

WISHING YOU A MERRY CHRISTMAS

Mother & Baby

A U S T R A L I A N

motherandbaby.com.au

DECEMBER/JANUARY 2009
AU\$6.50 NZ\$7.50

WIN
\$21,000
IN PRIZES
UP FOR
GRABS

FAMILY FINANCES

HOW TO AFFORD CHRISTMAS

When mums get BULLIED

What to do - see page 30

INSPIRING REAL-LIFE MOURNING MUM'S GIFT TO OTHER FAMILIES

THE BIG DEBATE TO IMMUNISE OR NOT

MUMMY INSOMNIA LEARNING TO SLEEP AGAIN

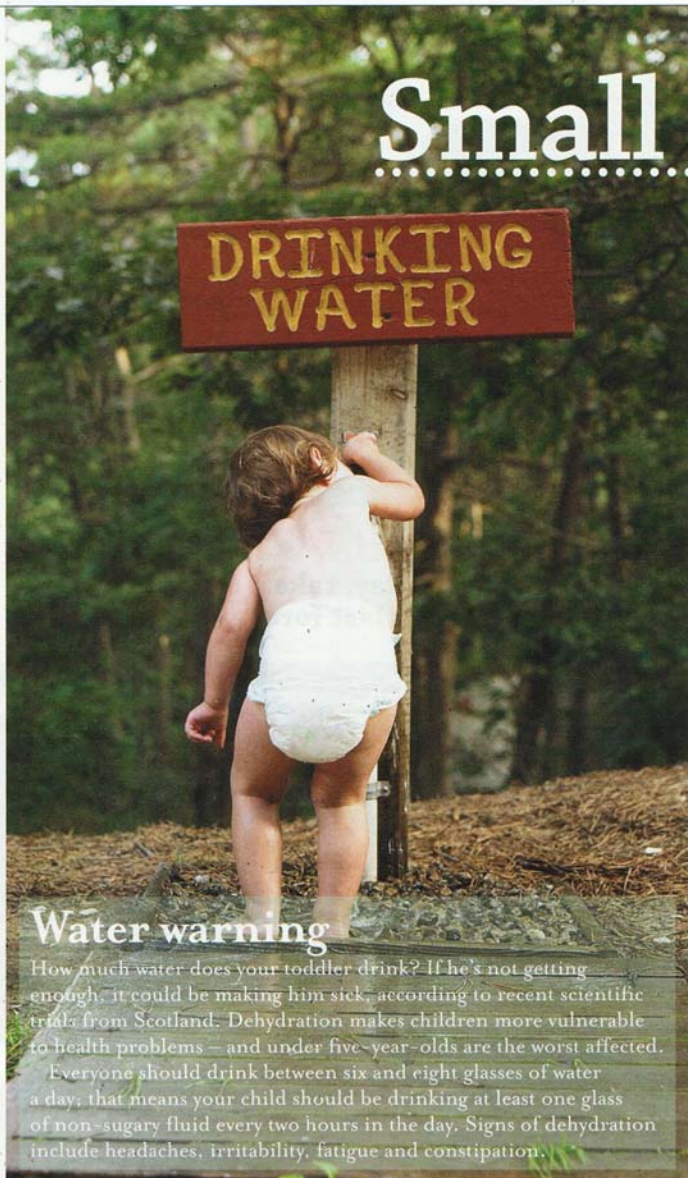
73 FESTIVE IDEAS

- GREAT GIFTS FOR LITTLE KIDS
- SWEET TREATS FOR CHRISSY DAY
- READERS' TRADITIONS



Small

talk



Water warning

How much water does your toddler drink? If he's not getting enough, it could be making him sick, according to recent scientific trials from Scotland. Dehydration makes children more vulnerable to health problems – and under five-year-olds are the worst affected.

Everyone should drink between six and eight glasses of water a day, that means your child should be drinking at least one glass of non-sugary fluid every two hours in the day. Signs of dehydration include headaches, irritability, fatigue and constipation.

Photography Getty Images

83%

THE NUMBER OF COUPLES WHO STOP CELEBRATING THEIR WEDDING ANNIVERSARY BY THE TIME IT ROLLS AROUND THE THIRD YEAR.

CALLING CARD

Next time you need to leave your child in the care of someone else, such as with the parent of one of their little friends, instead of scribbling your name, phone number and emergency contact details on a scrap of paper as you drop your child at the door, why not just whip out a pre-printed mummy business card? Go to www.mumscard.com.au for more information.



DADDY DAYCARE

A new study has found that a mum's attitude towards her partner's childcare involvement could influence how much or how little he does. Mothers who are encouraging towards their partners are more likely to be given a hand, whereas partners of critical mums are more likely to opt out. So, next time you witness your baby laughing at your partner's funny faces, comment how good he seems to be with her and see if he volunteers to change the next nappy!

15

MARVELLOUS MANGOES

THESE GREAT SUMMER FRUITS AREN'T JUST DELICIOUS, THEY ARE PERFECT FOOD FOR TODDLERS AS THEY'RE BURSTING WITH VITAMIN C AND BETA-CAROTENE.

