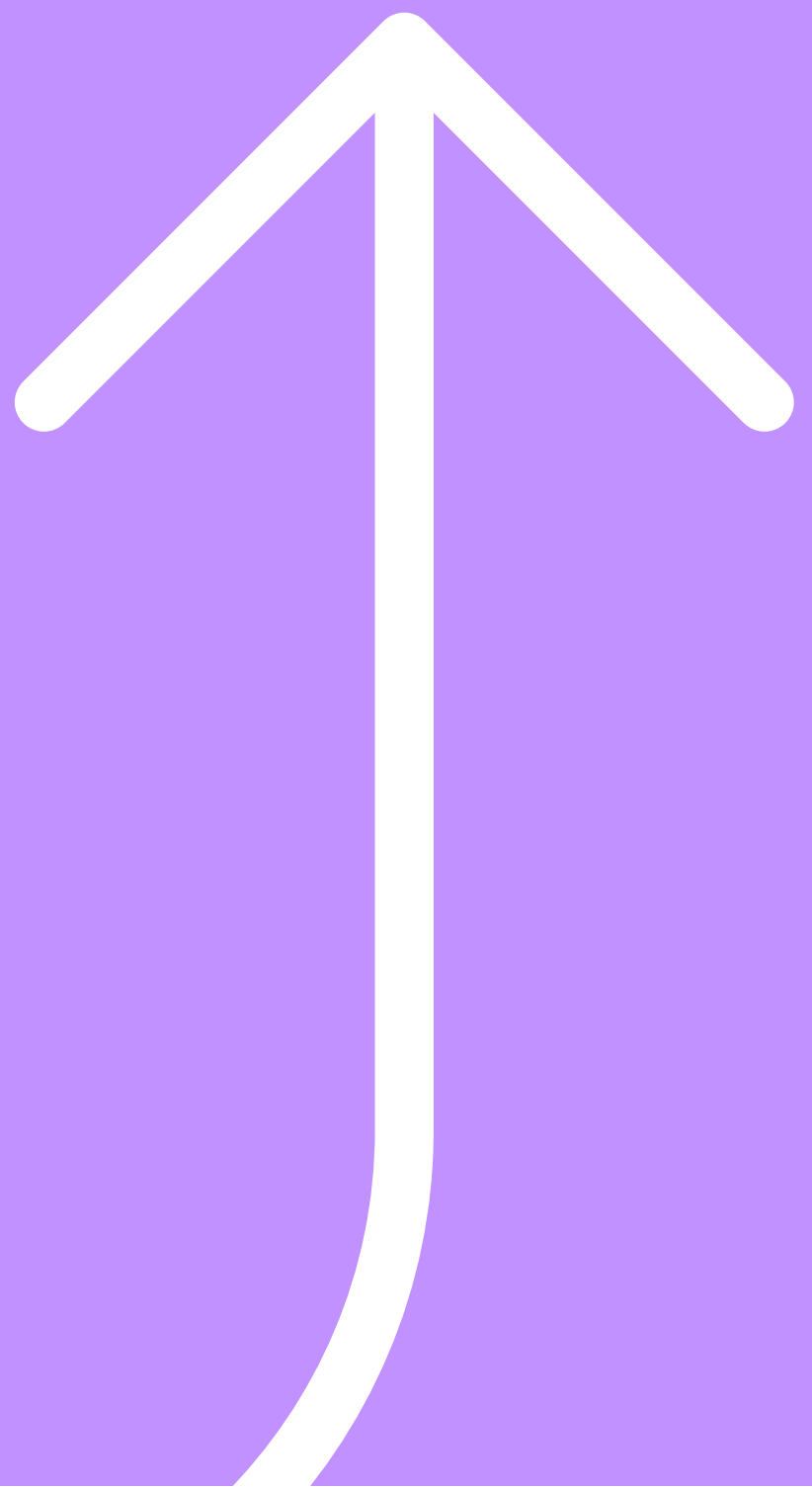




From mom to mom



**Moms inspiring moms
this #WorldPremieDay**



Hi littlest baby,

You may be extra small but you're making some pretty big moves every single day.

While you're doing your best to grow, so is mom and dad to discover more about their fierce little fighter.

That's you, baby!

Get ready for other preemie parents to inspire yours with sweet words of support and powerful pointers. It's all about making mom and dad feel less alone and a lot more ready for your every hiccup yawn and squeak 'cos we got you, baby.

Pssst... Please consult a medical expert to make sure the tips and opinions expressed in this document are a winning formula for your little one before trying them out.





“

Always make sure your baby is at a comfortable and safe temperature...

The most effective way to do this is by adding layers of clothing or removing them when necessary. Try not to overload the bed with blankets as it can raise the temperature too high for your baby to handle.

Bianca Williams

”

“

Having a premature baby has been the best thing that ever happened to me, as the times go, I've discovered that I'm a survivor...

Mugivhi Vhutshilo

”

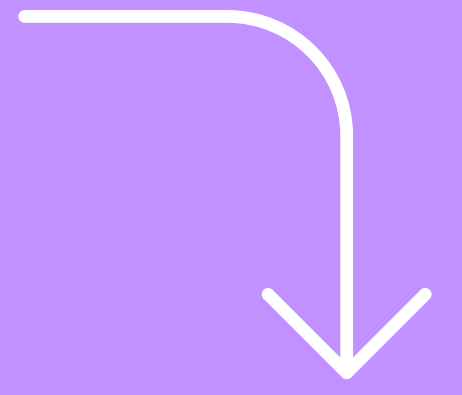
Trust your gut!! Your baby grew within you and you know them best!! @huggies_sa is the best!!

@juju_oakes

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**When in doubt,
skin to skin.**

”

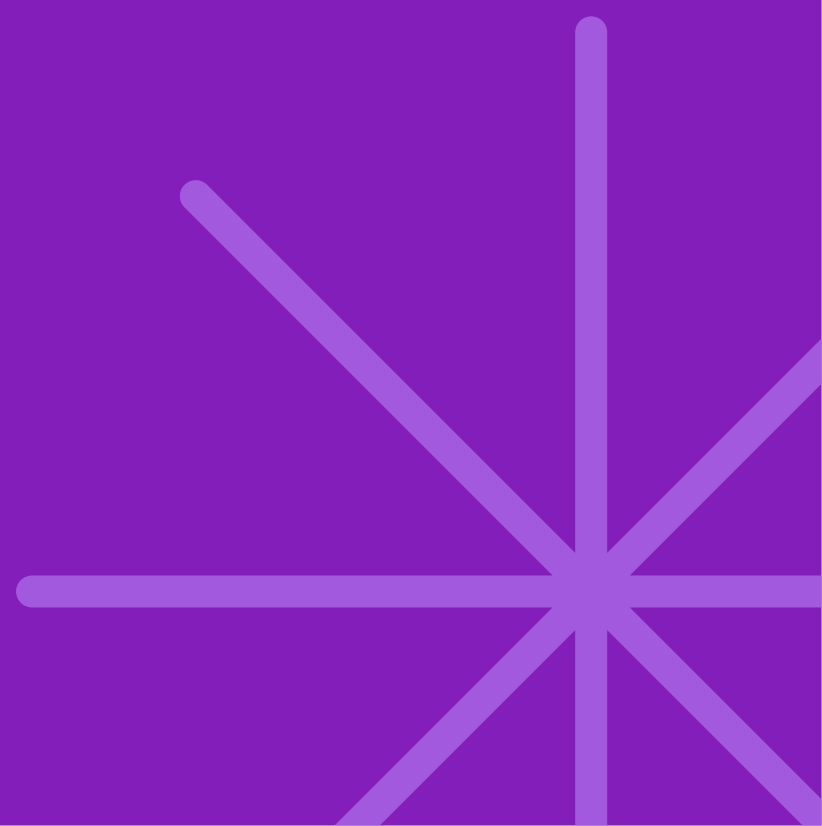
@refilwe_galant

“

**I was nervous, scared
and did not know what
to expect but the doctor
assured me that the
champ is a fighter..**

”

@atontha12345



“

...Kangaroo Mother Care is essential for pre-term babies.

Nursing your baby in a quiet, peaceful and calm state/environment as well as finding your own routine for round the clock care can only lead to a healthy development for your baby...

@mummies4mummies

”



“

Stay positive – babies can pick up on your moods...

Loveena Megashnee Pillay

”

“

As a mommy your body will have changes. You are still pretty and you are still the best.

@puki_babykukhanya

”



“

...ensured that his skin was more comfortable and used Preemie Huggies diapers that are super absorbent.

@phangasasa_

”

“

Have time for yourself and have time for your baby too. Being a mom is so good...

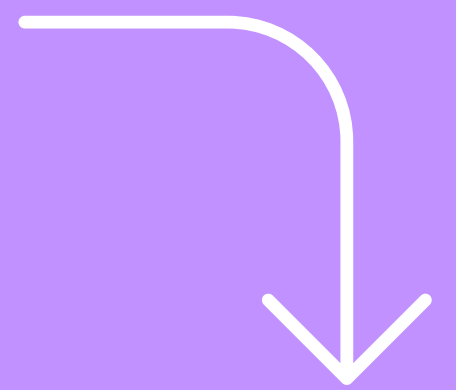
Sindiswa Mbali Sojozela

”





“



Parenting is not a competition:

...don't get sucked into comparing your baby with someone else's or comparing your parenting style with someone else's. Spend your energy enjoying your baby!

@96_titus

”

“

...I've also learnt that your baby doesn't need fancy clothes or a fancy nursery. All your baby needs are your love and protection...

@ngobeni_goddess

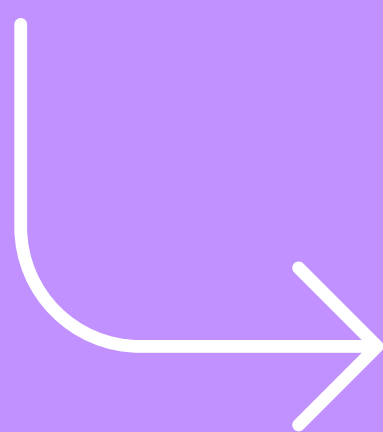
”

...a fed baby is a happy baby, there's never too much time holding them...

@zaileyandkhai

“

”



“

I've learnt that during hard times...

(especially at night when you're really exhausted and your little one doesn't want to sleep) to just remember that as difficult as it may be, it is only temporary...

@daleenlynch

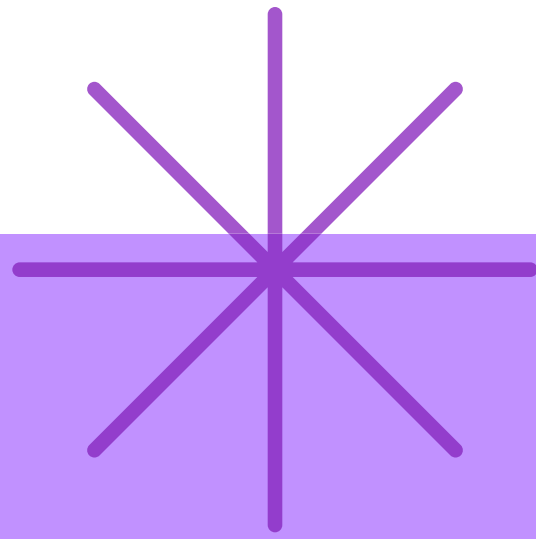
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Remember if you can't provide breast milk there are other wonderful alternatives. Your baby will still grow and be healthy. Every baby is on their own growth curve.

@aatiqah_m

”




“

...when a baby has the motor skills necessary to sit up and grasp or retrieve objects, introduce interactive toys that facilitate baby development...

i.e., Toys that roll which will stimulate a baby to go after them and encourage her to move.

Magase Moela

”



“ Do research on how to train your baby to have sleeping routines, that way it will be easy to bounce back... ”

@zanelem_m

“

Having a premature baby has taught me to appreciate the gift of life, to take each day as it comes and to spend quality time with my baby & bond.

Somkhanda Somkhanda

”





“

...infants need reassurance that their needs will be met – so when your baby cries, respond.

Khutjisho Matlale

”

“

...if your baby is sleeping, try your best to get some sleep as well so you can be rested and energized.

@vanessalee.veldman.3

”



our Huggies registered nurse

Welma's Tips

#1

Keep an eye on the couple's health as they can easily neglect themselves. Take the new mom or dad for coffee, even a voucher to the movies or supper at a nice restaurant will do.

#2

Respect the privacy of the new parents. There may come a time where they are not ready to share all the information so it is important that you respect their wishes and not take it personal.



our Huggies registered nurse

Welma's Tips

#3

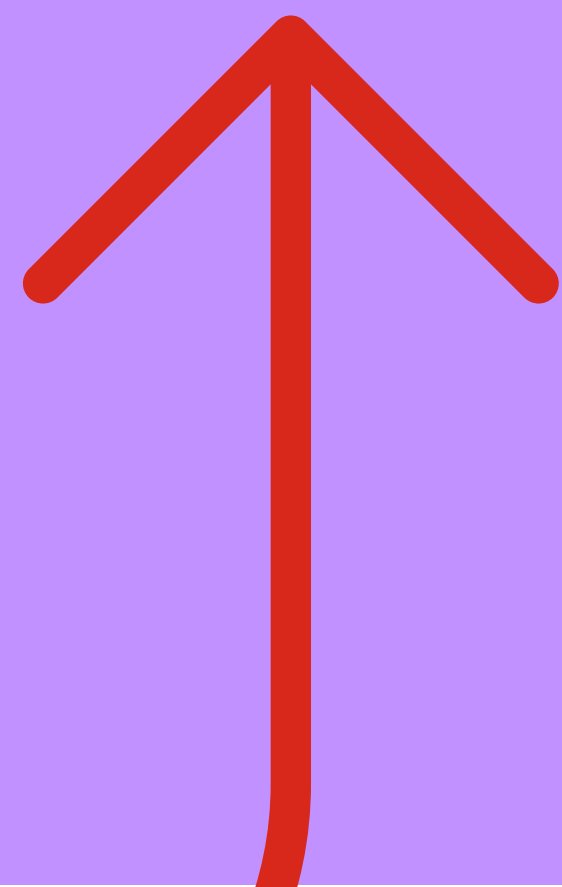
Be understanding and compassionate. Do not compare the parents' experience with another experience involving hospitalisation or illness, because each case is unique.

#4

Support the parents by buying premature baby products, which they may not be able to afford with the possible added financial strain they experience.

#5

Visit the new parents once they are home, take along a meal for supper or cook some meals and freeze it for the new family.



HUGGIES[®]

We got you, baby



www.huggies.co.za



@huggies_sa



@HuggiesSA

