

Prize of the Month!



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FAMILY HEALTH DIARY®

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All set for baby

Hi Cathy

The first few months of parenthood can naturally be a little overwhelming. When your little one is hungry, tired or irritated, it's only you who can put things right. Learning to read your baby's cues and responding accordingly is mostly about trial and error at first, but when the time comes that it's intuitive, where you're communicating without the need for words or a manual, that's when parenting shifts from guesswork to an art. To help you through the journey, this month's Family Health Diary looks at common baby issues, such as **nappy rash**, and what you should look for if changing **baby's diet** after the first six months.

There's also advice for couples in the planning stages. Yes, life changes *after* you have a baby, but to help give your baby the best start to life, there are changes you can make from the time you start trying for a child. Women should increase their **folic acid** intake before they get pregnant to help support baby's development in those first crucial months. But now, there's something men can also do in the planning stages, to optimise their partner's chance of falling pregnant. It's a new and unique **vitamin supplement** specially formulated to support sperm health and it's available to all couples planning a baby. [Click here](#) for more.

For readers in this exciting stage of life, we wish you every success with your pregnancy and beyond – may your little ones be healthy and happy always.

If you have any questions or feedback please contact us at feedback@familyhealthdiary.co.nz

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- Preparing for pregnancy
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- Pet nutrition
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GIVEAWAY

WIN a Bepanthen baby gift basket

Valued at over \$350, this beautiful baby basket contains soothing ointments and creams and other great goodies such as a Pumpkin Patch gift card. Enter our Prize of the Month and all this could be yours!

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Online this month



Balanced nutrition for your baby

For healthy development, formula-fed babies over six months need a diet rich in essential nutrients... [more](#)



Optimal nutrition for your pet

A healthy heart is vital to the wellbeing, vitality and long life of your pet – and it's not something that simply takes care of itself... [more](#)

Common health issues explained



Pregnancy health

If you're pregnant, it's paramount to maintain a healthy diet and lifestyle. There are some steps that you can take to ensure you are healthy at the time of conception and throughout your pregnancy... [more](#)

Don't put up with cold sores

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