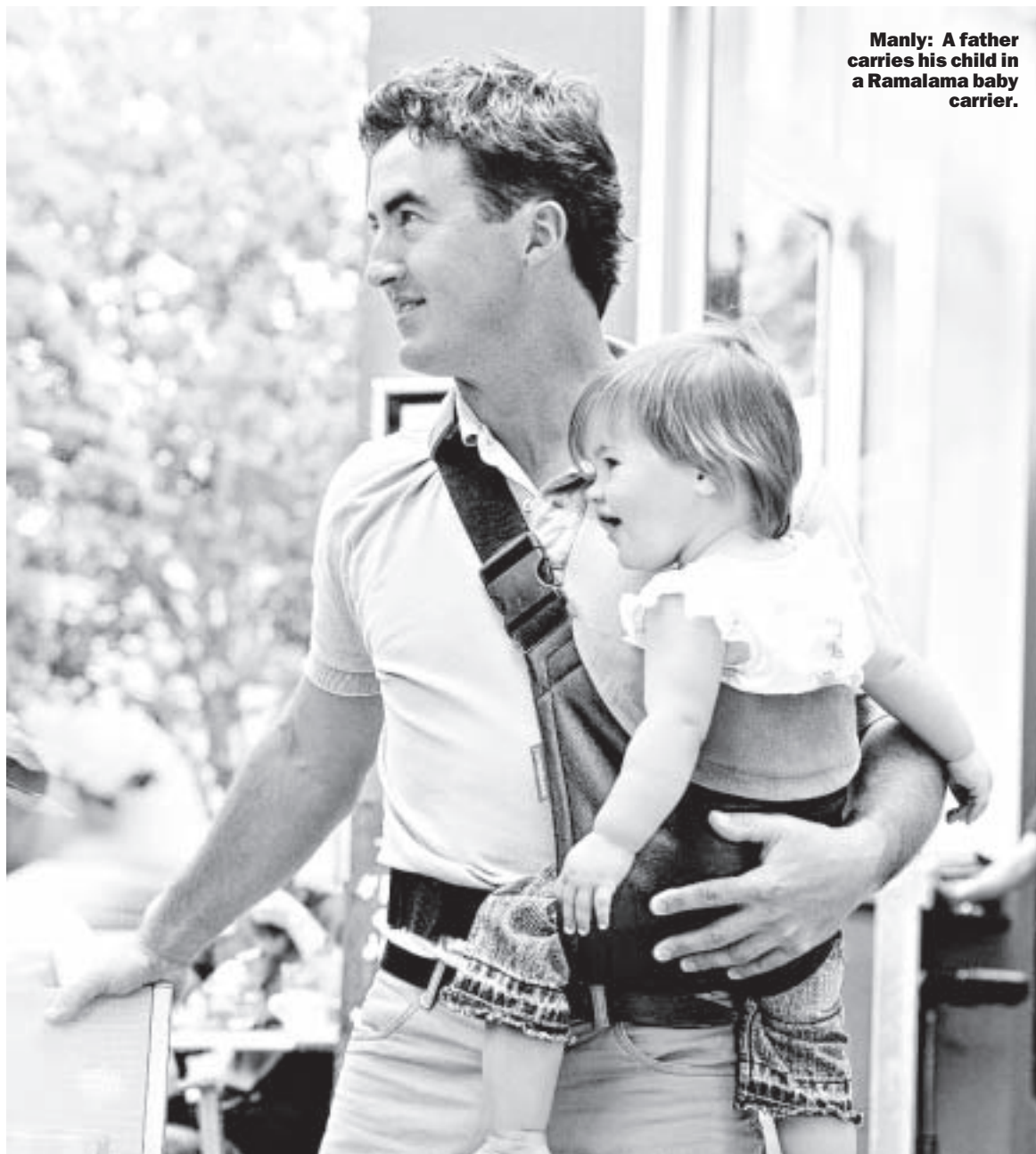
### PHOTO FRAME WITH BABY PRINTS from \$34.95

**REMIND** Dad what he helped create with a DIY keepsake combining your baby's photo with handprints or footprints.

The 20x30cm BellyArt Black Inkless Print Photo Frame (RRP \$64.95) has room for two footprints or handprints next to the photo, while the 12.7x17.5cm version (RRP \$34.95) has room for either one handprint or footprint.

These Australian-made timber frames use an inkless-print system so there's no paint and no mess.

Order at [www.bellyart.com.au](http://www.bellyart.com.au) by Tuesday to receive before Father's Day or see the website for stockists.



**Manly:** A father carries his child in a Ramalama baby carrier.

### MEN'S BABY BAG 1 RRP \$330



**SPOIL** dad with an OiOi Daddy Rider leather bag, one of the flashiest of the new wave of stylish men's baby bags hitting the market and the one Dannii Minogue's partner, new dad Kris Smith, has been snapped toting around.

Dad retains his street cred, while inside the five compartments are loaded up with nappies, wipes and cream. Includes an insulated bottle holder and change mat and made from grey brushed leather. Stockists: [www.oioi.com.au](http://www.oioi.com.au); 1300 131 693.

### MEN'S BABY BAG 2 RRP \$309

**DADS** who love style but won't trade practicalities for fashion will go for the Storksak

Jamie messenger bag, an all-in-one luxurious leather satchel with thermo-



insulated compartments to keep liquid or food hot or cold for four hours, a padded changing mat, wipe-clean lining, adjustable strap and loads of pockets for wipes and nappies.

Like the Daddy Rider, this one is great for the office once the kids are past nappies. Stockists: [www.storksak.com.au](http://www.storksak.com.au), (02) 9328 1700.

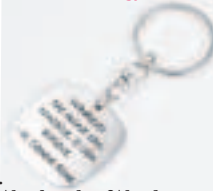
### PERSONALISED KEYRING from \$19.95

**CHOOSE** from 24 meaningful quotes on a Poetic Pieces Key Ring to inspire Dad to greater heights.

You can have the back of the key ring stamped or engraved with your child's name and birth date or a special message.

Order online at [www.ohmygidyaunt.com.au](http://www.ohmygidyaunt.com.au) by Tuesday to receive before Father's Day.

From \$19.95 with the quote only, or from \$29.95 if stamped or engraved.



### HIP CARRIER RRP \$210

**DAD** will look ultra-cool carrying your baby in this manly Ramalama Infant Carrier (above), made from leather with suede lining in chocolate or black.

It's suited to babies from about five months up to 20kg and can be worn on either hip.

A denim version is also available.

Buy at [www.ramalama.com.au](http://www.ramalama.com.au) by Tuesday to make sure you receive before Father's Day.

### SNAPPY HOLDER \$25

**DADS** on the run will love the manly black Dash Clutch nappy wipes holder — or choose zebra, leopard or snakeskin prints for dads who like to walk on the wild side.

It clips closed and it's airtight and water-resistant.

Buy at [www.dashbaby.com.au](http://www.dashbaby.com.au) by Tuesday to receive before Father's Day. Free postage Australia-wide.



## The latest

### GREAT AUSSIE BITE

**TEETHING** tots have been biting down on Sophie the Giraffe for almost half a

century. Now Sophie — a rubber teething toy created in 1961 — has a house to live in. Sophie's House is a take-anywhere fabric toy for babies and toddlers that folds from flat into a house with carry handles, and includes lots of rattles, flaps and learning activities. Buy for \$159, including a Sophie teether, at [www.buttonbaby.com.au](http://www.buttonbaby.com.au).



### PICK A TARGET

**REWARD** charts are a fun way to inspire toddlers to eat their greens, brush their teeth, use the potty or make their beds. The plastic pockets on these adorable fabric charts from The Freckled Frog mean you can change the required behaviour targets as the child grows. Choose from pirates, outer space, jungle animals or pink butterfly. RRP \$49.95. Stockists: [www.freckledfrog.com.au](http://www.freckledfrog.com.au).



**STROLLING AROUND** THE stylish Bugaboo Cameleon, envied by many a mum, has been released in an off-white limited edition. Like the original, it weighs only 9kg, suits newborn to 17kg and comes with a bassinet. RRP \$1925. See [www.bugaboo.com](http://www.bugaboo.com) for stockists.



## WIN

One lucky Baby Steps reader will win a



Toblerone Super Dad Hamper, valued at \$520.75, and filled with more than 70 Toblerones of assorted sizes including two 4.5kg Super Dad Toblerones (RRP \$110 each), the perfect gift for sweet-tooth dads this Father's Day. For a chance to win and to see terms and conditions, go to [www.heraldson.com.au/lifestyle/competitions](http://www.heraldson.com.au/lifestyle/competitions). Vic residents only. Closes noon September 2, 2010, drawn 2pm on that day, winner published online on the same day.

### PARENTS' PANEL

**Want to join our parents' panel and offer your views and reviews on baby products and tricky topics? Email [babysteps@heraldsun.com.au](mailto:babysteps@heraldsun.com.au)**

## Survival guide

TIPS FROM MUMS ON CHOOSING CHILDCARE/WORK DAYS WHEN RETURNING TO PART-TIME WORK

■ I chose days hubby was less frantic at work, so if baby was sick he could share taking time off work to stay home and care for baby, and I could focus on rebuilding my career.

**Narelle Caulfield, Lysterfield**

■ If you have a choice I would not recommend a Monday, as most public

holidays fall on a Monday and you still have to pay for the day.

**Amanda, Altona Meadows**

■ Part-time mums should not put all days together because if your child is sick you lose all of your days, whereas a gap gives them a day to recover.

**Kristy, Sandringham**

■ Try for two consecutive days — I find this helped my daughter's transition into childcare better rather than having one day in care, one day at home and then a day in care again. It helps with them adjusting.

**Agnes Falzon, St Kilda East**

■ Working on Mondays is hopeless

because of public holidays — then you have to cram your week's work in to one less day. Working Fridays is also hard as lots of people take Fridays off or are in a rather festive mood, making it difficult for us part-timers to get our work done!

**Julianne Rice, Moonee Ponds**