



Portal Content

Growing joy in early life!

Getting you started: about us	Videos: About us About Deb our PIPPS Co-ordinator
Pregnant? Videos preparing for when baby comes home	Part 1 Introduction Part 2 Breastfeeding Part 3 Healthy sleep Part 4 Baby's sensory needs Appendix preparing for breastfeeding by Dr Pam
Read about caring for your baby	A parent's quick guide to Neuro-protective Developmental Care (NDC): Introduction to NDC Breastfeeding Crying and fussing Your emotional well-being Paced bottle-feeding Your baby's sensory needs Sleep Parenting Partners Acceptance and Commitment Therapy (ACT) booklet
Videos about getting in sync with your baby	Getting in sync Understanding the research lens Communication confusion The 3 elements of getting in sync The role of health professional learning The SNS dial
Videos about breastfeeding and bottle feeding	Hand expressing breastmilk Gestalt breastfeeding introduction Baby transfers milk beautifully Gestalt breastfeeding fit and hold Gestalt breastfeeding overview for parents The biomechanics of infant suck Practicalities of gestalt breastfeeding Common breastfeeding challenges 'Mum your baby is fat' Paced bottle feeding

	<p>What is a classic tongue tie and the role of frenotomy</p> <p>Posterior tongue tie and lip tie</p> <p>Unintended outcomes when treating ties</p> <p>About tongue-tie: for parents (Drs Wendy Burton and Pamela Douglas)</p> <p>Common parent question</p> <p>Another common parent question</p> <p>Good mother judgements</p> <p>Back-arching and fussing while breastfeeding</p> <p>Simple psychological strategies which can be helpful when there are breastfeeding problems</p>
Videos about sleep	<p>Hannah's story about sleep</p> <p>Parent reflections on infant sleep</p> <p>Sleep and first wave behaviourism</p> <p>Do first wave behaviourism approaches improve parent-infant sleep?</p> <p>Practical sleep strategies</p> <p>What are the two sleep regulators</p> <p>Sleep: parent questions</p> <p>Resetting the circadian clock</p> <p>Sleep strategies during the day and night to make life more enjoyable</p> <p>Sleep and the older baby</p>
Videos about babies who cry and fuss	<p>Crying times in babies globally</p> <p>The <i>medicalizing</i> and <i>normalizing</i> approach to infant care</p> <p>Possums <i>neurobiological</i> approach to infant care</p> <p>Feeds in the context of cry-fuss problems</p> <p>Sensory hunger in the context of cry-fuss problems</p> <p>Conditioned dialling up at the breast</p> <p>About <i>The Discontented Little Baby Book</i></p> <p>Sensory nourishment</p>
Videos about baby's gut health	<p>Baby's health</p> <p>Reflux</p> <p>Allergy</p> <p>Lactose overload</p> <p>Air swallowing</p> <p>Green poo</p> <p>The placebo effect</p>
Videos about caring for your emotional wellbeing	<p>Acceptance and Commitment Therapy (ACT) in the perinatal period:</p> <p>Introduction</p> <p>What is ACT?</p> <p>The struggle switch</p> <p>Key concepts and strategies</p> <p>Empathy vs sympathy</p> <p>Vulnerability with Dr Brene Brown</p> <p>Parenthood assets</p> <p>Why ACT?</p> <p>Cognitive defusion</p> <p>Grief</p> <p>When problem solving doesn't work</p> <p>Experiential avoidance</p> <p>Experiential acceptance</p> <p>Mindfulness</p> <p>Mindfulness activity</p>

	<p>Self-compassion Values and behavioural activation Final activity and ACT summary Other helpful videos ACT exercises: Take a moment to practice mindfulness Take a moment to practice mindful nappy change Take a moment to practice deep breathing Take a moment to practice progressive deep muscle relaxation Take a moment to practice mindfulness before bed-time A mindful moment</p>
Caring for your baby's emotional and sensory needs	<p>Protecting your baby's motor development Protecting the development of baby's social skills and mental health Baby wearing</p>
Become a Parenting Partner	<p>Parenting Partner booklet</p>
When there is risk of developmental problems	<p>Neuroprotective Developmental Care for parents with a baby at risk of Autism Spectrum Disorder</p>

