



Being Dad – The Baby DVD, \$34.95.



Bumble and Moo Baa rattle toy, \$17.95, from Moss.



Author Tizzie Hall shares her baby tips in her bestseller, Save Our Sleep.

N44L1900

**WORDS**  
Julie McCartin

## Born of lifelong baby-knack

### » Stockists:

**Being Dad:**  
www.beingdad.com.au  
**Moss:** 1300 734 514  
**Save Our Sleep:** Published by Pan Macmillan Australia. Log on to www.saveoursleep.com.au  
**Tommee Tippee:**  
1800 890 011  
**Playgro:** 8558 2000

WITH Melbourne hospitals reporting higher than average births in the past year, households are set to channel their inner child and become more baby-friendly.

Irish-born author Tizzie Hall hints that a bigger baby boom could be on its way.

"In Australia, the month most babies are born is September, because everybody

gets a bit hanky-panky ... around New Year's Eve. In Ireland it's December because everybody forgets about contraception on St Paddy's night," she says, laughing.

Hall has released her first book, *Save Our Sleep*, which is the culmination of connecting with babies all her life.

She attributes her knowledge to being raised in Ireland.

"It was in a place where they had very big families, and I started being like a big sister to every baby in the area and before long I was babysitting every single baby," Hall says.

"Any baby that cried, I was handed over to calm down and help them stop crying – it was like I just had a gift and a knack with babies from the age of about nine."

She says everyone is able to read a baby's communication when young, but she has "stayed in contact with babies every single day of my life".

"My book covers how to breastfeed, how to bottle-feed, how to get your baby to sleep all night, how to take your baby on an aeroplane ... People have described it as a baby manual," Hall says.



Tomme Tippee Ultimate Reassurance Monitor, \$199.95.



Playgro Warm and Go, \$19.99.

### » Tips from Tizzie

#### Tizzie's top three tips for getting a baby to sleep:

Make sure the baby is well fed; keep the baby warm; do not help the baby to sleep with rocking, feeding to sleep, or dummy sucking

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