

## Ask the expert

"My first baby is six-weeks-old and everyone tells me I have to get her into a routine and not always pick her up when she's unsettled. But when she cries, even after a good feed and sleep, I end up cuddling her. Is this the right thing to do?"



Midwife Rachel Fitz-Desorgher, author of *Your Baby Skin To Skin* (White Ladder Press, €14.99), says: "To start with, well done for listening to your baby and maternal instincts rather than well-meaning people and their lousy memories.

"In the first three months of life, babies can't easily regulate their breathing, heartbeat, temperature or reflexes, nor fight infection without help. All these things settle when a baby's cuddled, and more so when she suckles. Through millions of years of evolution, babies that cried every time they were put down were gathered up, kept warm and soothed, and survived.

"Trying to 'cure' your baby of being a baby will end in failure. Every time you stop soothing her, she'll become agitated. If you remove the strategies that keep her safe, evolution will shout loudly, 'What are you doing? This is dangerous! Pick her up!'

"Yes, it's hard work soothing your baby again and again, but once you know that this baby behaviour has millions of years of protective evolution behind it, it can seem a whole heap easier. It's when we think we're doing something wrong, or that we need to find a cure, that we exhaust ourselves with worry and guilt."

## 3 of the best... Unicorns



### BABY I'M NOT BORED

From our little cuddlers that make words, sounds, colours, shapes, textures, babies can explore the world around them. Here are the unicorn, and other, toys that can help your baby learn and play.

**Unicorn Cuddler** - Soft and cuddly, this unicorn has a rainbow mane and tail, and a horn that lights up. It's perfect for bedtime or when your baby is feeling a bit grumpy.

**Unicorn Cuddler** - This unicorn has a soft, fuzzy texture and a rainbow mane. It's perfect for snuggling and playing with.

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### Cuddly cover

For extra coziness, this cuddly cover is perfect for your baby. It's made of soft, fuzzy material and has a rainbow mane. It's perfect for snuggling and playing with.

### Financial skills

Teaching your child about money and financial skills is an important part of their education. Here are some ways you can help your child learn about money and financial skills.

**Use real money** - Give your child some real money and let them use it to buy something. This will help them understand the value of money and how to use it.

**Use piggy banks** - Piggy banks are a great way to teach your child about saving money. You can give them some money to put in the piggy bank and let them see how it grows over time.

**Use coins and bills** - Give your child some coins and bills and let them count them. This will help them understand the value of different denominations of money.

**Use a calculator** - Give your child a calculator and let them use it to do simple math problems. This will help them understand how to use a calculator and how to do basic math.

## CHILDREN'S BOOK OF THE WEEK - GOOD DOG, MCTARTAN

By Mollie Wootton, illustrated by Mollie Wootton

Good Dog, Mctartan is a fun and funny book for children. It's about a dog named Mctartan who likes to play with his friends. The book is written in a simple, easy-to-read style and has colorful illustrations. It's a great book for children to read and enjoy.



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