

NEWS REPORT

The Therapeutic Goods Administration (TGA) has approved registration among children aged six months to nine years of age for Panavax, the Australian-made H1N1, or Swine flu, vaccine. The drug was approved for young children on December 3 2009 and has been available to older kids and adults since September. Children will require two doses of the vaccine, administered at least 28 days apart and in line with seasonal flu vaccinations. The TGA recommends Panavax especially for kids travelling overseas.

A 16-year study has shown an increase in the birth weight of Australian babies that is largely attributed to decreasing numbers of mothers smoking. The study, conducted from 1990 to 2005, uncovered a 10.5 percent increase in boys born at over 4kg and a 15.2 percent increase in girls born at the same weight. Gestational diabetes and increased maternal age are also believed to be important factors in the findings of the research.



THE BIG QUESTION

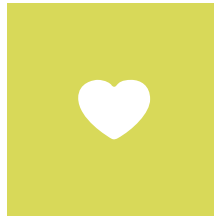
WHAT CAN I DO IF MY BABY CATCHES A COLD OR FLU?

All infants at some point suffer from the common cold. It's not a pleasant experience but neither is it a cause for alarm. Babies' immune systems are still developing and they are likely to catch colds several times within the first year. Sleep and regular fluid intake are essentially the only treatments.

When your baby has a cold, they will continue to breathe through their nose, even though it has become blocked and difficult to inhale through. This will cause discomfort, especially when breastfeeding. Your baby will not know how to blow their nose so it is up to you to assist them in clearing their nasal passages. Saline solution is useful for this and makes for easier, more comfortable sleeps.

It is important to know the difference between the symptoms of colds and flu, which differ greatly in severity. A cold is characterised by a runny nose, sneezing, coughing and a sore throat, while the flu involves similar symptoms but additionally fever and aches affecting the whole body. Flu symptoms also tend to strike more quickly.

If your baby displays the symptoms of flu then similar measures should be taken. It is also important to seek advice from a GP. Your doctor may prescribe antibiotics, but as with colds, rest is the most important part of recovery. Remember, too, that catching a cold or flu is natural and will assist with the development of your baby's immune system.



MC LOVES

Lila & May Snuggle Pods (above) are cool and contemporary. Each is handmade and features a velcro strap to keep baby secure and minimise jerky movements. The pods are suitable for babies aged up to three months and are made with naturally antibacterial and hypo-allergenic bamboo lining. Available for \$75 each, check out lilaandmay.com.au.

50%

OF SHAKEN BABY SYNDROME OFFENDERS ARE THE BIOLOGICAL PARENTS



FIVE REASONS TO TEACH YOUR BABY TO READ

- 1 A HEAD START** Babies are able to start learning to recognise the written word at as young as nine months, so this is a great time to begin to read books to them.
- 2 THE RIGHT TIME** Babies learn their entire basic vocabulary by five years old. Brain development is 90 percent complete by this age, so during infancy your child can absorb information like the pronunciation of written words.
- 3 ESTABLISHING CONNECTIONS** Research suggests that a variety of stimulation types help new synapses (the junctions between cells) form sensory areas of the brain. These connections result in better learning and higher IQ.
- 4 KEEPING UP** According to US research, less than one in eight kids will catch up to their classmates if they do not read at peer level by the end of year one.
- 5 STAYING CONFIDENT** Research indicates 44.8 percent of Australians have a low literacy level. Reading ability improves classroom confidence and self-esteem. For more information go to yourbabycanread.com.au.

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DID YOU KNOW?

INFANTS DISPLAY MANY REFLEXES

Most infant reflexes occur in relation to touch or massage. These instinctive movements are inhibited in time as your baby's brain and control develop.

PALMAR GRASP When you place your finger in the palm of your baby's hand, their fingers will curl around and grasp yours.

PLANTAR GRASP Results in grasping with the toes when you stroke the outer sole of your baby's foot.

BABINSKI REFLEX An extensor reaction whereby the toes spread apart and is one of the last primitive reflexes to be inhibited. Useful for when baby is commando crawling.

ASSYMETRIC TONIC NECK REFLEX Suggested to help in the birthing process, this reflex affects muscle tone on each side of the body in response to the head turning to one side, and is also referred to as the "fencing" reflex.

Natalie Garmson is a certified infant massage instructor. For more information go to idibidikids.com.au.

ASK THE EXPERTS

A 45-YEAR VETERAN, MIDWIFE MARJORIE WATHAROW IS BASED AT SYDNEY'S NORWEST PRIVATE HOSPITAL

Q How do I know if my baby is getting enough milk when I am breastfeeding?

A The best way to judge whether or not your baby is getting enough milk is by observing him or her during a feed. The baby should display good patterns of swallowing throughout, becoming more relaxed and sleepy as the feed progresses.

In a breastfed baby we watch what goes out – not what goes in. Urine output should be at least six pale yellow to clear wet nappies each day. Bowel movements in a young baby should initially be one to two yellow poos each day, enough to cover a 50-cent piece (but it could be more). An older baby may only use its bowels to a much greater extent once or twice a fortnight; as long as the baby is exclusively breastfed, constipation is not an issue. A baby who is wetting and dirtying plenty of nappies cannot be underfed – it has to come from somewhere!

Don't become too hung-up on weight. The rules about weight gain are taken from the observation of growth from formula-fed babies, and don't necessarily relate to breastfed infants.

Have a question? Email editorial@poppetgroup.com.au. For more expert Q&As see mychildmagazine.com.au.

Colds & Flu? It's Hypol Time!

Help keep kids strong and healthy this winter with yummy Cherry Hypol! The nutrition-packed formula with Vitamins A, D, minerals and Astragalus helps reduce the severity and duration of colds.

Hypol for better health

Hypol provides valuable nutritional support for growing bodies.

- A rich source of Omega 3 DHA fatty acids, often in short supply in the Western diet.
- Contains **Vitamins A & D, Zinc, Calcium** - all important for growing bodies.
- Includes the highly valued Chinese herb **Astragalus**, traditionally used for immune support.
- Improves general wellbeing after illness.



10 to WIN!

Win 1 of 10 Indoor Circus Tents!

To Enter: Mail your name, address, phone number and last 4 digits of your Hypol barcode to: My Child Hypol Competition, PO Box 74 Oakleigh South VIC 3167 OR enter online. See full Terms & Conditions at www.fgb.com.au. Competition closes 01/09/2010. Prizes subject to availability. NSW Permit LTPS/10/00522



\$199 RRP

Available at pharmacies and Priceline stores. For more information call **1800 655 841** or visit www.fgb.com.au

Always read the label and use only as directed. If symptoms persist, see your doctor. CHC 40109-10/07.