



ABN: 32619475176

## Welcome to Baby Care Solutions



### Breastfeeding

I assist parents to understand baby's behaviours and feeding cues and am able to show you strategies that will assist you with breastfeeding and other options of infant nutrition.

- Breast feeding is a very significant aspect of baby care and it is a learned skill.
- You and your baby are a unique pair.
- Correct attachment of your baby to the breast is important.
- It may take a little while for you and your baby to adjust to each other but you soon become the expert, as you learn to respond to your baby's feeding cues.

### Sleep

I can help you understand how babies and young children sleep and how to encourage them to develop good sleeping habits from an early age in a safe and natural way.

- Sleep is one of the most important aspects of a baby's early development.
- One of the challenges facing exhausted and overwhelmed parents is providing their baby with opportunities and experiences to help them deal with their emotions.
- The excitement and frustration which many babies experience with their new skills and milestones may affect their sleep routines.
- I will show you strategies to help you encourage your baby to self soothe and settle more easily.

### Infant Massage

I can give you ideas about how to enjoy and delight in your baby. I am also able to show you how to enhance close bonding with your baby through infant massage. This will help you to feel calm, more content and build on your confidence so you enjoy the priceless valuable moments.

- Infant massage is an age old tradition.
- It will help you to literally become more in touch with your baby.
- It offers invaluable physical and emotional benefits for you, your baby and your whole family.
- "Baby Care Solutions", provides a choice of classes and locations to teach you the skills of baby massage once a week over 5 weeks. The duration of each class is between 60-90 minutes.
- Interactive and educational sessions are held to suit small classes.
- Group sessions as well as private tuitions, are another option.
- Classes are conducted in a calm relaxed and hands-on program.

I look forward to hearing from you.

**Zarina Ally: RN, CHN, LC, CIMI**

**\* 0410158101**

**\*[www.babycareolutions.com.au](http://www.babycareolutions.com.au)**

**\*[info@babycareolutions.com.au](mailto:info@babycareolutions.com.au)**