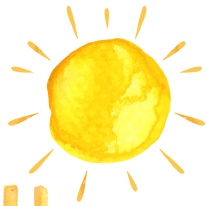


Being a parent: good days vs bad days: 0-1 years

People say that parenting is the hardest job in the world. If you're a parent you'll know that even the happiest babies have bad days. Our fantastic colleagues care for lots of babies every day, so we know how you feel...



Good Day



They've only woken up once. So you're **dreaming** about what you're going to do the next day.



After a whole **7 hours sleep** (oh the bliss), you head into their bedroom to see them kicking and **smiling** at you.

They drink **all of their milk** and you even get a chance to eat your breakfast (and drink two cups of tea).



After a peaceful stroll into town, you settle down in your favourite café for a feed. They're **still smiling** at you, and everyone says how amazing they are.

Yawning and smiley from their trip out, they settle into nap time without you even trying.

While they're snuffling, you get a few jobs done and even manage to **catch a nap yourself**.



After a great afternoon of playing, they drink all of their milk and laugh as you snuggle them. You even manage to get a **great photo of the two of you**.

Bath time, one final bottle and it's time for bed. They settle into a **soft snuggly sleep**. You look down...



am
4.01

6.24

7.44

pm
11.01

1.34

4.25

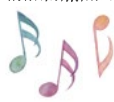
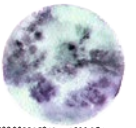
7.03

...and can't believe how much you love them.



Bad Day

You know it's bad before you've even started. At this point **you've been up multiple times** and have given up on getting any sleep.



It may be early but you've already changed two nappies, sang 5 different songs, paced 1462 steps, made 3 cups of tea (and drank 0). **But they still won't stop crying.**



You attempt breakfast. But they **can't stop crying** long enough to feed. They've spat half of it down themselves. Time for the third outfit change of the day.



You head out with the pram to try and settle them. People raise their eyebrows and sigh as they walk past. You do a couple of laps of the block and give up. **They're still crying.**

Finally they stop crying and fall asleep. You head to the sofa for a nap, but stare at the ceiling for half an hour. You can't stop thinking about **everything you're doing 'wrong'**.



They've cried all afternoon. You don't know what to do next, so you just sit and let them **cry some more**. Eventually, after several attempts, they start to feed.



They grumble all the way through bed time. Even their **favourite teddy doesn't help**. They sniff, snuggle and eventually drop off to sleep. You sigh, look down...

What we do to help at Little Pioneers

At Little Pioneers, we know how tough that first year can be. Your Key Person can support you both inside and outside nursery. **Have a chat with them about how they can help, or find more advice and support in our resources.**