

Help from the experts

SMA Nutrition has launched the 'SMA Every Step Panel of Experts' – an independent advisory panel designed to offer support and mentoring to Irish parents across a broad range of issues including nutrition, sleep, discipline and financial challenges.

Family and child psychotherapist John Sharry, midwife and ante-natal expert Susan Mac Nicholas, financial adviser John Lowe and nutritionist Anne Sidnell have teamed up with SMA to answer parenting questions, primarily through an online forum hosted by the website www.rollercoaster.ie.

New nationwide research from SMA and hosted by Rollercoaster.ie shows almost three quarters of all those who responded said a baby's health and safety was their biggest challenge. Financial pressures and juggling work and parenthood were also cited as big concerns for new parents.

To find out more visit: www.smanutrition.ie or www.rollercoaster.ie/smaeverystep.

