



Press Release

Great Expectations **Monday, Tuesday, Wednesday 11.30am**

Great expectations this week reassures mothers around the scary first colds and flu's and teaches them the how to adjust slowly once baby arrives.

Babies are hard enough as is without worrying about blocked or runny noses or even taking temperature every two hours. Week 31 July to 2 August offer a guide to spotting early signs of illness and handling the symptoms to make baby more comfortable.

The show looks at how to slow down in the last few weeks before baby arrives as you need to rest and prepare yourself for the intense time ahead. It is important to accept that you cannot do five things at once anymore.

Baby Human, the international series explores patterns in child behavior, violent tantrums and ADHD (attention deficit hyperactivity disorder).

Babies first illness

July 31, **Great Expectations** gives practical advice on how to cope with your babies' first colds and flu's. Understand how colds and flu can be dealt with and made aware of the danger signs.

Slow down you move too fast

August 1, **Great Expectations** tells mothers that it is okay to readjust to slower pace once the new member arrives, relax and letting go of stress.

The baby Human

August 2, we meet five families and uncover child behavior problems that have driven them to seek help.

For more information on the show please contact:

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