



## Baby At Home – What do I do now?

### Is it for me?

If you have a newborn baby then this is for you! The information contained is logical, practical and easy to understand. This information and recommendations come from information that Paediatricians and Psychologists have known for years – and is proven to work. All parents can gain huge benefits from this workshop.

If you would like to achieve better sleeping habits with your baby then this is for you!  
If you would like to learn more about play, intelligence and how to boost your child to give them the best start in life, then this is for you! This is the best start you could give your baby or yourselves on the start of your journey into parenthood.

All couples who have done these sessions believe that “this is essential to parenting and wonder why no one has ever told them or shown them this information before”.

### Should I do this workshop or just make an appointment to see Nicole?

If you are experiencing difficulties with your baby sleeping then this workshop is essential as it contains all the information to sort through the sleep issues and solve problems and mostly importantly for parents to feel in control. We will work through any existing issues up front and combine the information and notes from the workshop – you will be looking at an additional 1 or 2 appointments to work through the issues at hand. So book in for the workshop and mention how old your baby is and any issues that need to be addressed at the same time.

**Will it be just us?** It is just you. The workshop consists of 2 x 2hr sessions, usually a week apart and this is done on an individual basis. So the time is made to suit you. If you are solving existing problems then it is likely that there will be an extra session or two.

**It is essential for both parents to be there,** where possible arrange for time off work as you both are parents and are learning to manage a baby. Even if one person is doing a greater share of the parenting, you both need to have the same approach, support each other and be able to discuss ideas or concerns together.

**When are appointments for sessions available?** The sessions are done by appointment on a Tuesday or Thursday between 9.00am and 1.30pm. To make an appointment ph: 4725 4699 the reception staff can help you with my availability. If you are located elsewhere, the sessions can be organized in a combination of phone and email support, which has been very successful. Please email [info@babysmiles.com.au](mailto:info@babysmiles.com.au) to organize.

**How much do the sessions cost?** The cost is \$131 per hr, private health fund rebates apply, or medicare refunds may apply.



**Experiencing difficulties** – baby crying, managing a newborn or other children as well? Finding it hard to cope? then you need external support to sort through what is happening and how to change it to have a happy family. This workshop will be beneficial to you.

**Do I need to bring my children with me?** Best to leave older children with a friend or Grandma if possible so that parents can concentrate on the information and asking questions throughout the session. Although is understandable that baby's need to be with mum.

**How do I find you?** Babysmiles is located in the Mater Medical Suites above Qld X-Ray, access is by lift down the side. We are in Suite 101 which is on Level 2 and through the glass doors.