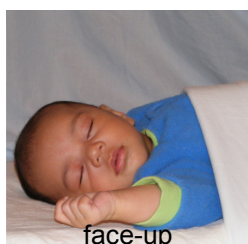


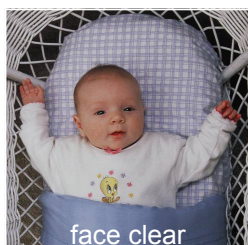
ABC BABY ESSENTIALS DISCUSSION GUIDE

The table below offers a format for having a brief discussion about each of the six principles for protecting a baby's life. The change principle is: a little and often by many over time. It is the 'by many' that is the power of brief interventions. The table supports a range of 2 minute conversations that can be positive, focussed, supportive and brief.

- ▶ **ASK:** to raise the issue.
- ▶ **BE CLEAR:** to state what is essential.
- ▶ **CHECK:** to support action



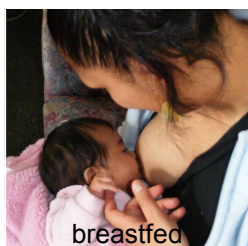
- Ask *What are you hearing is the best position for babies to sleep in?*
- Be clear Be clear that sleeping face-up is **essential** care, every place, every sleep. *Face-up is essential protection during a critical stage of a baby's development.*
- Check Check understanding and address concerns. *Is there any occasion when you might not sleep your baby face-up (on the back)?*



- Ask *How much do people talk with you about protecting a baby's face?*
- Be clear Be clear that a clear face and head is **essential** care, in every sleep. *A clear face and head helps a baby breathe freely and protects from suffocation.*
- Check Check confidence with identifying hazard situations *How confident are you about doing a 'hazards check' of where your baby sleeps?*



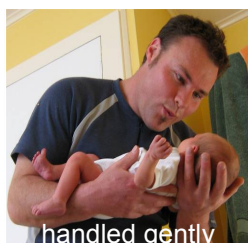
- Ask *What support have you had to keep your baby smokefree?*
- Be clear Be clear that smokefree is **essential** care, both during pregnancy and after. *A smokefree start builds protection into babies as they develop. It is essential.*
- Check Check expectations and offer referral for smokefree support. *Are/were you smokefree (in pregnancy)? Family smokefree? Home smokefree? If you were smokefree, how would things be different? Would you like support?*



- Ask *What are the thoughts of people you know about why breast is best?*
- Be clear Be clear that breastfeeding is **essential** care. *Breastfeeding is much more than food. It strengthens vital systems eg breathing.*
- Check Check understanding and address concerns *Is there any reason you can think of why you might not breastfeed your baby?*



- Ask *How much have you heard about where babies should and shouldn't sleep?*
- Be clear Be clear that 'close to a parent' is **essential** care, day and night, and every sleep. *The safest place for your baby to sleep is in their own safe space near to you.*
- Check Check understanding and address concerns. *When might your baby sleep in another room or a place not designed for babies?*



- Ask *How are you with managing tiredness and your crying baby's crying?*
- Be clear Be clear that gentle handling is **essential** care. *Gentle handling protects your baby's brain from damage at a critical stage.*
- Check Check understanding and address concerns *What support do you have to stay on top of stress / manage crying?*