

Four ways you can **PROTECT** your baby

<p><i>Protect</i> by the Whooping Cough vaccine</p>	<p>Whooping cough is serious infection which causes long bouts of coughing and breathlessness. If you are vaccinated in pregnancy the immunity you receive will be passed onto baby through the placenta. It is highly effective at protecting baby in their first few weeks of life before babies have their own routine immunisations at 2 months old. It is recommended mums are vaccinated after 16 weeks gestation.</p>
<p><i>Protect</i> by Handwashing.</p>	<p>You are at greater risk of getting infections when you are pregnant. Infections are caused by bacteria or viruses. You can reduce the risk by washing your hands regularly with soap and hot water, particularly if you have been changing nappies, or work in a nursery or daycare centre. You can also reduce the risk by not sharing utensils.</p>
<p><i>Protect</i> by giving Vitamin K</p>	<p>Vitamin K helps blood to clot which reduces bleeding. A newborn baby has low stores which may put them at risk of Vitamin K deficiency bleeding. This is rare but serious and can be prevented by giving your baby extra Vitamin K. It is recommended that your baby be given an injection of Vitamin K after birth.</p>
<p><i>Protect</i> by giving Colostrum.</p>	<p>Colostrum is the first milk that your body makes for your baby. It provides protection against infections and serves as your baby's first immunisation. It is rich in antibodies to develop your baby's immune system. It is rich in Vitamin A which protects baby's eyes. It is recommended that all babies receive a first dose either by breastfeeding or by expressing (it can be dripped into your baby's mouth)</p>