



# Newsletter

December 2006

## What's in the news...

### Toddler choked on cube of jelly

A Bristol Coroner has called on fruit jelly manufacturers to include a warning on their products after a 13-month child choked on one of the cubes. His parents gave the boy an inch-sized cube of the fruit jelly as a present for saying his eldest sister's name for the first time.

The tot became ill and turned blue after the cube lodged in his larynx. His parents rushed him to Bristol Children's Hospital. Staff managed to resuscitate the boy, but he suffered severe brain damage due to lack of oxygen.

His condition continued to deteriorate and after eight days his parents decided to turn off the life support machine after it was clear he would not recover. At the inquest into the tot's death a verdict of death by choking on a cube of raw fruit jelly.

The coroner said: "I would like to extend a plea to manufacturers to consider placing on cartons, a warning that raw jelly in this cubed form should not be fed to children."



Freephone: 0800 279 44 33

### Should you leave baby to cry?

Researchers at London University have found that comforting crying babies rather than letting them cry may work better, at least for the first few weeks. Babies allowed to cry, were crying up to 50% more than babies who were comforted at both two weeks, five weeks and 12 weeks of age. The conclusion of the study carried out by the University of London's Institute of Education was that comforting on demand could minimise crying in the first few weeks although this did not have any effect if the baby was crying due to colic.



### Want to get back into shape?

Walking is the most effective form of exercise, so many mums across the country are joining in with classes that allow them to get fit while pushing their babies buggy. Not only do they lose weight and tone up they also make new friends. For more information look up [www.buggyfit.co.uk](http://www.buggyfit.co.uk) or [www.powerpramming.co.uk](http://www.powerpramming.co.uk)

e-mail: [info@tinytotsaway.com](mailto:info@tinytotsaway.com)



## Website of the month



[www.thenewbornnetwork.com](http://www.thenewbornnetwork.com)

The Newborn Network is a safety haven for new or prospective parents.

Having a baby is such a fantastic and exciting experience, however, it can also be incredibly stressful. When you are having a baby, you want only the best for your baby and this makes you a vulnerable audience, easily targeted by emotional marketing. South African born, Geraldine Miskin, an Independent Breastfeeding Specialist, launched The Newborn Network.com earlier this year, including only the professionals she knew would provide unbiased, non judgemental information to new or prospective parents. On the site you will find



invaluable information and advice as well as a directory of services that will help and support new parents. The site is growing organically and members do not pay to be a part of the network.

Geraldine does in home consultations for mums having problems with breastfeeding and holds ante-natal breastfeeding workshops in central London. Please contact her for more information. [g@thenewbornnetwork.com](mailto:g@thenewbornnetwork.com)

## New Products



### MAM Air Soother

Innovative and distinctive new soother with a minimalist design to focus on the baby's face. The Air soother is easy to grip and reduces skin irritation to guarantee maximum comfort for baby. Packed in two individual sterilisable storage boxes. The MAM Air soother lets the smile shine through.

**4+ months Price £3.99.**  
**Now available with silicone teat Price £4.29**

### "JOHNSON'S® SOOTHING NATURALS™

**Soothe & Protect Balm £4.29**  
**Softens dry cheeks and patches**

Formulated with a unique blend of pure Vitamin E, olive leaf extract and skin essential minerals. Moisturizes baby's cheeks and lips to help protect against dryness Good for dry patches anywhere on baby's body. Clinically proven mild and allergy tested, thoroughly tested by dermatologists



## Special Partners

Visit our Special Partners page on our website for further details of these and other offers as they become available.  
<http://www.tinytotsaway.com/specialoffers/>

### SPECIAL OFFERS

#### Maldives - Free Night Offer

Spend 14 nights at Cocoa Island, Maldives with Essential Escapes and pay for only 12.

#### Cyprus - Half board Offer

Pay for bed & breakfast at Le Meridien Limassol Resort & Spa during December and January and receive a complimentary upgrade to half board courtesy of Essential Escapes

#### Portugal - Free night

Stay for 7 nights and pay for 6 this winter at Reid's Palace, Portugal through Mediterranean Experience

#### Greece - 10% offer for Early Booking

Book by 28 Feb 2007 for Porto Sani Village with Mediterranean Experience and get a 10% discount on accommodation



## FEATURE

# First stage weaning... WHY?

Weaning is the process of moving your baby from a diet of milk to a normal, everyday diet. Breast or formula milk is the ideal, food for a young baby. It contains everything that your baby needs to grow and be healthy. Nothing else is needed. As your baby gets bigger and older (4-6 months) it will need to start on the other foods to provide some of their nutrition and to help their development.



## How do I know my baby is ready?

Some babies are ready at 4 months. Others need a bit more time.

- Is your baby finishing feeds and still seems hungry?
- Is your baby not lasting between feeds and wanting extra feeds?
- Is your baby waking in the night to be fed, after previously sleeping through?

If any of these are happening then your baby is ready for weaning.

## How to start?

### Slowly and gently – just offer tastes.

Start by offering just a couple of teaspoonfuls at one mealtime a day. Gradually increase quantity, variety and number of solid meals offered when baby is ready.

## WHEN?

### 5 – 6 months is ideal

No sooner, as your baby's body will be too immature to cope. No later, as delay can lead to future problems with your baby accepting the different tastes and textures. Jars or packet food can be useful for travelling, holidays, visiting or when you are busy. It is better not to use all bought foods. Mixing some fresh foods, with jars and packet foods is a good idea.

Try adding potato, vegetables, apple or banana.

Choose a variety of foods. Use both savoury and desserts.

Do not give your baby all desserts.

## WHICH FOODS TO START WITH?

### First stage (4 – 6 months)

Consistency: Thin, smooth, pureed foods

Suitable for first foods: Baby rice, pureed starchy vegetables e.g. carrot, parsnip, swede, potato. Pureed fruit e.g. apple, banana, pear. Plain yoghurt, unsweetened custard.

Avoid adding sugar or salt to your baby's food

Wheat and foods containing wheat, such as rusks, are not recommended until after 6 months because they contain gluten.

## Drinks

### Breast milk or baby formula.

For these stages a liquidiser/blender, fork and sieve, or puree

gadget e.g. baby moulie or a hand blender are useful. Home cooked foods can be stored in small containers in the freezer – ice cube trays are useful to start with. Remember – keep all spoons, bowls, and utensils really clean. When your baby is happy with these foods start to make the consistency thicker and try a wider variety of tastes.

### Drinks

Breast milk/baby formula (although your baby may not be taking quite as much) Start offering water or very diluted pure unsweetened fruit juice from a free flowing feeding cup with meals. Remember always boil the water you give your baby under 6 months. If you use a filter, make sure you change this regularly. Filters can be a breeding ground for germs. Avoid adding sugar or salt to your baby's food

## Remember

Weaning is a gradual process. If a food is rejected try again. Go at your baby's own pace. Be prepared to put up with some mess as your baby learns to eat. If your baby is reluctant to eat lumpy food, persevere and gradually increase the texture, to encourage them to chew. Tea and coffee is not recommended. Vitamin Supplements are recommended for breast fed babies from 6-12 months and bottle fed babies taking less than 500ml/20fl oz of infant formula.

## WHAT SHOULD I DO IF WE HAVE ECZEMA OR ASTHMA IN THE FAMILY?

If you have eczema and/or asthma in your family, or if you have an older child with a food allergy, you should avoid giving your baby foods, which he/she may become allergic to until he/she is 6 months old.

These are:

Cows' milk and foods made from cows' milk like cheese, yoghurt and custard, egg, fish, citrus fruit and their juices like orange, lemon and grapefruit. You should not give your child nuts or foods containing nuts before 5 years of age.

Your Health Visitor or Doctor can give you further advice.

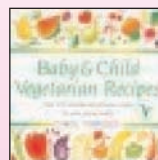
# Worth a read...



With so many books on baby care available giving a wide range of advice and tips, its hard to choose the one right for you. We take a look at some of the best selling baby care books relating to this months feature article,



**Baby and Toddler Meal Planner –Annabel Karmel** In this new edition, Annabel has brought her collection of mouthwatering recipes completely up to date, and included ten new dishes. Plus she offers time-saving tips and reassuring menu charts to help you shop and plan ahead, all based on her experiences as a busy mother of three. **Price £7.79**



**Carol Timpeley** Containing 150 quick and easy recipes for young children that have been approved by The Vegetarian Society, this book covers the major milestones in dietary development, offers general nutritional guidelines, lists of foods to introduce and avoid, and a host of practical hints and tips. **Price £7.99**



**The Contented Little Book of Weaning- Gina Ford** All parents have to do it but even the most confident will admit that weaning is one area of parenting that can be cause for much anxiety and concern. So many questions need answering, most of them beginning with 'when?' Gina Ford has devised her own weaning and feeding plan which fits in with a baby's natural feeding needs. She covers all the different questions parents may have about weaning, from the initial 'when to wean' to how to establish routines and make sure babies get all the nutrients they need. Packed with parent-friendly schedules, feeding plans and personal stories from the many mothers Gina has worked with over the years, this book is the definitive guide to ensuring babies eat well now and as they grow up. **Price £4.99**



Presenter **Lorraine Kelly**, and leading nutritional expert **Anita Bean** have written an accessible parent's guide to nutritious and appealing meals for babies and toddlers. They offer over 100 baby-friendly recipes plus creative and practical ideas, tips and hints. **Price £4.99**



**Top 100 Baby Purees: Anabel Karmel** 100 Quick and Easy Meals for a Healthy and Happy. **Price £5.39**

next month...

Parents guide to  
push chairs

The Great Nappy  
Test Drive

Baby Winter  
fashions revealed