

My CriPad

All babies are unique, so help out your friends and relatives by letting them in on your parenting hacks and shortcuts for when they are looking after your baby:

My parenting hacks to settling

Baby name

Are:

List your parenting hacks here

My Break

When I need to step away, I like to:

Struggling for inspiration?

Visit www.healthysuffolk.org.uk to try out others' parenting hacks.

Join the conversation

Share your tips with other parents by visiting www.healthysuffolk.org.uk or join the conversation on Twitter, using the hashtag [#ParentHacksSuffolk](https://twitter.com/ParentHacksSuffolk)