

Helping Babies Help Themselves

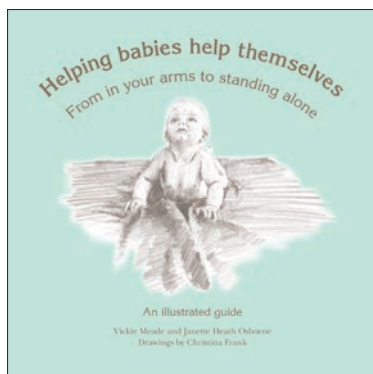
From in your arms to standing alone

Vickie Meade and Janette Heath Osborne

Illustrated by Christina Frank

ACER Press 2012

Foreword by Jane K Sweeney PT, PhD, PCS, FAPTA, Rocky Mountain University of Health Professions, Provo, Utah



Written by two highly experienced pediatric physiotherapists, **Helping Babies Help Themselves** is necessary reading for all first-time parents. It explains in straightforward terms how babies express their feelings and demonstrate their physical needs at different developmental stages, through their facial expressions and the way they move.

Parents can use this book to focus on the subtle elements that make each baby's motor skill development unique. Understanding and anticipating each challenge will guide parents to give their baby just the right help when it is needed. Life-like illustrations of infant movement beautifully depict the child's developing muscle strength.

Quick tips, key points and frequently asked questions provide clear and simple advice from ways to wrap and help babies settle, to where to place your hands to guide and assist them to move.

With this essential resource, parents will feel supported in helping infants achieve their physical potential and develop their strength and confidence, from in your arms to standing alone.

ABOUT THE AUTHORS



Dr Vickie Meade received her doctoral science degree with a focus on screening four-month-old infants using parent concerns and the *Meade Movement Checklist* in a two-step process. Dr Meade is a board-certified clinical specialist in pediatric physical therapy, and a Master of Public Health in Maternal and Child Health. She is currently active in research on early screening and innovative service delivery models for infants, young children and their families. She has been teaching courses related to early screening and intervention for over twenty years, as Adjunct Professor in the Master of Physical Therapy Program at St Catherine University, Minnesota (St Paul Campus), at Seattle Pacific University and internationally.



Physiotherapist *Janette Heath Osborne* has had over twenty-five years of clinical involvement with infants and their families. She has worked in Sydney and London, starting the growth and development follow-up clinic – with Vickie Meade and psychologists Dr Robyn Dolby and Beulah Warren – at Crown Street Hospital and The Royal Hospital for Women, Paddington. This team carried out a clinical trial for a group of low-birth-weight infants and their families over the first year of life. Janette is currently active in continuing her interests in working with mothers, babies and early childhood nurse specialists in Sydney.

A note to parents

Chapter 1	Your newborn baby
	How movement begins
	How Mum and Dad can help
	Some questions you might ask
	The premature baby
Chapter 2	Your baby from four to six months
	Enjoy the movements your baby is trying to master
	How Mum and Dad can help
	Some questions you might ask
Chapter 3	Your baby from six to eight months
	Enjoy the movements your baby has mastered
	How Mum and Dad can help
	Some questions you might ask
Chapter 4	Your baby from eight to twelve months
	Look at me! I have mastered using my big muscles
	How Mum and Dad can help
	Some questions you might ask
Chapter 5	Every baby is different
	What you and your baby have achieved
	Integrating communication skills into your play
	Each baby achieves motor skills on their own pathway

Conclusion



Your Child from Birth to Eight

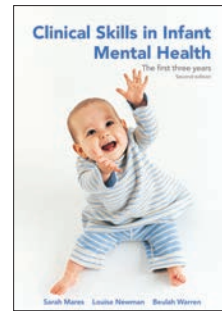
3rd Edition

Pam Linke
ACER Press 2012

Your Child from Birth to Eight provides a practical guide to the physical, emotional, social and cognitive development of young children, with a focus on fostering the bond between parent and child. While children develop differently in accordance with their genetic inheritance and environment, *Pam Linke*, renowned social worker and early childhood expert, clearly defines the steps which help parents to know what milestones children can be expected to reach, at different ages and stages and how best to support their learning.

In addition to developmental guidelines, **Your Child from Birth to Eight** offers ideas about suitable activities and toys for children as they grow. Tips and advice on issues to do with behaviour, emotions, temperament, toilet training, new siblings, sexual development and starting school are conveyed in an accessible and supportive style.

This fully revised and updated edition draws on contemporary research and provides insights into what is happening to children and why they may do what they do. An invaluable resource for all parents and carers, **Your Child from Birth to Eight** encapsulates the wisdom and experience of other mums and dads, as well as social workers, health professionals, early childhood practitioners and teachers who engage regularly with children from birth to eight.



Clinical Skills in Infant Mental Health

The first three years
2nd Edition

Sarah Mares, Louise Newman,
Beulah Warren
ACER Press 2011

What is mental health in infancy and early childhood and why is it important? How does the infant-parent relationship influence development and how do these early experiences shape our lives? How can clinical assessment and intervention focus on these early relationships to improve developmental outcomes for infants, young children and their families?

This thoroughly updated and expanded edition of **Clinical Skills in Infant Mental Health: The first three years - Second Edition** provides an evidence-based and practical approach to assessment of young children and their families across diverse settings. The impact of attachment issues, prematurity, trauma, parental mental illness, substance abuse and other adverse circumstances is clearly explained and the quality of parenting and the importance of early relationships are addressed.

Written for a wide range of professionals including maternal and child health nurses, general practitioners, psychiatrists, child protection workers, early childhood educators, and community and mental health workers, this second edition has two new chapters on intervention and professional issues such as training, ethics and advocacy.

The growing understanding of factors that influence infant psychological development and the social and emotional wellbeing of young children and their families make this book an essential reference for all health care practitioners and early childhood professionals.



Order form

CODE	TITLE	PRICE	QTY	SUB TOTAL
A5298BK	Helping Babies Help Themselves	\$US24.95		\$
A5253BK	Your Child from Birth to Eight - 3rd Edition	\$US29.95		\$
A5184BK	Clinical Skills in Infant Mental Health - 2nd Edition	\$US59.95		\$

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