

MAY 2010 £2.80

prima



**HOW YOUR UNBORN BABY GROWS**

**+ NEW MUM RECOVERY PLAN**

**ELECTION SPECIAL!**

**PARTY LEADERS' EXCLUSIVE INTERVIEWS**

# Baby & pregnancy

**20 BRILLIANT BIRTH TIPS**

- \* YOUR LABOUR WORRIES SOLVED
- \* WHAT HAPPENS, WHEN

**0-1 YEAR**

**LOOK WHO'S TALKING!**

Fun ways to get them chatting

**1-3 YEARS**

**YOUR TODDLER**

- \* Sleep problems sorted
- \* Calm temper tantrums

**CELEB MUM SECRETS**

- ★ TESS DALY
- ★ DENISE VAN OUTEN
- ★ MYLEENE KLASS

**Real life**

**PREGNANCY DIARIES BIRTH STORIES**

**PLUS 'Postnatal depression - my road to recovery'**

Babyexpert.com

## Your healthy child

### WE LOVE...

...the BabyBanana Infant Teething Toothbrush, £6.99, from Safababy.com. Invented specially for under-1s by a dental hygienist, it's wonderfully soft and bendy, so it won't hurt sore and sensitive gums, and has marvellously 'peelable' banana-skin handles.



## HOW TO TREAT SPRAINS



Isn't it wonderful when the weather is warm and your little one can get outside and burn off some energy? Outdoors play is great fun, but accidents can happen – sprains can be caused by a simple tumble that twists the joint, for example. Although usually minor, these types of injuries can be painful, may cause swelling and sometimes bruise. So

how do you treat a sprain or strain? Use the four-step RICE treatment:

- Rest the injured part.
- Ice – apply ice wrapped in a cloth or a cold pack (frozen veg is great!).
- Comfortable support – apply an elasticated bandage for example.
- Elevate to reduce swelling.

This is the initial treatment for a sprain or strain – but if in doubt, seek medical advice.

■ The British Red Cross offers parents training courses in baby and child first aid all over the UK – for more info, call 0844 412 2808. There is also an online resource offering free and simple first aid advice – visit [childrenfirstaid.redcross.org.uk](http://childrenfirstaid.redcross.org.uk).



## GIVE TUMMY TIME

**B**abies with 'flat-head syndrome' (positional plagiocephaly) could be at risk of developmental delay.

So say US researchers after screening over 470 babies and finding that those with flatness at the back of the head were more likely to score lower in tests of their cognitive and motor skills.

'For every 10 babies, one or two may have at least mild plagiocephaly,' says lead researcher Matthew L Speltz of Seattle Children's Hospital and the University of Washington School of Medicine. 'Many doctors have dismissed it as a cosmetic issue or one they will grow out of, but our study suggests we should look deeper.'

Flat-head syndrome is thought to be caused, at least partly, by constantly

placing a baby on her back in seats, cots and pushchairs. For that reason, it's important, say experts, to give your baby lots of 'tummy time' when she's awake. 'However, parents should remember that, regardless of concerns about plagiocephaly, the safest way for babies to sleep is on their back,' adds Dr Speltz.

