

## WHAT IS IMPORTANT TO JOSH



- Playing in water and seeing the lights in the pool at Water Babies every week.
- Having a play in the bath every night.
- Having Loopy Lou and Mr Lion with him in his cot at night, and sometimes in his car seat.
- Chewing anything - particularly Sophie the giraffe. Sophie goes with Josh everywhere except nursery.
- Bright lights - flashing.
- Bold colours - particularly red.
- Music and being sung to - the Grand Old Duke of York, and the Wheels on the Bus, and Mum singing "Who's that boy?" and "You are my Joshy".
- Being outside everyday, regardless of the weather - being in a sling and seeing the leaves and hearing the wind.
- Watching things move - fans with blowy things, wind up train set.
- Being snuggled and kissed on the cheek.
- Having raspberries blown on his chest or neck.
- Playing peekaboo.
- Batting toys under his play gym.
- Yoghurt and sweet things.



## WHAT WE LOVE ABOUT JOSH

- Tries really hard - very determined
- Fantastic laugh - makes you melt
- Cheeky smile
- Resilient
- Energetic
- Cuddly and snuggly
- Strong - vice-like grip!
- Does not give up
- Gorgeous face with beautiful eyes
- Great to swim with
- Bright
- Observant

# JOSH



## WHAT YOU NEED TO KNOW OR DO TO LOOK AFTER JOSH

### ABOUT SLEEP

- He needs a sleep during the day every 2 to 2.5 hours, even if this is just for 10 minutes (usually this is for about 20 - 30 minutes).
- Catch him before he gets over tired. When he is tired he will rub his eyes and yawn, and then start to moan and thrash his arms and legs. When he gets really over tired he will start to thrash more vigorously and throw himself backwards. At the first sign try and help him go to sleep. You can lie him down in a cot with a blanket, play music, 'shhh' him and stroke his head. Occasionally use a dummy. He falls asleep in the car for 45 minutes or an hour if you are moving. He can fall asleep in the buggy as well. Sometimes taking him outside for a few moments will calm and cool him down and help settle him.

### IF JOSH WAKES UP

- If Josh wakes up and cries, leave him for a couple of minutes, to see if he goes back off to sleep. If his crying tone changes and becomes more intense, go to him.
- Try to settle him without getting him out of bed, stroke his head, give him Loopy Lou or his dummy. If you cannot settle him in bed, get him out and put him over your shoulder and see if you can pat him to sleep. If this does not work, he could be hungry, give him a bottle.

### NIGHT-TIME ROUTINE

Before he goes in the bath get the medicines, milk and towels ready. He has a bath around 7pm. He has floating toys in the bath and a bath chair. We do the 'water babies' routine (say "Joshua...ready...go pause and then pour a little water over his face. Do this three times). After his bath he gets wrapped in his snuggly towel, onto the change mat with his mobile, read him a story (current favourite is Baby Bright). Massage his legs with baby oil. Put him in his sleeping bag. Offer him some milk (he may or may not have this). Give him his medicine Ranitidine 0.4 mls and Trimethoprim 1.2 mls) in a syringe. Space these out so they are not together.

"JOSH'S LAUGH MAKES YOU MELT"

## QUESTIONS TO ANSWER

- 1 Does Josh want Loopy Lou or Sophie with him at nursery (or another toy).
- 2 Would singing the Grand Old Duke of York, or playing a recording of us singing it, help him go back to sleep when he wakes.
- 3 Could we play CDs to him more during breakfast?
- 4 How can we help Josh settle into nursery better?
- 5 Should we cut down/stop the ranitidine?

## EATING AND DRINKING

- Josh has gastric reflux and this means that sometimes he is sick after eating. Sometimes he eats and is sick straight away; sometimes he is sick up to a couple of hours later.
- Eating little and often and keeping him upright for a while after meals helps.
- He has 4 little meals a day at approx 8.30, 12noon, 3pm and 5.30pm.
- Yoghurts and creamy sauces especially make him sick (Soya yoghurt is not as bad).
- He has a sweet tooth and we are trying to build his weight up.
- He has his milk in between his meals - usually 100 oz of Nutramigin (number 2) but he does not always want this.
- As Josh also has kidney reflux he must have 500mls of fluid a day so if he does not want milk try very weak blackcurrant juice instead.

## ACTION

1

TO EXPLORE JOSH GOING TO NURSERY ALMOST FULL TIME FOR 2 WEEKS WITH PARENTS TO HELP TO SETTLE HIM IN BEFORE CHRISTMAS

2

TO ASK JOSH'S AUNT FOR INFORMATION ON WHERE WE CAN GET ANOTHER SOPHIE