



Janine Smith

WORKING WITH PARENTS SINCE 2002

### **How Babies Work**

Make a note of life with your baby, including the challenges you might be experiencing.

**What are your baby's needs?**

What does your baby need?  
How does your baby demonstrate  
that need?

How can you meet those needs?

**As a parent with a baby, what are your needs?**

What do you need?

How can you meet those needs?

How will you know if your baby is experiencing a growth spurt?

How can you manage a growth spurt?

Waking up in the night is normal,  
how can you plan for night-time parenting?

How can you manage the tiredness?

What questions or concerns do you have about life with your baby?

Where can you get more information, reassurance & support?

**Janine Smith | A specialist in pregnancy, birth and early parenting**  
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