



**Now you can help your baby to sleep and get your life back, today!**

## **Sleep and Settle Secrets**

### **A Note from Natalie**

Hi, it's Natalie from Sleep and Settle®, welcome to my newsletter. Each month I share a little about me, provide some valuable information on a topic of interest to parents, inform you of Sleep and Settle updates for the coming months and recommend some favourite services to you.

I have a funny story to share with you that a lot of the sleep deprived and busy mums reading this may relate to, although I have to admit a few of my friends fall over laughing when they hear this story because they think I'm mad! It started when my eldest Lauren, had just started Primary school and I was transitioning between being the mum of a preschooler to the mum of a primary schooler. At the time I had a 6 year old (starting school) a 4 year old (in pre-school), a 2 year old (glued to me at home), I was studying (between 9-11pm) and my husband was starting his overseas travel for work, so I was a little busy but as I have said before I got out of bed each day and took it all on. The thing is that when I became involved in 'Big school life' I was meeting lots and lots of new people and needing to get to know the mums of the children my daughter wanted over the play and vice versa. Of course this meant coffee and maybe catching up at the park/beach/school canteen! It was at this point however, that I felt I had to make a very brave and bold decision to announce to my closest friends that..... I had closed off my little black book of friends!... and that I couldn't afford to make any more friends ...because I couldn't maintain the coffee and contact with the ones that I had, let alone the new ones!! This had some of my friends nodding their heads in agreement and some gagging, maybe because I made it sound so serious and permanent. But if I had precious time to spend with my friends (it was usually with a husband and children in tow) I wanted it to be quality time and not rushed, with me thinking about the assignment I was supposed to be writing or the place I needed to run to soon or which child I had to pick up. I can happily report that while I did maintain a low profile at school and remained busy I learned how to 'meet and greet' the parents of the play dates and know when a true lifelong friendship is in the making. It just feels right. And so every year I send a Christmas card lovingly explaining to my friends that I still love them even though we may not see each other all the time or I might be unavailable for coffee frequently. It's about the quality not the quantity.

### **This issue's topic is 'Worms'!**

Yes worms! Thread worms to be exact and they are thriving everyday in the bottoms of little children and whether you like it or not they could end up in your children and it's not nice but easily identified and treated. I'm discussing this topic because I am frequently finding worms a problem for our little pre-school aged non-sleepers and mum and dad are horrified. Worms occur and are spread very easily in the community across all social backgrounds and generations. They are spread most commonly in pre-schoolers because in my experience the only things toddlers share are germs (...and love) and this age group are not always efficient at hand washing....particularly before eating.

## How do we identify a child with worms?

- An infected child has an itchy bottom!! They will naturally be very irritable during the day, frustrated, uncooperative, fidgety, not be able to sit still, cannot concentrate, argumentative and angry.
- you might suspect someone performed a personality transplant on your little angel!
- They want to scratch their bottom and will commonly be seen taking their clothes or nappy off
- they will walk strangely like they are trying to keep a coin safely between their buttocks and having trouble (imagine)
- They will frequently urinate and or bed wet at night
- They will not be able to go to sleep and not be able to explain why to you, but will be crying and uncomfortable, not naughty

## What to look for?

- If you suspect worms, look for a pinky/red rash about 2cm wide completely around the outside of the genital area
- If you wish to look for worms, keep the room dark, ask for your partners help, comfort the child and 'spring' a torch light onto the exposed bottom. The worms come out at night to lay eggs. This process creates the uncomfortableness and irritability. So in the night time only you will see 1.5cm long wriggling pieces of white sewing cotton, moving fast away from the light, around the anal passage. In girls the worms can crawl into the vagina and be even more irritable.

## How to get rid of them?

- Firstly, collect as many worms as you can see immediately and dispose of them. Your child will feel calmer after the worms have disappeared from the skin.
- If you have a daughter and you suspect they are in the vaginal area, you can very gently slightly spread open the outer labia (flaps of skin) and if you see any worms, gently roll them onto a cotton bud (q tip). Tissues and cotton balls are too large and you won't be able to see what you are doing. (personal experience) This will provide immediate relief from the irritation of the worms trying to lay eggs in this sensitive area
- Apply a thick layer of Vaseline to the anal area to provide temporary relief to the skin and catch any worms that come out again in the night.
- Wash in hot water/use the dryer/hot sun on all linen, towels and clothing worn by the child. Repeat for the whole family. The worms can live outside the body long enough to infect everyone.
- There are a variety of medications to offer your family. There are one dose liquids, orange chewable tablets and chocolate squares, please do the whole family the day you find the worms and then again 7 days later in case of re-infestation See your pharmacist for the appropriate dose and the minimum age.
- It's a good idea to keep the medication in your medicine cupboard (personal experience), it will be late at night that you discover them, the shops will be closed and no-one can sleep if anyone else has worms crawling out of their bottom!
- Please inform your pre-school/daycare centre if your child has them (even anonymously if embarrassed) so that other families can be on the look out for them and the centre's can be more proactive with hygiene and symptoms in other children. Always think about whether you would appreciate the warning if another child had worms and played with your child.

## How do children get worms?

- Through their mouth
- The worms come out at night to lay their eggs in the tissue around the anal passage, this causes the skin irritation.
- The child scratches their bottom because it's itchy
- The eggs get under the finger nails and are spread onto everything the child touches: toys, toilets, taps, towels, pencils, chairs, etc...
- The next child/person touches the same objects and then....doesn't wash their hands before eating/ touching the face and they swallow them.

**Tip:** The simplest form of infection control used in hospitals everyday that prevents doctors and nurses from catching all of the bugs in the hospitals is "HAND WASHING". Make it a family routine that no-one eats before they have washed and thoroughly dried their hands. Encourage this at pre-school and day care as well. If we start young enough the children will think it as normal as cleaning their teeth before bed or kissing you good bye. It is up to us as parents to start and lead by example with these sensible habits.

## Sleep and Settle Seminar Series 2008

My next seminars in East Maitland and Newcastle are in July 2008. 3 hours of jam packed information .....with a cup of tea! visit <http://www.sleepandsettle.com.au> for more information and ticket sales. Book now, small personal groups and limited tickets.

**seminar testimonial** from: Sarah and William. " I attended your seminar recently and wanted to thank you for the fantastic information you shared. That afternoon I decided to implement your strategies and I am still astounded buy the success my family has had. The results were instantaneous and he can now settle himself without a 'prop'. I can't thank you enough. I now feel confident and love putting my baby to sleep so he can grow into a happy and contented toddler! I thought your seminar was extremely professional, well organised and we felt so welcomed with plenty of helping hands if the little ones were upset."

Congratulations to the following parents who won the 1 hour telephone consultations with my from the April seminars. Karen Piper, Renae Turvey, Katrina Cook, Anna and Scott Edden.

## Yes, You Can Get Your Life Back, Today!

Are you tired? Are you confused by all the different sleep strategies? Would you appreciate a personal plan that suited your baby and personality that you could start today? Do you understand how your baby's day affects their night sleep? Would you appreciate a strategy that didn't use controlled crying or the dummy?

Read about my Sleep and Settle 'Sleep Packages' 50+ A4 pages, Au\$27 at [www.sleepandsettle.com.au](http://www.sleepandsettle.com.au)

Age ranges are:

0-6 months

6-12 months

12 months and over in a **cot**

2 years and over in a **big bed**

Or check out the range of 'Secrets' Au\$5 to offer you valuable extra information in addition to the Sleep Packages!

Or ask about in-home or personal telephone/email support from \$1.50 per minute to help you achieve success.

visit <http://www.sleepandsettle.com.au> and see 'products', yes you can start today, and get your life back!!

### **About Natalie**

Natalie Ebrill RN, CFHN, Post Grad Dip Health Promotion, 'New' Single Mother of three beautiful daughters 13, 11 and 9 years, Baby Sleep Consultant, Child and Family Health Nurse, Registered Nurse and Breastfeeding counsellor. Natalie established her 4th baby, '**Sleep and Settle**' in 2004.

Natalie provides Personal in home consultations in the Newcastle, Hunter and Central Coast areas of NSW, Australia. Telephone and email counselling in Australia and world wide, instant downloadable products from <http://www.sleepandsettle.com.au> and seminars each year.

Natalie Receives daily testimonials from happy clients who are amazed that after "reading everything and phoning everyone" are finally unlocking the keys and having 'light bulb' moments to help them solve their baby/toddlers sleeping issues and they are getting their life back!! See 'testimonials' on the website <http://www.sleepandsettle.com.au>

email: [natalie@sleepandsettle.com.au](mailto:natalie@sleepandsettle.com.au) or call office: 61 (02) 49634460 Mobile: 0437 633953 Merewether, NSW, Australia.

### **Natalie Recommends These Services**

#### **Child Safe Hunter Valley-For Capsule Hire**

Talk to Steve phone: 02 49213374/ 0439 690 260 On the John Hunter Hospital site, for hiring or sales of baby capsules, bassinets, child restraints, porta cots, boosters and prams.

#### **ABA- Australian Breastfeeding Association**

The Australian Breastfeeding Association is a non-profit organisation established in 1964 to encourage and support mothers who wish to breastfeed their babies and to provide skilled and loving mothering, while creating in the community an awareness of the importance of human milk. The ABA provides support and information through local groups, telephone counselling, email counselling, the Lactation Resource Centre and the retail store 'Mothers Direct'. visit: [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) Phone: 03 98850855

Happy sleeping,

Natalie

