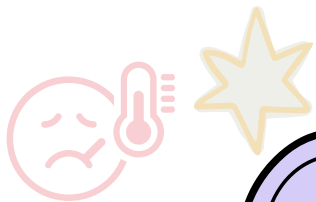




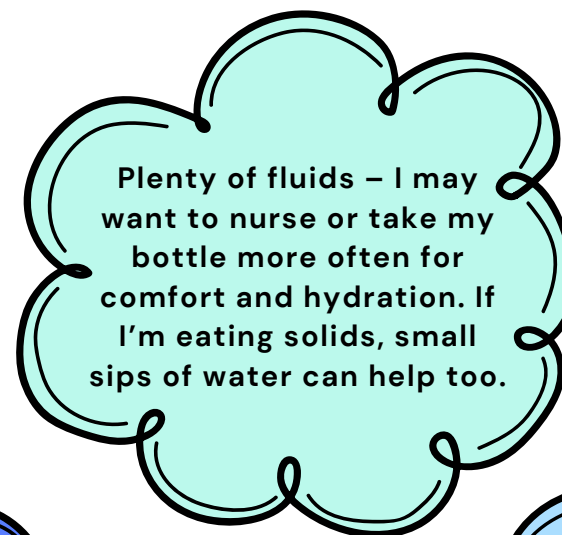
MILKY WAY

WHEN YOUR LITTLE
ONE IS UNWELL

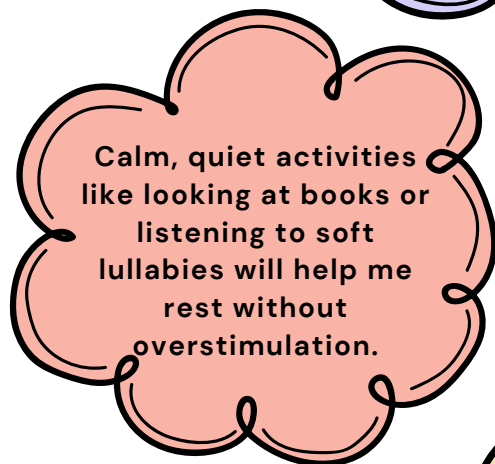




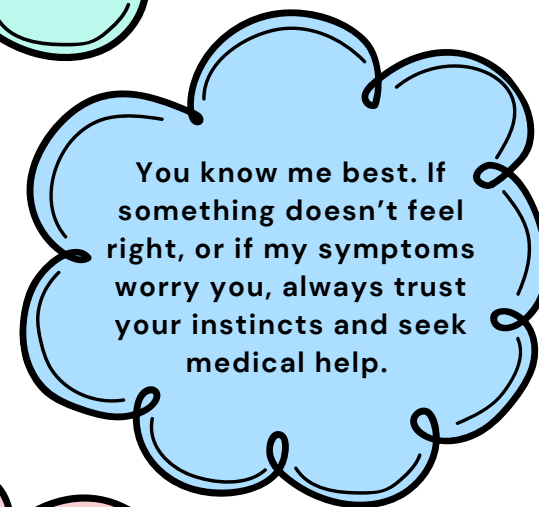
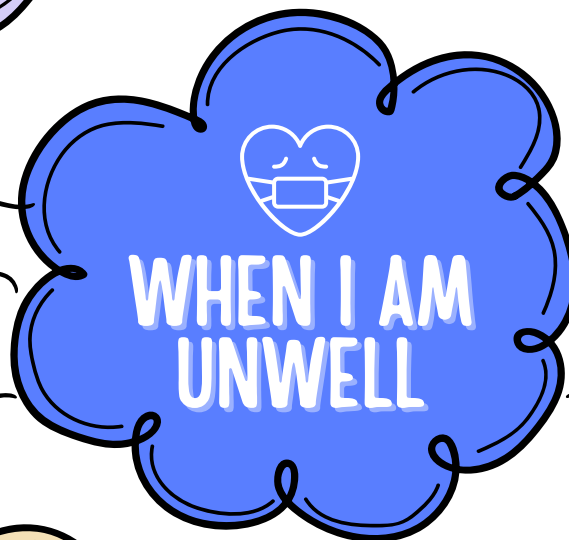
Cuddles and closeness help me feel secure. I may need extra snuggles, skin-to-skin time, or just to be near you more than usual.



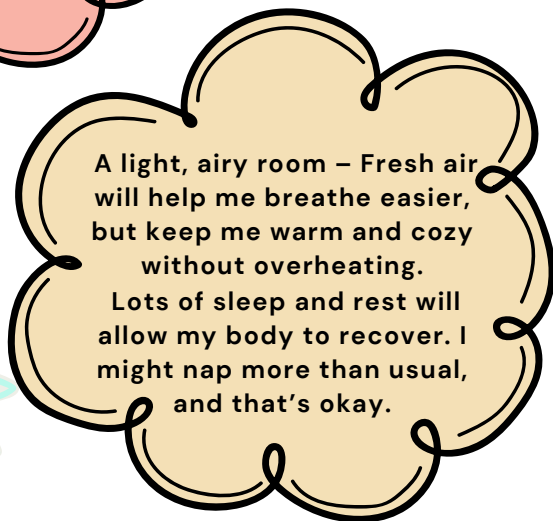
Plenty of fluids – I may want to nurse or take my bottle more often for comfort and hydration. If I'm eating solids, small sips of water can help too.



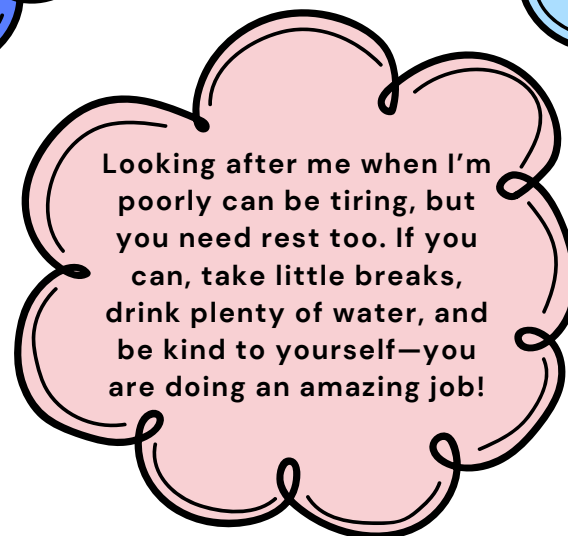
Calm, quiet activities like looking at books or listening to soft lullabies will help me rest without overstimulation.



You know me best. If something doesn't feel right, or if my symptoms worry you, always trust your instincts and seek medical help.



A light, airy room – Fresh air will help me breathe easier, but keep me warm and cozy without overheating.
Lots of sleep and rest will allow my body to recover. I might nap more than usual, and that's okay.



Looking after me when I'm poorly can be tiring, but you need rest too. If you can, take little breaks, drink plenty of water, and be kind to yourself—you are doing an amazing job!