

# A Guide For New Parents: Good Parenting Hacks



## **Abstract**

Here is a guide for new parents. We all know that raising a kid is not easy and if you are new parents, then you need to learn lots of things about kids and their behavior.

## **1.Introduction**

All parents strive to raise healthy, successful, smart kids. Yet, all of these factors are very dependent on one other important one – that the child is happy. It's not without reason that emphasis on emotional health and intelligence has gained a lot of ground in recent years.

Let's get started...

## **2. Parenting Hacks To Raise Happy Kids**



### **2. 1. Take good care of yourself.**

To be able to assume the responsibility of another human being all round the clock is hard. The only way we can make it easier is to take care of ourselves.

Identify physical and emotional triggers that can make you lose it. A healthy mind is in a healthy body is the key phrase here.

## **2. 2. Be consistent with discipline.**

Kids may seem like that are rebelling against rules. However, experts agree that they are actually grateful for a structure and rules in their lives. Being consistent with house rules and consequences gives them the much-needed sense of stability and helps them make better decisions.

## **2. 3. Focus on the effort.**

Lose the limelight on the result and focus on the effort they put in. The objective of a good education is not a good score on a test. It is about honing the ability to create a goal and sticking to it through several factors- even demotivators. This, in other words, is called developing the “growth mindset.”

## **2. 4. Keep the communication on top of your priority list.**

Several teenagers report that the real reason for depression is the “communication gap” between generations. More and more teenagers are reporting depression and suicidal tendencies because nobody “gets them”. However, teenagers cannot be expected to connect with their parents when they are in the throes of hormones and intense emotions. The channel has to be established from very early on.

## **2. 5. Be optimistic...**

When children see parents consistently project a positive attitude, it becomes the natural thing for them. Plus, communication becomes so much easier in a positive environment. Avoid complaining about your boring jobs or your high rentals too much in the presence of the kids. Take an effort to reinforce optimism.

## **2. 6. But keep it real.**

The myth of the happy family is also real. Avoiding all negative emotions and feelings from your kids is just as bad as exposing them to it too much. Kids who do not see negative emotions in the family are less equipped to process feelings like sadness, anger and disappointment- which are inevitable parts of growing up.

## **2. 7. Give them fewer toys.**

Having fewer toys helps kids explore on their own a lot. Children have the unique ability to create new games and make a plaything out of anything at all – so loud, blaring ‘educational’ toys could have the opposite effect. Plus, it solves the problem called “entitlement’ to a great extent.

## **2. 8. Leave them on their own.**

Parents who are overly anxious about the abilities of their children have earned a new title for themselves -helicopter parents. The truth is – kids adapt faster than we can even imagine and it will only get better if they don’t find us hovering around them all the time, barring when they are in danger. Children are known to show better instincts, social skills and presence of mind in environments where they are on their own.

## **2. 9. Give them responsibilities.**

Children who are handed regular chores have shown improved mental, social and emotional cognition. It is also how we reinforce that importance of forming and keeping social relationships and keeping it all balanced. It is important to have their chores address the “empathy” factor and include family chores– like dusting the furniture or vacuuming the house and not limited to cleaning their own rooms.

## **2. 10. Teach them gratitude.**

Children raised with an attitude of gratitude are known to show more resilience and a reduced tendency to be depressed. Just like everything else, a grateful attitude gets better with practice. Reinforcing simple rituals like writing 2 things they are grateful for everyday, or 3 things they liked about their day are great ways to get started on this very important life-skill.

## **3. Pieces Of Expert Advice For New Parents**

### **3.1. Focus on Communication**

In the early days of new parenthood, make sure you’re communicating regularly and effectively with your support network, says expert.

“Parenting can be very overwhelming, especially in the beginning,” they says. “It is important to talk about how you are feeling with your partner or any other

supportive loved ones who are helping you care for your newborn during this time. Make sure to have discussions about expectations, division of responsibilities and problem solving together as a team.”



### **3.2. Don't Forget Self-Care**

Give yourself grace, too, Ho adds. “Know that it is normal to experience a roller coaster of emotions during this time, and try to find some way to take care of yourself—even five minutes for a daily shower or eating a nutritious meal can do wonders,” they says. “It’s all about going back to the basics to make sure that you are well taken care of so that you can provide the best for your newborn.”

### **3.3. Seek Out Support**

As the age-old expression goes: It takes a village. Expert, recommends seeking out support from experts who can help you navigate all the changes that arise from new parenthood.

“There is so much that nobody tells you about those first days, weeks and months of being a parent, but know this: Support exists in so many forms. Give yourself time to figure out what you need, then seek it out,” says expert.

### **3.4. Maintain Your Routine**

For breastfeeding mothers, the holiday season can bring its own set of challenges, says expert. Give yourself a gentle reminder to maintain some normalcy during the hectic holiday season.

### **3.5. Set Boundaries**

New parenthood can also invite unwelcome prying from (often well-meaning) relatives. Peterson reminds new parents that they should feel empowered to set boundaries.

## **4. Self-Care Tips for New Parents**

### **4.1. Your Needs Matter**

A new baby brings more joy and more stress than you'll feel at just about any other time in your life. It's easy to get overwhelmed. Your baby's needs seem endless -- and it's up to you to meet them. But to be your best as a parent, you have to take care of yourself, too.

### **4.2. Eat Well**

Good nutrition keeps your energy up and boosts your mood. Get plenty of protein, iron, and omega-3s, and go easy on the sugar. That's especially important if you're breastfeeding and your body needs extra fuel. Try to limit caffeine to the first part of the day. Before the baby comes, stock up on healthy snacks and fill your freezer with your favorite good-for-you meals. Afterward, take full advantage of all the delivery options out there.

### **4.3. Get Regular Exercise**

It boosts your mood, keeps you healthy, gives you more energy and better sleep, and helps you manage your weight -- everything a new parent needs. So strap on the baby carrier and take a walk, or hop on the stationary bike at nap time. Or, ask your partner to take care of the baby while you exercise. Another option is to check if your gym offers child care, or find a way to exercise with your baby, like a mommy-and-me yoga class or baby boot camp.

### **4.4. Guard Your Sleep**

It's hard to come by in the first few months, so grab it whenever you can. Resist the urge to jump on chores when your baby falls asleep. Instead, catch a nap

yourself, or just rest. When friends and family come to visit, hand off the baby and go lie down. At night, divide baby duties with your partner so both of you can get a few hours.

#### **4.5. Keep Your Connection**



When you're both stressed, it can be easy to forget that you and your partner are in this together. Take time to focus on each other and keep your family's foundation strong. Share the highlights of your day, and talk through your concerns. Find someone to watch the baby so you can get out of the house together at least once a week. Don't neglect intimacy: Even hugs and foot rubs will help keep you close.

#### **4.6. Find Some Me Time**

Forget the notion that it's selfish to take time for yourself. It's important for your mental health. Spend some time every day doing something you enjoy. Read a

magazine or scroll through your social media feeds while you soak in a hot tub. Have a cup of tea, or play with your pet. You'll feel refreshed and show your children what healthy parenting looks like.

#### **4.7. Enjoy the Great Outdoors**

You might be surprised by how much fresh air and sunshine can lift your mood. Strap your baby into a stroller or carrier and head to the park. You may not have to go anywhere to spend time outside. A porch swing or rocking chair can be good, too.

#### **4.8. Refresh Your Spirit**

What brings you inner peace? Take time to find it every day, whether it's meditation, prayer, or quiet reflection. Start a journal where you record your experiences and feelings as you go through this major life change. It could become a special keepsake for your child one day.

#### **4.9. Maintain Your Friendships**

It helps to remember you had a life before your baby came. Keep in touch with your friends, even if the relationships have to change a bit. Maybe for now it's a quick coffee date instead of a long lunch, or a text conversation rather than a phone call. Your friends are a great source of support and perspective.

#### **4.10. Let Others Help**

Now isn't the time for independence. Your family and friends care about you and want to be helpful, and you'll return the favor when it's their turn. When someone offers, be specific about what you need. Give them your grocery list or a takeout order. Hand them a basket of laundry to fold, or show them where to empty the trash. And remember, it's OK if they don't do things exactly the way you would.

#### **4.11. Know When to Say No**

Everyone wants to see the new baby, but your rest and recovery come first. If it's not a good time for a visit, say so. If that makes you feel guilty, ask your partner or a good friend to be a gatekeeper. Put your work, social, and volunteer obligations on hold until you and your baby get on a predictable schedule.



#### **4.12. Be Flexible**

Maybe you had a picture in your mind of how parenthood would be, or you just like to know how your day is going to go. Well, your baby has a mind of their own, even at just a few days old. If you try to force them to stick to your plan, you'll likely end up frustrated. Let go of your expectations and go with the flow. Savor the special moments and know that family life won't always be this crazy.

#### **4.13. Cut Yourself Some Slack**

It doesn't matter if your house is dirty or you haven't posted any new baby pictures on social media. You have permission to let things slide while you focus on yourself and your baby. The dishes and laundry will still be there when you (or better yet, a friend) get around to dealing with them.

#### **4.14. Baby Blues or Postpartum Depression?**

Your emotions may swing wildly in the days after you bring your baby home. You may find you can't stop crying or you have trouble eating or sleeping. All that's normal, and it usually works itself out within a few days. But if you feel so bad you can't function or you can't shake it after a few weeks, make an appointment with your doctor.

#### **4.15. When to Get Help**

Postpartum depression affects 1 in 9 women, and new dads can get depressed, too. Talk to your doctor if you:

- Feel sad, worried, or angry for more than a couple of weeks
- Have no interest in the baby
- Feel worthless or hopeless
- Think about harming yourself or the baby
- Postpartum depression is treatable, so don't put off getting help.

### **5. Baby Care Tips**

Congratulations! A baby is sure to light up any home, but knowing how best to accommodate your new son or daughter is key to a happy transition. Sure, your child is a little person, but don't expect Junior to pull up a beanbag and nosh on nachos with dad at all hours of the night. Not only will you need to put some

thought into your child's feeding and sleeping routines, you've also got to make sure any siblings are ready to step up their game as well. And, oh yeah, did we mention the diapers? Well, hold on ... there's more.



### **5.1. Travel**

Babies thrive on schedules. Even when traveling, do your best to stick to the regular routine and schedule to keep your little one in the best mood possible.

### **5.2. Sleep**

Sleep begets sleep. First-time parents don't believe it, but a healthy nap-time routine makes for a better night's sleep. Overtired babies have a hard time falling asleep and wake more often in the nighttime. Begin establishing a healthy, sleeping pattern as early as two weeks. Your newborn might not be ready for a schedule, but keeping the routine demonstrates early on what you expect in terms of adequate baby rest.

### **5.3. Skin Care**

Sunscreen isn't recommended for children under 6 months of age. Keep them in the shade until you can safely protect their skin.

#### **5.4. Feeding**

Consider starting your child off with a vegetable rather than a sweet fruit. Introduce vegetables as soon as you start solid foods to get your child's nutrition off on the right foot.

#### **5.5. Bathing**

You might need a daily shower to wake up, but baby needs a gentle bath every other day or so. Skip the soap, and use a gentle made-for-baby cleanser to protect baby's sensitive skin.

### **6. Step-by-Step Guide to Childproofing Your Home**



Once you bring your baby home, caring for them—and making sure they're protected—becomes an all-encompassing concern. Childproofing your home is important part of keeping your baby safe. This is especially key because accidents are the leading cause of injury and death for young children.<sup>1</sup>

Fortunately, by using simple childproofing measures, such as cabinet locks, doorknob covers, and gates for stairs, along with supervision, you can prevent many accidents and tragedies. Learn the best ways to childproof your living space to keep your little one safe.

## **6.1. How to Childproof Your Home**

While all accidents can't be avoided, doing your best to make your home safe will help to prevent many of them. There are many steps to follow in order to fully childproof your home, including the following:

- Set the temperature of your hot water heater to 120 degrees F.
- Install smoke detectors on every level of your home and near bedrooms.
- Install carbon monoxide detectors near sleeping areas in your homes if you use gas or oil heat or have an attached garage.
- Install covers on electrical outlets.
- Place cushions on the corners of furniture.
- Cut window blind cords or use safety tassels and inner cord stops to help prevent your child from strangling in window blind cord loops.
- Secure furniture and large appliances to the wall, so that your kids can't tip them over if they climb on them
- Check the floor regularly for small items and toys that younger children can choke on. This includes marbles, balls, uninflated or broken balloons, small magnets, small Lego pieces and other toys with small pieces.

### **6.1.1. Securing Doors to Unsafe Rooms with Door Knob Covers**

One of the first steps in childproofing your home involves making sure that your kids can't get out of the house and can't get into rooms that aren't childproofed.

Door knob covers make it hard for little hands to get a grip, turn, and open doors. They should be placed on all of the doors leading out of your home and on bathroom doors. It is also a good idea to place them on closet doors and on the doors of any other room that you don't want your child to get into.

### **6.1.2. Cabinet Locks**

Just as you don't want your child to open doors to get to unsafe areas, you don't want them to open bathroom or kitchen cabinets that may hold unsafe products.

To secure your cabinets, the big options are usually an interior latch that you screw into your cabinets or an external lock. Each has their drawbacks, with the big problem with internal latches being that they often stop working. The downside of an external lock is that you have to remember to put them back on each time you open your cabinets.

To be extra safe, you might use a 'layers of protection' childproofing method and install both.

### **6.1.3. Internal Cabinet and Drawer Locks**

An internal cabinet and drawer lock can be more difficult to install than an external lock, but you don't have to remember to reattach it each time that you open your cabinets and drawers.

### **6.1.4. Stove Guard**

Your stove can be a big hazard to your kids, who can get burned by food that is cooking on the stove or turn on the burners and get seriously burned.

In addition to using the back burners when cooking and turning handles away from the front of your stove, a stove guard can make your stove safe.

Similar to the stove guard, plastic guards can keep your kids away from electronics in your home, like your TV, VCR, or DVD player.

### **6.1.5. Appliance Locking Strap**

Appliances in your home pose their own safety hazards. In addition to opening the oven and getting burned, your kids might open the dishwasher and pull out a knife and get cut, or pull unsafe items out of the refrigerator.

An appliance latch or lock can help you to secure all of these kitchen appliances.

A toilet lid lock is also a good idea so that your kids can't open the toilet and drown.

### **6.1.6. Swing Stair Gate with Extensions**

Securing the stairs in your home to prevent falls is another essential part of childproofing your home.

Gates should be installed on both the top and bottom of every staircase in your home.

#### **6.1.7. Adjustable Gate**

In addition to keeping your kids off the stairs, baby gates can help to keep your kids from entering rooms through wide doorways.

An adjustable, portable mesh gate can also make it easy to set up a temporary barrier when you are visiting friends or family members that don't have a well-childproofed home.

#### **6.1.8. Window Gates and Guards**

Installing a window gate or guard is important to prevent falling through the windows. Remember that they should be strong enough to prevent a fall, but also meet the latest standards so that they can be easily opened in case of a fire.

A window guard can be a good idea even if you are on the first floor so that your child can't get out of the house through a low, open window.

#### **6.1.9. Fireplace Gate**

Many homes have fireplaces, and although it is nice to have a fire going on a cold night, it is important to keep your kids safe from the fire.

A fireplace gate is a great way to keep your kids out of your fireplace and at a safe distance when you have a fire going.

Remember to also keep your fireplace and chimney cleaned and inspected regularly, use a fireplace screen, and don't leave your kids unattended when a fire is burning.

Parents want to keep their children safe, but the truth is that you can't avoid every accident. However, with some diligent childproofing, you can make your home as safe as possible. That said, the most important way to protect your child is to keep close supervision until they are at an age and maturity level when they can safely be left unattended.

## **7. Keeping Children Safe**

### **Household poisons: how to keep your child safe**

Household poisons are substances in your home that can cause harm when swallowed, inhaled or touched. They include medicines, detergents, cleaning products, toiletries, garden chemicals and other common household products.

Poisoning occurs most often in children under five years of age. It's particularly common in children aged 1-3 years.

The first step in preventing childhood poisoning is to store household poisons up high in locked cupboards, safely out of reach and out of sight of your child. If possible, cupboards should be at least 1.5 m high and have child-resistant locks.

Below we list common household poisons, along with tips for keeping your child safe in different areas of your house.

### **Bathroom poisons**

Put the following items out of reach and/or in a bathroom cabinet that you can lock, because these can all be harmful to your child:

- bathroom, shower or tile cleaners
- deodorants
- lipsticks and other make-up, including facial toner and nail polish remover
- medicines
- moisturisers and gels
- mouthwash, perfume, hand sanitiser and aftershave – these can have a high percentage of alcohol
- shampoos, conditioners, soaps and bodywash, especially those with food smells
- toilet cleaners – fluid and solid.

### **Bedroom and family area poisons**

Items in the bedroom or family area that can poison include:

- air fresheners
- alcohol
- bubble-blowing solution
- CD and DVD cleaners
- cigarette butts

- essential oils – for example, eucalyptus oil
- glues
- incense
- mothballs
- paints
- pot pourri.

Here are tips to keep your child safe from some of these poisons:

If you use these items, put them up high, out of sight and reach of children. Store them in a locked cupboard.

If you smoke, check that your cigarette is completely out and then throw it in the bin, rather than in an ashtray. To protect your child from second-hand and third-hand smoke, always smoke outside your house and ask visitors to do the same.

Keep handbags out of reach and ask family and friends to do the same when visiting.

### **Garage and shed poisons**

Items in the garage or shed that can poison include:

- acids – for example, brick cleaning solutions
- cement and lime
- epoxies and resins – for example, adhesives, coatings, varnishes and solder mix
- fertilisers
- glues
- herbicides and weed killers
- kerosene
- mag wheel cleaners and other car care products
- paint and paint thinner
- pesticides and snail killers
- petrol
- turpentine.

Here are tips to keep your child safe from these poisons:



- Keep paints and solvents (like mineral turpentine, kerosene and white spirits) out of reach and out of sight all the time.
- Lock your shed or garage, as well as any storage boxes or cupboards that are inside the garage or shed.
- Keep poisons in original containers, rather than pouring them into used soft drink or juice bottles.

### **Kitchen and laundry poisons**

Items in the kitchen and laundry that can poison include:

- alcohol
- ammonia
- baby bottle cleaners
- dishwashing and laundry detergents
- disinfectants and bleaches
- drain cleaners
- floor polish
- hand sanitiser
- kerosene
- liquid cleaners like floor cleaners
- matches
- oven cleaners
- rat and insect poisons
- spray cleaners like window and bench sprays
- dyes
- stain removers and ironing aids.

Here are tips to keep your child safe from these poisons:

- Store chemicals and cleaners out of sight and reach of children at all times.
- Install child-resistant locks on cupboards.
- Leave all chemicals and cleaners in their original containers – don't pour them into used juice or soft drink bottles.
- Put all chemicals and cleaners away immediately after use.
- Safely dispose of any products no longer in use.

- Consider using cleaning products that might be less dangerous. For example, a mixture of vinegar and bicarbonate of soda cleans most surfaces.

#### **Take particular care with dishwasher detergent:**

- Buy dishwasher powder or liquid in a child-resistant container and store it out of sight and reach of children. Dishwasher powder and liquid are corrosive. They burn and are extremely dangerous if swallowed.
- Keep children away if you're adding detergent to the dishwasher. When filling your dishwasher, put the detergent in last then immediately close the machine.
- Check for sludge or powder caking in or near the dispenser when emptying your dishwasher. This is particularly important if young children are helping to unload, because the sludge can cause serious mouth burns.

#### **Medicine cabinet poisons**

Medicines are the most common cause of poisoning in young children. Almost all medicines can be poisonous if they're not used or taken properly.

Often poisoning happens when medicine is left within reach. This means that the key to preventing poisoning with medicines is to store medicines like any other household poison – up high, in a locked cupboard. If you or other family members need to use a medicine, put the medicine away immediately after use.

### **8. Best Cleaning Tips For New Parents**

Newborns and babies under the age of one are at greater risk of contracting viral and bacterial infections. They have underdeveloped immune systems, making illnesses like flu, cold, stomach bugs and others dangerous for them. According to UNICEF, most infectious diseases are preventable by reducing indoor air pollution and maintaining hygiene & sanitation. New parents must focus on house cleaning to keep their babies safe and healthy.

However, it is easier said than done because kids can toss their schedules. Finding time for dusting, vacuuming, or other cleaning tasks is challenging between feeds, diaper changes and taking care of the baby.

If you are ending a tenancy and welcomed a baby a few weeks or months back, hiring professionals for affordable end of lease cleaning Melbourne is best. Also, for routine sanitation of your home, you can seek help from a reliable house cleaning service in Melbourne.

Besides hiring help, keep your home neat and tidy as new parents with the following tips. Have a look.



### **8.1. Develop A New Cleaning Routine**

Sticking to your old cleaning routine is challenging with a baby. You must take care of multiple things simultaneously, and your priorities will change.

Hence, develop a baby-friendly cleaning routine to facilitate house sanitation with a major life change. Make a new house cleaning checklist outlining daily and weekly chores. Scheduling chores when your baby naps or in the care of your partner or another caretaker is key to getting things done.

Alternatively, you can assign tasks according to the days of the week. For example, keep Mondays for vacuuming carpets/upholstery, Tuesdays for laundry, Wednesdays & Saturdays for dusting etc.

### **8.2. Avoid Commercial Air Fresheners & Go Natural**

A home with a new baby can smell bad for multiple reasons. To keep yours smelling fresh, add essential oils to cleaning solutions or make a DIY air freshener by mixing your essential oil of choice with water and rubbing alcohol in a spray bottle.

Never use commercial air fresheners because they contain volatile organic compounds like xylene, benzene, acetone etc. They can affect deep parts of your lungs and irritate the airways, causing serious respiratory distress.

### **8.3. Make A Simple Cleaning Caddy**



With a baby, messes can happen anytime, anywhere. Therefore, keeping cleaning supplies on hand to clean spills and stains immediately is vital. You should make a simple cleaning caddy and stock it with the following items.

- Cleaning/disinfecting wipes
- A pH-neutral cleaner
- Microfiber cloths and towels
- Spray bottle with water
- Paper towels
- Other cleaning supplies you need.

#### **8.4. Invest In Smart Cleaning Tools**

Want to keep indoor air clean for your baby? Get an air purifier with HEPA filters to eliminate common pollutants like dust, pollen, mould spores, bacteria and other airborne particles under 0.3 microns ( $\mu\text{m}$ ).

Also, get a steam cleaner with multiple attachments to deeply sanitise different household areas like carpets, upholstery, floors, countertops, bathroom, etc. Since steam reaches 300°C and above temperature, it instantly kills illness-causing pathogens.

A robotic vacuum cleaner is another smart and time-saving cleaning tool you must have in your home after becoming new parents. You can schedule it to vacuum floors and carpets multiple times a day. Most automated vacuum cleaners just need to scan the floor plan to get to work, and you can control them remotely.

#### **8.5. Wash & Clean Baby Clothes, Toys & Belongings Routinely**

Get a mild detergent to wash your baby's clothes to prevent skin irritation and respiratory distress. Additionally, make sure to keep a pH-neutral cleaner on hand to wash your baby's toys, teethingers and utensils. You must keep them clean because kids put them in their mouths, especially when teething and dirty items can lead to infections quickly.

Also, develop the habit of washing area rugs, blankets, bedsheets, and other things your baby plays or sleeps on multiple times a week. Treat spills and stains immediately to prevent them from solidifying and becoming breeding grounds for bacteria.

If you don't want to use commercial cleaners, switch to organic and anti-bacterial products like white vinegar and baking soda to clean effectively, like the green end of lease cleaners in Melbourne.

### **8.6. Hire A Professional Cleaning Service**

Between cluster feeds, sleep deprivation and lack of organisation, house cleaning takes a back seat when it should be front and centre. Babies can fall sick quicker because their immune systems are developing.

Therefore, if you cannot find the time, motivation or energy to clean your home, don't hesitate to hire a professional house cleaning service in Melbourne. You can decide the frequency and get your home cleaned every day, a few days a week, weekly, fortnightly or monthly.

Cleaning your home with a baby is challenging because you barely have time to take care of yourself or the house. Therefore, it is common for new parents to take the assistance of a house cleaning service or end of lease cleaning service in Melbourne to deep clean their homes or rental properties.

If you are a new parent, hire help when you cannot clean yourself. Additionally, follow the tips above to keep your home neat and sanitary with a new baby.

### **Conclusion**

Hope you like this guide!! We have shared all the useful info that can help you to be a good parent and raise happy kids.

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