

- Changes in appetite
- Poor concentration
- Feelings of inadequacy to cope with a new infant
- Excessive worry about your babies health
- Suicidal thoughts

These can be signs of an emerging or present mental illness.

If you are struggling it's important to remember you are not alone, help is available and full recovery is possible. Asking for help takes great courage and is not a sign of weakness. What you are experiencing is not "just being a parent". You deserve to feel better than this and early intervention is key. In fact, seeking help early means you can often prevent a more serious illness developing AND get on with enjoying your life, family, and your new baby. At Family Doctors Plus, our friendly GPs understand and are very skilled at helping people access the help they need to return to feeling like themselves.

#### Useful Resources:

[www.panda.org.au/info-support/talking-to-your-doctor](http://www.panda.org.au/info-support/talking-to-your-doctor)

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

[www.whatwerewethinking.org.au](http://www.whatwerewethinking.org.au)

[www.peachtree.org.au](http://www.peachtree.org.au)

(because parenting isn't always peachy)

The Queensland Centre For Perinatal and Infant Mental Health Ph: 3266 3100 (located at Nundah)

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

(find a perinatal psychologist near you)

## Parenting

Parenting is a joy, but there are times when you may need a helping hand. Family Doctors Plus was created to offer the full complement of health services to families. Our team of health professionals includes:

**Doctors** (GPs and visiting specialists-ENT surgeon and paediatric surgeon)

**GP** specialising in skin conditions and skin cancer screening

**Nurses**

**Speech pathologist**

**Occupational therapist**

**Psychologists** (children, adolescents, adults & perinatal)

**Physiotherapist**

Please call us on 3357 8192 if you have further queries. You can also check out our bios on our website: [www.familydoctorsplus.com.au](http://www.familydoctorsplus.com.au)

## Education on the road

Our doctors and allied health professionals attend schools to provide education sessions on puberty and school readiness. These sessions are very popular and full of practical information. For further information please call us on 3357 8192 or email us on [wecare@familydoctorsplus.com.au](mailto:wecare@familydoctorsplus.com.au).

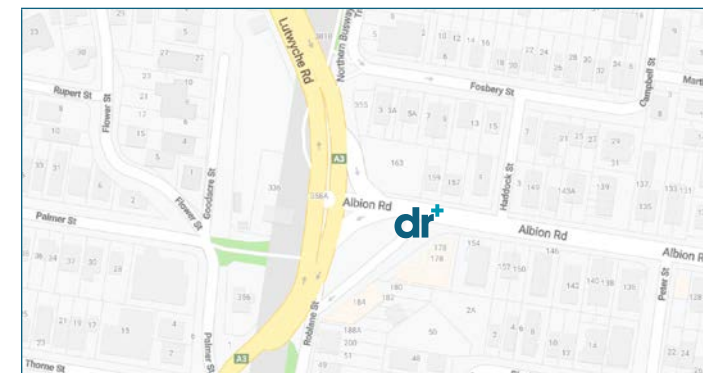


# Open 7 Days

## SAME DAY APPOINTMENTS

Monday - Friday: 7:00am - 6:00pm  
Saturday and Sunday: 8:30am - 1:00pm

Open most public holidays.



We look forward to caring for you and your family at Family Doctors Plus.

☎ 07 3357 8192 F: 07 3102 8589

✉ [wecare@familydoctorsplus.com.au](mailto:wecare@familydoctorsplus.com.au)

📍 Windsor Place, 2/178 Albion Rd, Windsor QLD 4030

🌐 [familydoctorsplus.com.au](http://familydoctorsplus.com.au)

📱 [familydoctorsplus](https://www.facebook.com/familydoctorsplus)

# Parenting Guide

**Congratulations on your exciting new role as a parent. Children are a great source of joy. However at Family Doctors Plus we understand how challenging and busy parenting can be and are ready to provide you with support and medical advice.**

**This booklet has some handy tips and useful contacts to help you in your parenting journey.**

**Note:** The information contained in this booklet is for general information only. If you have concerns, a medical condition or allergies please speak with your doctor.

## Feeding Your Baby

Whether breastfeeding or bottle feeding (breastmilk or formula) feeding will be a learning curve for both you and your baby. Although exclusive breastfeeding is recommended in the first 4-6 months of your baby's life this may not be possible. Some babies do have trouble attaching to the breast and also feeding from a bottle.

At Family Doctors Plus we are experienced in all aspects of breastfeeding and bottle feeding and are always happy to help. Getting this important step right is essential for the healthy growth of your baby.

A great way to track your baby's growth, or assess whether they are feeding enough, is to weigh him or her regularly e.g. weekly. We recommend you see us when your baby is 1 and 6 weeks old and in between if you have any concerns or your baby is not putting on weight or having enough wet or soiled nappies.

### FEEDING SUPPORT

1. **Your GP or Practice Nurse**
2. **Private lactation consultants**
3. **Australian Breastfeeding Association**

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) Ph: 1800 868 268

This is a great website with information on breastfeeding, including how to express, store and use expressed breast milk. Lactation consultants are available on the phone.

### 4. Child health clinics

[www.qld.gov.au/health/children/babies/clinics](http://www.qld.gov.au/health/children/babies/clinics)

These have both lactation consultants and child health nurses on staff. For example Nundah Community Health Centre. Ph: 3146 2300, 10 Nellie St Nundah. They also run mother's groups, are a free service and can help with sleep problems.

### 5. Hospital lactation consultants

The best way to make sure your baby is growing and drinking enough breastmilk or formula is to regularly weigh your baby.

### 6. Speech pathologists

### INTRODUCING SOLIDS

The Australasian Society of Clinical Immunology and Allergy (ASCIA) recommend introducing solids around 6 months of age (not before 4 months).

If you have any concerns regarding allergies, whether your baby is ready for solids or don't know where to start we will gladly help you.

We recommend you start with one meal a day. Choose the meal that you are most likely to be at home for.

## Childhood Vaccinations

- Can all be done at Family Doctors Plus by our experienced nurses and are important to help protect your baby against some diseases.
- Under the Australian Immunisation Schedule, vaccinations are given at 6 weeks, 4 months, 6 months and 12 months in the baby's first year of life.
- Vaccinations under the Australian Immunisation Schedule are bulk billed at Family Doctors Plus. These are fully funded by the government.
- There are additional vaccinations you need to consider that are not on the Australian Vaccination Schedule.
- It is recommended that parents, carers, grandparents and those who will be in close contact with your baby have a whooping cough vaccine if they haven't been vaccinated in the last 5 years. Pregnant women are offered this vaccine between 20-32 weeks gestation, however, if you have missed it talk to your doctor about getting it as soon as possible.

Visit [www.immunise.health.gov.au](http://www.immunise.health.gov.au) or ask our doctors or nurses for further information.

## Vaccines available for babies/ children outside the Queensland Immunisation Schedule:

### Yearly Influenza vaccine (4 strain vaccine):

- Free for children aged 6 months to under 5 years and children with some clinical conditions, for the rest it's a small fee
- Children under 9 years of age need 2 doses one month apart on the first year they receive this vaccine

### Meningococcal ACWY vaccine

(protects against ACWY strains)

- Subsidized/free for 12 month olds (from July 2018) and 15-19 year olds under the Queensland Immunisation Schedule
- Can be given from 2 months age (not subsidized, \*\$94 each, please ask our staff for the price)

### Meningococcal B vaccine

(protects against B Strain - most prevalent strain in Qld)

- \$150\* each, boosters needed, Panadol 30 min prior to vaccination

### Varicella/Chicken pox booster

- \$70\* each, one booster, 4 weeks after 18 months vaccines

**Please speak to our nurses or doctors if you have further queries and to discuss side effects.**

\*Subject to change

The above vaccines may need to be ordered so we request that you please pre-book. For bookings and appointments please ring 3357 8192.

## Baby Health Checks

Regular health checks are important to ensure your baby is developing and growing normally. Baby health checks are usually done at the same time as child immunisations, however, it is also a good idea to keep track of your baby's development in between these times as well and see your doctor if you have concerns. For example weight checks are important in newborns to determine whether they are getting enough breast milk or formula.

Our Family Doctors Plus nurses can perform a comprehensive developmental assessment on your baby at any time to track that he/she is reaching their milestones.

Our experienced doctors are proactive in addressing developmental concerns and we have a team of allied health specialists (speech pathologist, occupational therapists, dietitian, psychologist, physiotherapist) and visiting specialists (ear, nose and throat surgeon and paediatric surgeon) that specialise in helping babies and children.

### **For more information book an appointment with us.**

You can also refer to:

- Your baby's Red Book
- [www.communities.qld.gov.au/resources/childsafety/practice-manual/physical-cognitive-milestones.pdf](http://www.communities.qld.gov.au/resources/childsafety/practice-manual/physical-cognitive-milestones.pdf) for information on milestones.

## Baby Skin and Bath Products

We recommend you only use soap, fragrance and alcohol free products on your baby's skin. This includes wipes, wash, shampoo and moisturising lotions.

Your baby spends a lot of time in your arms so consider switching to soap, fragrance and alcohol free products for yourself and your partner as well.

Wash your baby's clothing and your clothing with sensitive laundry wash and make sure they are rinsed well to remove all traces of the detergent.

## When Should Mothers Book For Their Postnatal Health Check?

It's important mothers have a health check at one and six weeks after giving birth (more often if needed).

We will discuss contraception with you and do cervical screening if due.

## Self Care

Parenting is an exciting and rewarding job, but it can also be a time of sleep deprivation, disruption to your usual routine and a steep learning curve as you adjust to looking after your new baby. It is important to remember self care and ask for help and support if you need it.

**Sleep!** It can be difficult to adjust to life with a newborn baby. Things are always more challenging when you are sleep deprived. Sleep when you can during the day and ask for help feeding at night if you can. The washing and house cleaning can always wait. You may have a 'short fuse' when you are sleep deprived, recognise this and remember to be nice to each other.

**Get outside** Spending all day cooped up in the house with a baby is tough. Make it a priority to get outside in the fresh air and sunshine each day. Whether it is a walk for 10 minutes outside, the vitamin D will boost your mood and spirits. Or go to a friend's house, the library or shops. Some babies find the sound of conversation very soothing. Remember sun protection is essential for you and baby.

**Nutrition** It is easy to eat on the run as a new parent. Try to make sure you are eating at least one healthy meal a day. This is especially important when you are breastfeeding. Many parents find meal delivery, frozen meals or meal plans quick and easy during this transition time. It often saves time on grocery shopping too! Drink plenty of water to keep you hydrated. Keeping a water bottle beside your feeding chair is a good way to remember to drink when your baby does.

Do something for **yourself**. It is important not to forget about your own needs when you are looking after a newborn baby. Ask someone to look after the baby for half an hour and spend the time doing something you enjoy. Read a book, go for a walk or spend the time doing an activity you used to do before you had your baby! You will feel refreshed and both mum and bub will feel better for the break.

Don't be so hard on yourself. Having a new baby is a steep learning curve. It is one of the hardest things some people will do in their life. Give yourself a break and pat yourself on the back for all the positives!

Try to **involve your partner**. It can be easy for partners to feel left out when you have a newborn, especially breastfed babies.

Join a **mother's/parent's group**. It can be scary at first meeting a bunch of new women and their babies. Mother's groups often provide a lot of support and reassurance to new mums. We run a group at Family Doctors Plus which is free for everyone. We invite guest speakers. For details check out our Facebook page.

**Ask for help!** A lot of new mums are reluctant to ask for help. Most relatives and friends are happy to help out, they are just waiting to be asked! Talk to your GP for advice if you feel overwhelmed or emotionally distressed. Postnatal depression affects almost 16% of women and 5% of men.

## Community Resources:

1. **Parentline** - For advice about issues that affect you as a parent. Call 1300 30 1300  
[www.parentline.com.au](http://www.parentline.com.au)
2. **Perinatal Anxiety and Depression Australia (PANDA)**  
1300 726 306  
[www.panda.org.au](http://www.panda.org.au)
3. **Lifeline** 13 11 14
4. **MensLine Australia** 1300 789 978  
[www.mensline.org.au](http://www.mensline.org.au)
5. **Parenting advice**  
[www.qld.gov.au/families/babies/new-parentspages/tips](http://www.qld.gov.au/families/babies/new-parentspages/tips)
6. **Your local child health centre**

## Safe Sleeping

### **Reduce the risk of SIDS and SUDI by:**

- Sleeping baby on their back from birth
- Keeping the baby's head and face uncovered
- Keeping the cot free from toys, doonas, pillows, bumpers, lamb's wool and soft toys
- Keeping the baby smoke free before and after birth
- Avoiding putting beanies or hats on babies when they are asleep
- Supervising other children and animals around babies

For more information visit [www.sidsandkids.org.au](http://www.sidsandkids.org.au)

### **Other top websites/helplines include:**

[www.rch.org.au](http://www.rch.org.au)

[www.healthdirect.gov.au](http://www.healthdirect.gov.au)

## You as parents are important, and your Mental Health matters

(by Natalie Boulton, psychologist, located at Family Doctors Plus)

Whilst most expectant parents and families are better informed about mental health and illness than ever before, mental illness remains a common complication of having a baby. In fact, women are most at risk of developing a mental illness after having a baby than at any other time in their life. Partners and dads can also be affected by their partners illness and/or develop a mental illness themselves.

If you are experiencing:

- Sadness or crying a lot
- Intense anxiety, ruminations, obsessions
- A loss of interest in usual activities
- Feelings of guilt, worthlessness and incompetence
- Fatigue, irritability and sleep disturbances (separate to your baby)