

Jarjums





CONGRATULATIONS!

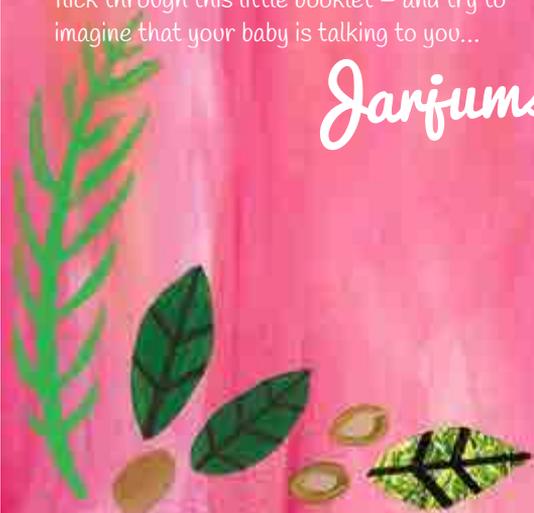
You are expecting a baby! It may be your first or a sibling to your other children and as well as being excited, you might also be feeling a bit afraid and wondering if you'll cope with all of the changes.

It's completely normal to feel a bit afraid and to wonder about whether or not you'll cope because suddenly you're going to be responsible for the life of a tiny, helpless baby – and that's a pretty big deal!

You've probably got a good doctor and may belong to a medical practice that has practice nurses and other health care professionals who will guide you through every stage of pregnancy up to having your baby (antenatal) and afterwards (postnatal).

But while you're sitting here, why don't you flick through this little booklet – and try to imagine that your baby is talking to you...

Jarfums



Jarjums

JARJUMS

Means Children in the Aboriginal Language



My name is Iloka (eye-LOO-ka) which means "by the sea" in the Bundajalong language. You gave me my name because our people once lived in a beautiful coastal town.

You visited there and never forgot. I am your son. I am your gift and you are my gift. Thank you for bringing me into the world. I will always love you and you will always love me and we will always take care of one another.



But first I must grow to be strong and you must take care of me so that when you are old and not so strong, I can take care of you. I will guide you on how to care for me now, because it is very important that we get it right, and we shall do it together.

Practical

PRACTICAL STUFF

Before you go to the hospital or a birthing centre, have you thought about what you need?

I'll need **baby clothes** – (because my skin is very sensitive and newborn, give the clothes a wash before you put them on me) – and I'll need **nappies** and other baby stuff too;

And you'll need some things too – ask the nurse or midwife, or a friend or family member if you're not sure what to get together;

You'll be really tired after having me – that's normal – so if you can get help with meals and looking after things at home, this would be a good idea.



Screening

SCREENING

When I'm born, there are a few things that'll happen straight away. I'll be weighed and checked all over, and you'll probably be asked about having me '**SCREENED**'. Don't be afraid, it's completely normal, very quick, simple and a really good idea:

Screening is a **simple and quick blood test** – the nurse or midwife will probably prick my heel (they call this a '**heel prick test**') and I might give a little cry, but it won't really hurt and I will be absolutely fine.

The blood test will be sent off to the laboratory for testing to check that I'm ok.



The nurse or midwife will probably ask you for your permission to screen me, and you might be asked to sign a 'consent form'. It's completely normal and everyone who has a baby is offered screening, so go with it!



Babu Tucker

OUR FIRST FEED – BABY TUCKER

Chances are you'll have **help around you**. If I was born at the hospital then there'll be nurses to give you a hand and show you the best way to feed me. Or a midwife might've delivered me at your home or somewhere away from a hospital. Again, they will help you to get started with the feeding business.

But we'll start at the beginning and keep it between you and me for now.

We are new to this and so we must begin at the very beginning.



I am born. I have been lifted onto you, my mother, and we are instantly connected by love.

I need to be comforted immediately to **feel secure** and **safe** and so I will cry a little. My small cry will help you to produce milk in your breasts.

But breastfeeding might not be as easy as it seems. You may find it hard at the beginning. We have to practice this together.

We need to practice:

- 1 Finding the most comfortable position that suits both you and me;
- 2 Knowing when I need feeding
- 3 How to suck properly – *this is my job*
- 4 Being patient – *this is mostly your job*

We need to **be relaxed** in a calm, quiet place, so that we can both concentrate and enjoy discovering this amazing experience together.

I will give you some hints when I want to be fed – I might lick or smack my lips, or suckle my fingers and hands. **Crying is the final clue** that I will give you, so that you will hear me and want to comfort me.

You will find that a pillow tucked under your breast will support my weight, and will help you to feel more comfortable.

So that I can latch on properly and be able to suckle your breast, it's really important that you **support your breast** with your hand and help me to get the nipple deep into my mouth – this is then a **'good latch'**.



If you're in the hospital, take all the advice that's offered – sometimes it might feel wrong for you, but you'll sort out – what works for you and what doesn't. If you have a midwife, remember that they have a lot of experience and will always be willing to help. Don't ever be afraid to ask if you do need help or advice. Call your Doctor, Midwife or talk to your Aboriginal Health Worker, they will be able to provide support.

We probably won't get it right straight away, but with lots of practice and patience we'll get there; remember, we've got all the time in the world!

First Bath

OUR FIRST BATH

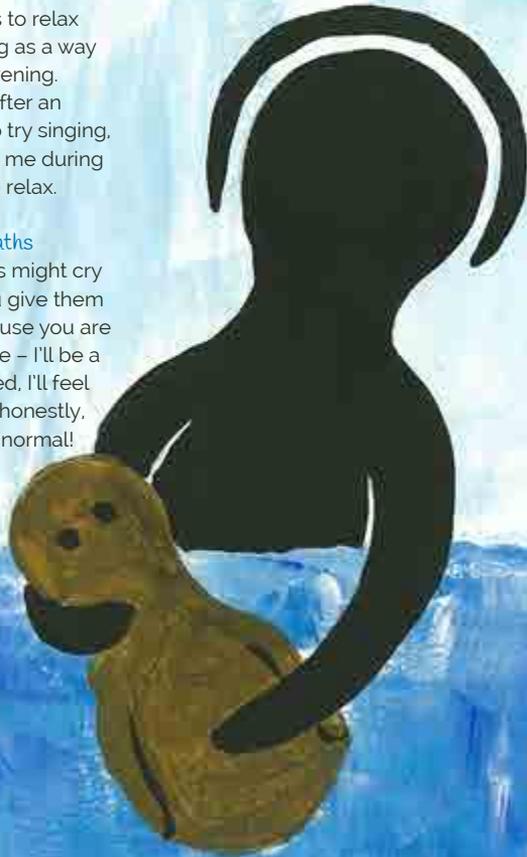
As well as making sure that I'm fed, it's important to keep me clean. I can't wash myself and so you'll have to do this for me by bathing me regularly. Once at about the same time every day is a good routine to get into.

When babies DO like baths

I like my bath and it seems to relax me, so you can use bathing as a way to **help settle me** in the evening. I'll probably sleep longer after an evening bath. You can also try singing, smiling or gently talking to me during the bath to help us both to relax.

When babies DON'T like baths

Sometime newborn babies might cry and be unhappy when you give them a bath. This might be because you are worried about dropping me – I'll be a bit slippery! If you're worried, I'll feel it and be worried too. But honestly, **DON'T WORRY** – this is all normal!



Try putting your hand gently on my tummy because this helps make me to **feel secure** to start with, and don't have the water too hot for me – but not too cold either – test it by **dipping your elbow** into the water.

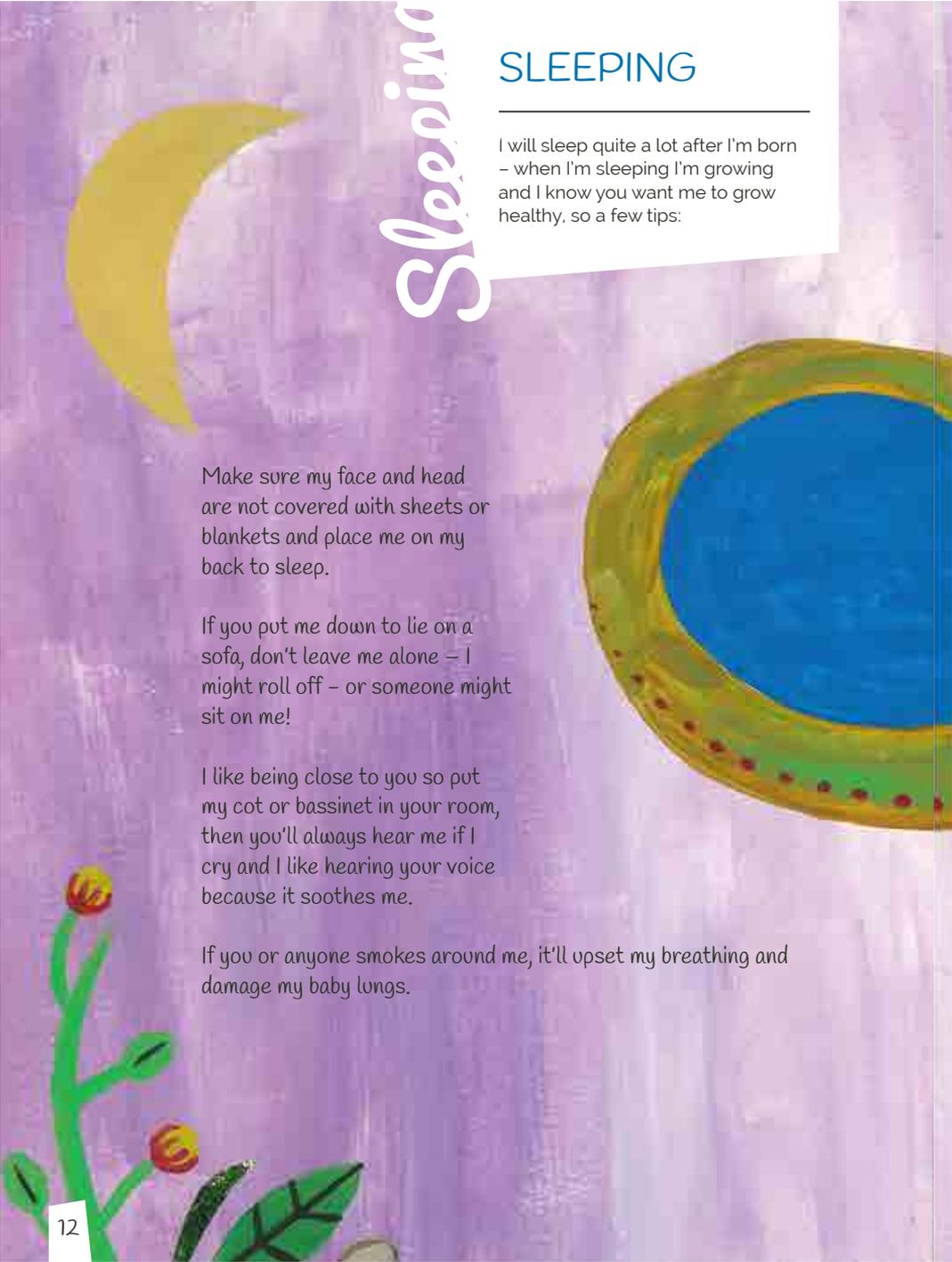
If you are not in a place where you can give me a proper bath, a **'top and tail'** bath will do.

If you're **topping and tailing** - use cotton wool or something soft, dipped in warm water and start with my eyes and face and ears. Then use a different washcloth for my hands and bottom. **'Topping and tailing'** means you can concentrate on the areas that really need a wash - and I can keep most of my clothes on while you do it.



Never leave me in the bath unattended. I could easily drown – quickly and quietly and that's a scary thought!





Sleeping

SLEEPING

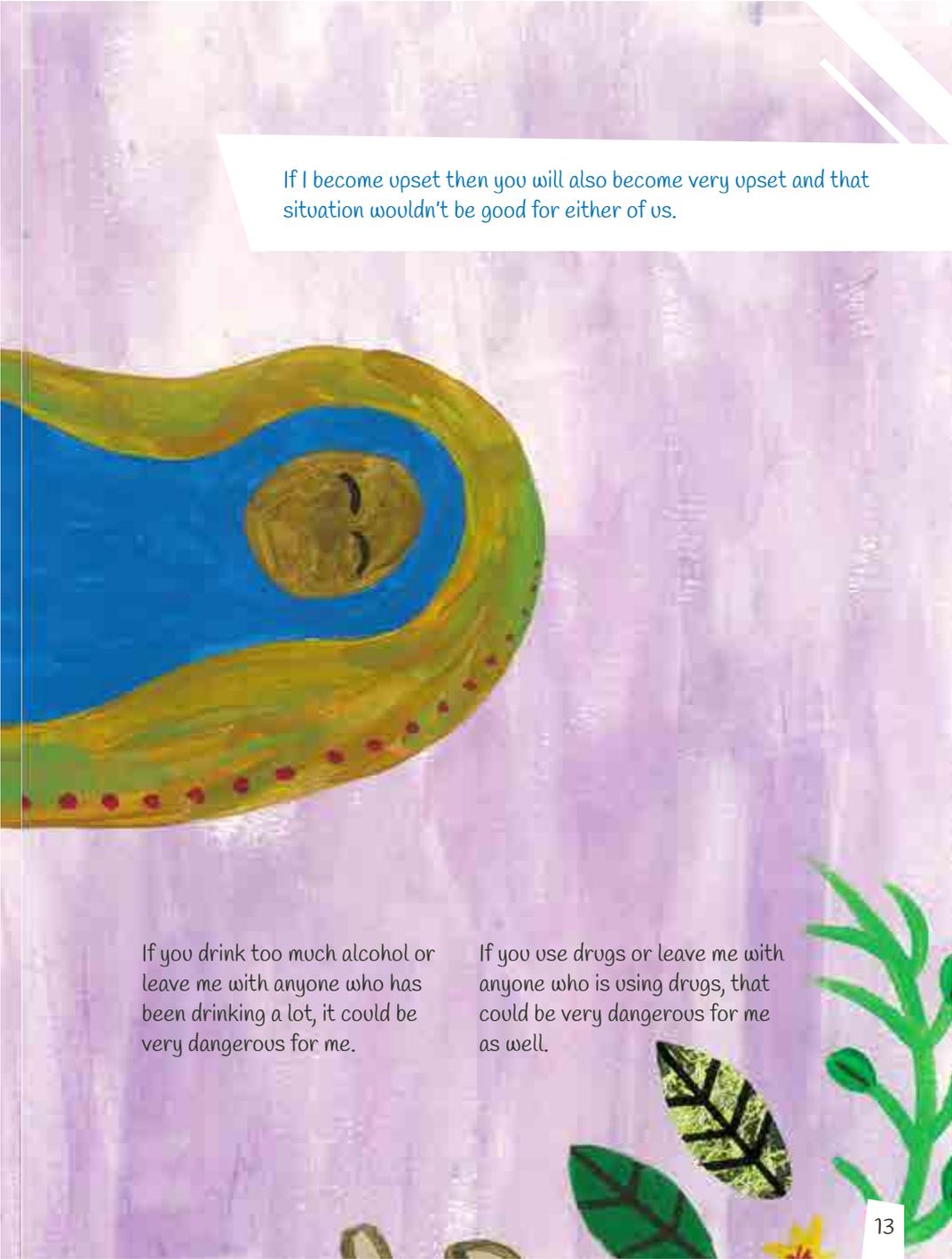
I will sleep quite a lot after I'm born – when I'm sleeping I'm growing and I know you want me to grow healthy, so a few tips:

Make sure my face and head are not covered with sheets or blankets and place me on my back to sleep.

If you put me down to lie on a sofa, don't leave me alone – I might roll off – or someone might sit on me!

I like being close to you so put my cot or bassinet in your room, then you'll always hear me if I cry and I like hearing your voice because it soothes me.

If you or anyone smokes around me, it'll upset my breathing and damage my baby lungs.



If I become upset then you will also become very upset and that situation wouldn't be good for either of us.

If you drink too much alcohol or leave me with anyone who has been drinking a lot, it could be very dangerous for me.

If you use drugs or leave me with anyone who is using drugs, that could be very dangerous for me as well.



Immunisation

IMMUNISATION

(Vaccinations)

You'll be told by the medical practice or practice nurse or midwife all about my 'immunisations' and when each 'vaccination' is due – you just have to remember how important it is to keep the appointments: *From when I am born until I am eighteen months old, I have to have 15 vaccinations – but they'll tell you about that. This may seem like a lot, but it is spread out over multiple visits.*

All you have to do is make sure I'm getting all the vaccinations I need at the right times as I grow – it's really important because there's some bad stuff out there which you don't want me to be 'at risk' of getting! I might cry when they give me the needles, but it'll only be for a moment and just remember – it'll keep me healthy and could save my life!

And by the way Mum, don't forget to take care of yourself while you are pregnant. You need to have your whooping cough booster and if it is winter your flu shot. These will keep you safe and make sure I am strong and healthy when I am born. It is also a good idea if Dad asks the doctor about his immunisations. I need you both to be around to take care of me.

TAKING CARE OF YOU

(a special message to my mum)

I want you to be well, healthy and happy, because you're my Mum. I know it's all new and strange to you now - having to learn how to get ready for my birth and how to take care of me after I'm born, and sometimes that might be hard for you, but I want you to take care of **yourself** too, then we will both be ok.

Don't ever be afraid to seek help, your Doctor or Aboriginal Health Worker is only a phone call away.

Having a baby is a really big deal for you and you'll feel tired before I'm born and after you've had me.

Once I'm here, you'll probably feel lots of other things like - **relief, happiness, fear and joy**, and you might feel **teary and a bit scared** a few days after I'm born, and this is called the '**baby blues**'. If you get the '**baby blues**', it only lasts for a few days - and it happens to lots of women, so don't worry!

We need plenty of time together to 'bond' - that means get to know each other really really well. I like being kissed and touched a lot, so we will both have lots of cuddles - all the time!

If things don't get better in a few days, you should talk to your Aboriginal Health Worker and get linked up with someone who can help. Remember you don't have to look after me all on your own. There are plenty of people like family, friends, neighbours, health workers and doctors who can help you look after me.

Happy

WHAT MAKES ME REALLY HAPPY?

Did you know that from the moment I'm born, I'm learning about stuff, and almost everything I learn as a baby I learn from you!



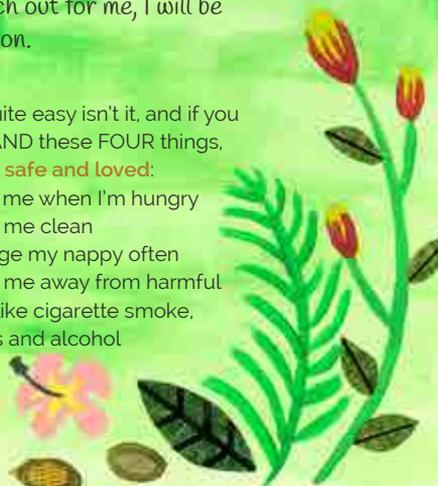
You might be a young Mum and you might be on your own looking after me, but as long as you love me and watch out for me, I will be fine and grow to be a happy and healthy person.

Think of these **FOUR things** that will help me to grow and learn:

- 1 Cuddling me – a lot!
- 2 Singing to me – a lot!
- 3 Talking to me – a lot!
- 4 Looking at me – a lot!

That's quite easy isn't it, and if you do that AND these **FOUR things**, I will feel **safe and loved**:

- 1 Feed me when I'm hungry
- 2 Keep me clean
- 3 Change my nappy often
- 4 Keep me away from harmful stuff like cigarette smoke, drugs and alcohol





Ask Questions

DON'T BE AFRAID TO ASK QUESTIONS

There are people to take care of you while you're pregnant (antenatal) and after you've given birth to me (postnatal).

We've got people like **doctors**, **nurses**, **practice nurses** and **midwives** are all there to help you and give you advice.

So if you are not sure about something, don't ever be afraid to **ask questions**.

There might be cultural differences and not everyone will understand what you and I need, and you might get confused about certain things that they do as well.

If you find yourself in a place that feels a bit strange - like a public hospital for instance - try to get a **family member** or **friend** to go with you. But if you're on your own, don't be afraid to talk to a **nurse** about how you are feeling.

Health Worker

ABORIGINAL HEALTH WORKER

An Aboriginal Health Worker will help to take care of us, ask the doctor or practice nurse about it.

An Aboriginal Health Worker will understand our culture and know exactly what we need after I'm born.

They will help you to understand about **feeding** me, **keeping** me clean and healthy and **taking care** of me.

An Aboriginal Health Worker will help you with keeping appointments and making sure I get **the right vaccinations at the right times**.

An Aboriginal Health Worker will be there to help if you're not coping.

An Aboriginal Health Worker will know if you or I need to see another medical person or health professional and they will help to organise that.

Don't be afraid to ask about the **ABORIGINAL HEALTH WORKER**.



Being Yourself

KEEP BEING YOURSELF

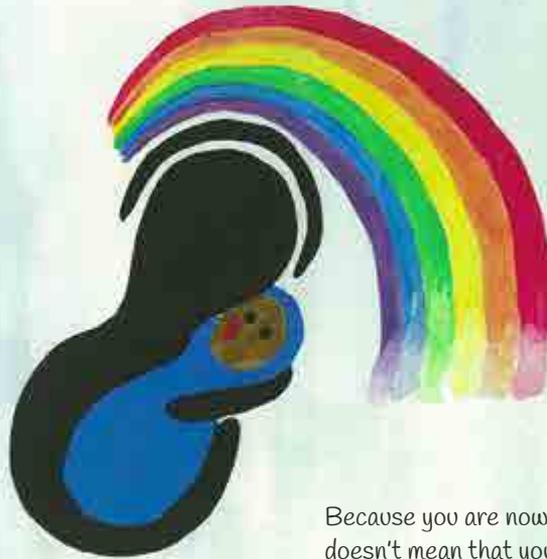
OK – so now you have a baby, me, but you are still your own person, so remember to keep being yourself!

What things do you like to do?

Maybe you enjoy going out with friends for an evening - or you enjoy some sort of sport?

If you're happy, then I'm happy.

Sometimes you could leave me with a family member or friend. As long as they know how to take care of me I'll be quite happy.



Because you are now a parent doesn't mean that your life is over or that you can't go on learning stuff, we will grow and learn together.

You will have friends and you'll make new friends, and they will all be part of our life.

You of Life

THE JOY OF LIFE

The big thing is to enjoy the experience of having me in your life – remember that I am your precious gift of love, and you are mine and we are bound together for life.

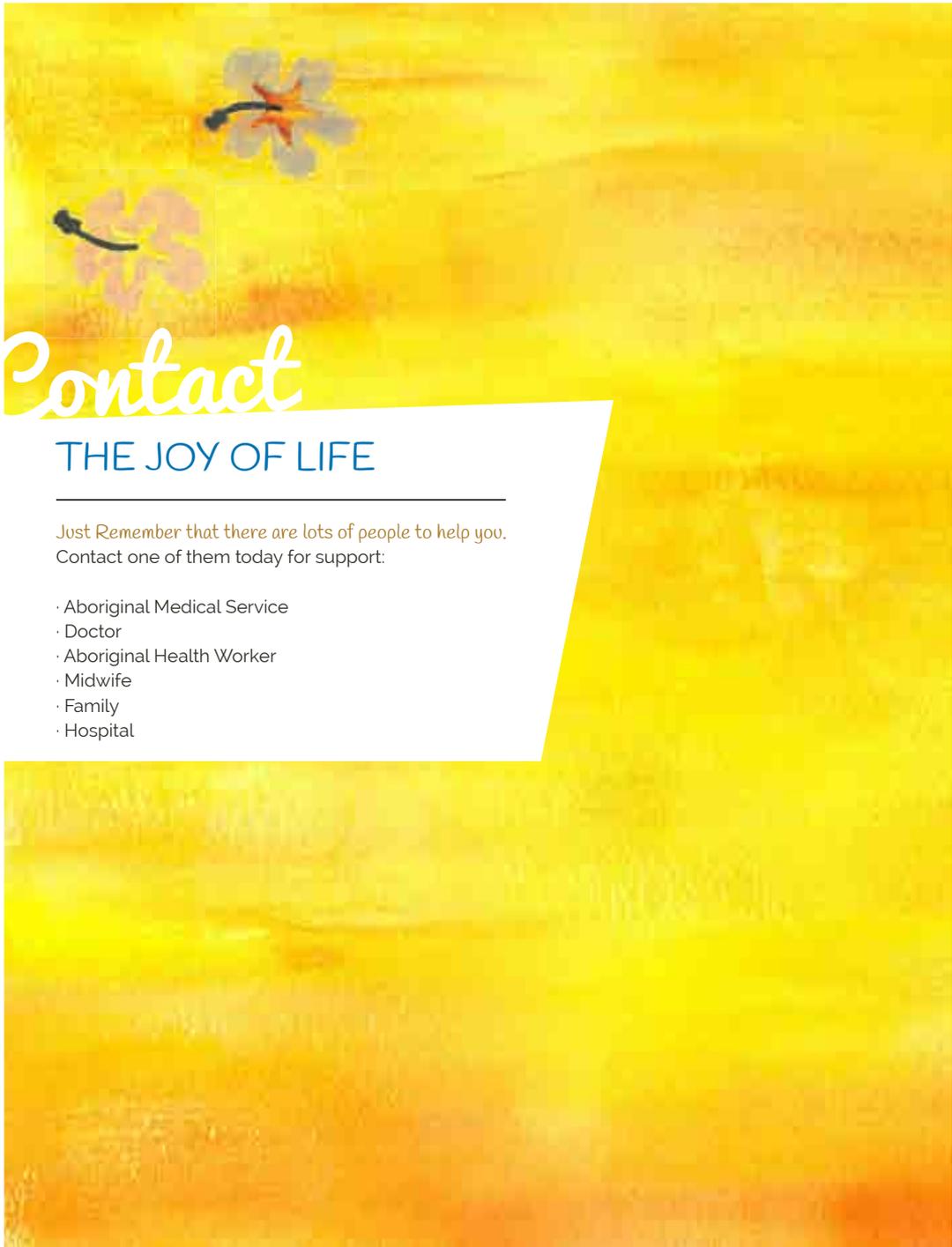
We have talked about many things – mostly about how to take care of me. But the most important thing is **LOVE**.



You show your love for me by:

-  Feeding me
-  Making sure that I am safe at all times
-  Making sure I am kept away from smoke, drugs and alcohol
-  Making sure that I am comfortable, dry and clean
-  Cuddling me
-  Talking to me
-  Singing to me
-  Looking at me

*We will have a wonderful life
together!*

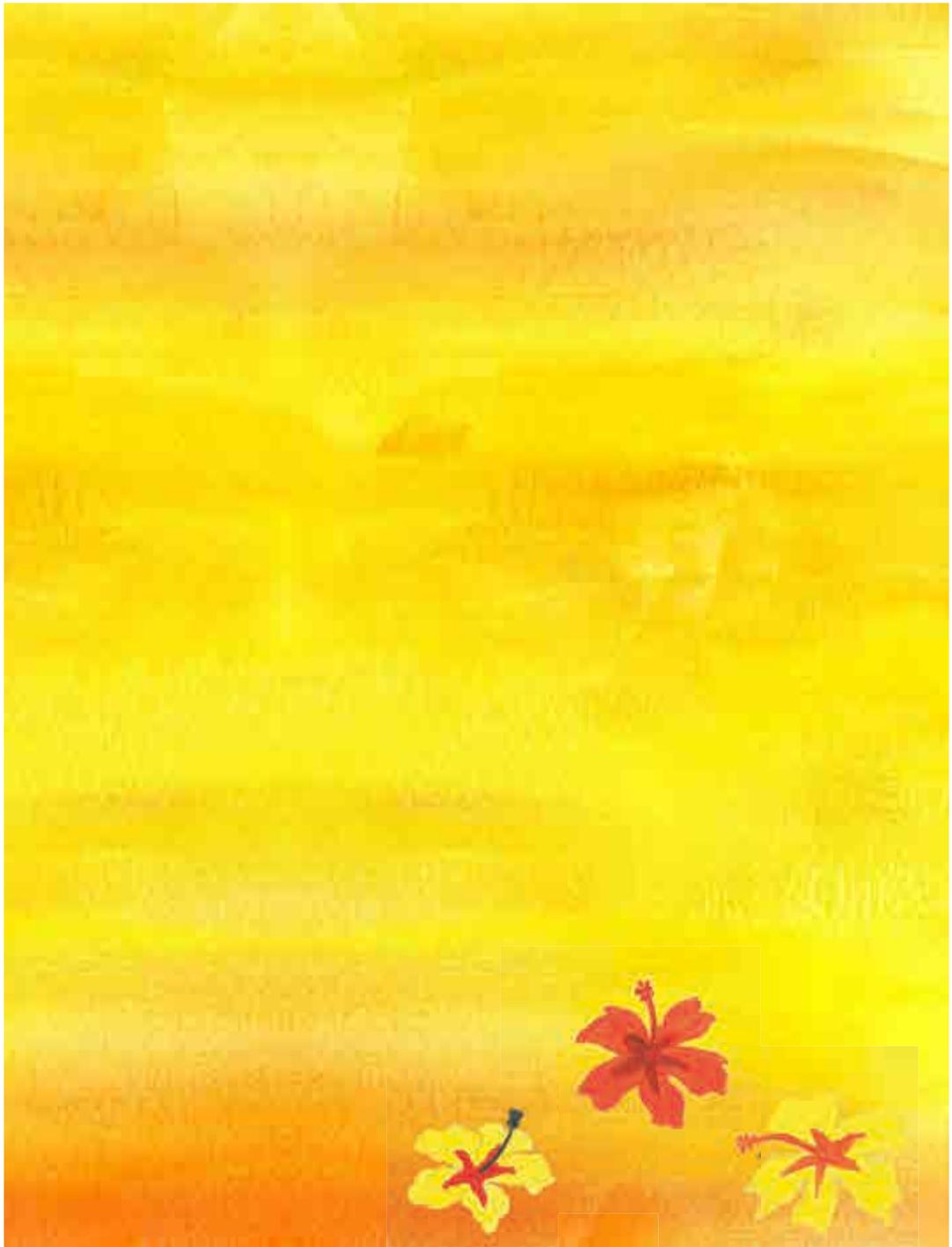


Contact

THE JOY OF LIFE

*Just Remember that there are lots of people to help you.
Contact one of them today for support:*

- Aboriginal Medical Service
- Doctor
- Aboriginal Health Worker
- Midwife
- Family
- Hospital



Supported by:



An Australian Government Initiative

An initiative of:



While the Australian Government Department of Health has contributed to the funding of this material, the information contained in it does not necessarily reflect the views of the Australian Government and is not advice that is provided, or information that is endorsed, by the Australian Government. The Australian Government is not responsible in negligence or otherwise for any injury, loss or damage however arising from the use of or reliance on the information provided herein.