

Quiet nights for babies and parents

While a newborn baby's first cry is a joyous moment for parents, it isn't long before the same cry can cause sleepless nights and send stress levels soaring.

For nine months your baby has been feeling safe and secure in the womb, which all changes suddenly when born. Your baby can become overwhelmed by the new experiences it has to face in its now ever changing world. Challenges like learning to feed, dealing with wind, colic, and establishing sleep patterns can result in an unsettled baby. It is a difficult transition, but help is now available in Australia, in the form of an easy and stress free bathing concept.

The TummyTub is a new bathing concept which seeks to ease a baby's transition from the secure environment of the womb to the outside world. The TummyTub (suitable for babies from birth to two years) was developed in co-operation with physicians, midwives and nursery nurses. The size and the shape of the TummyTub mimic the security of the womb. Babies going into the TummyTub, naturally assume the foetal position and relax. The special design and warm shoulder level water form a powerful combination to calm your baby, and help relieve their distressing symptoms; resulting in a quickly settled baby.

Rosita Sunna, director of SunRos Pty Ltd, and mother of two boys, has been bringing help to a growing number of

grateful mothers and maternity units in Australia with the TummyTub. Angela, one Sydney mum, was sceptical at first but quickly turned into a believer.

"I found the TummyTub to be absolutely fantastic. My baby suffers from wind and since using the TummyTub I've found that it has helped him immensely. I find it much easier to bath my baby in the TummyTub, and we enjoy bath time more now."

The reason why Rosita decided to bring the TummyTub to Australia was her own experience. She recalls "I struggled to hold my first son in a traditional baby bath and became anxious at bath time, which upset him and me. When my second son was born in Germany, a midwife recommended the TummyTub to me, and it changed my life!"

"With the TummyTub bath times became fun times! I understood why all the other Mums I had met were using one. Plus, I could easily immerse him up to his shoulders in bath oils to help with his eczema; it was great for my back as I didn't have to bend right over, and we were also saving water."

To order your TummyTub please visit www.tummy-tub.com.au or call Rosita on (02) 9997 7625.