

Subject: One in five women suffer baby blues

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MEMBERS' Newsletter



Monday November 24, 2008



Perinatal anxiety and depression

Around 20 percent of women suffer from perinatal anxiety and depression, which equates to 50,000 women each year. The illness does not discriminate, and if left untreated can have far reaching effects on a woman's health and wellbeing as well as that of her partner and other children.

- [Perinatal depression and anxiety fact sheet](#)
- [Discuss depression and mental health issues with Essential Baby members.](#)

CHILD HEALTH

Vaccinations and needles don't need to be painful for you or your children



Taking children for immunisation can be one of parenting's most daunting tasks with a total of 27 vaccinations covering 13 different infections recommended in the first four years of life.

- Vaccines and your child
- Australian Vaccination Schedule
- Immunisation Register

SPECIAL NEEDS

Pups assist children with autism



Eight labradors have received intensive training over 18 months and are about to each be given a new home, assisting families with their child's autism spectrum disorder.

- Discuss raising a child with special needs with other Essential Baby parents.

PREGNANCY

Huge rise in obese mums-to-be



A rise in the number of obese women becoming pregnant has sparked calls for more vigilant monitoring and weighing of expectant mothers, amid fears babies' lives are being put at risk.

- Discuss pregnancy in the Essential Baby Forums.

CONCEPTION

Fertility treatment link to rise in defect risk



New research has linked fertility treatment with the increased risk of birth defects including malformed hearts, cleft lips and bowel problems.

- Discuss assisted conception with Essential Baby members.

with promo code EBNL812.
*see above ad for details.



PERSONAL CONTACT CARDS

Mum's Card



These business cards are designed for those with the hardest job around – motherhood! Perfect for playgroup or the various places you meet other Mums, no more rummaging for a pen in the nappy bag and writing info on a docket.

GOING OUT WITH BABY

The Clean Shopper



Protect your baby from germ-ridden shopping trolleys and grimy restaurant high chairs with the original, patented and award-winning Clean Shopper®. View a range of shopping trolley

covers and baby safety products.



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