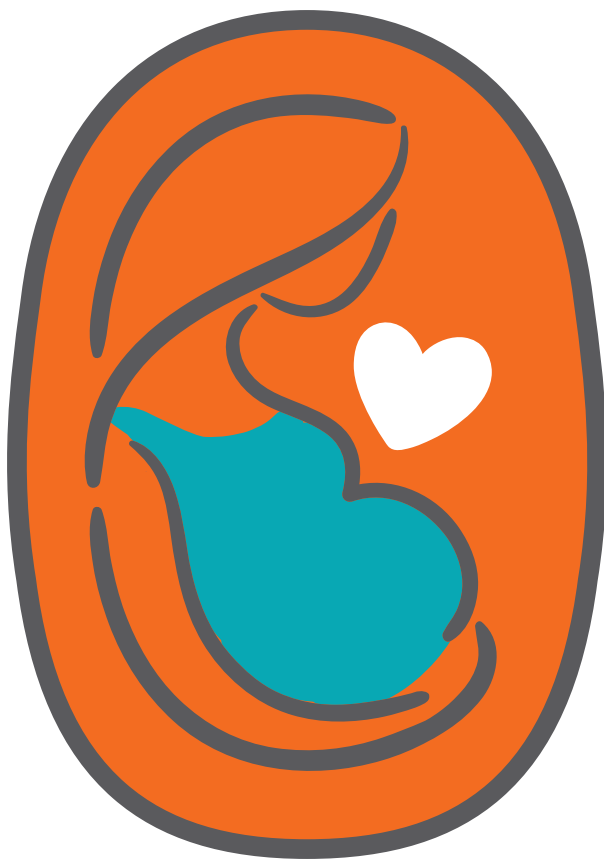


mother

diary



supporttolife



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Support to Life is a humanitarian organization founded with the principal aim of working with disaster-affected individuals and communities to help them meet their basic needs and rights.

Support to Life works to reduce risks and responds to disasters by building capacities and increasing resilience of the most vulnerable communities. Adopting the humanitarian principles, Support to Life works with a commitment to humanity, impartiality, neutrality, independence and accountability in Turkey and the region.

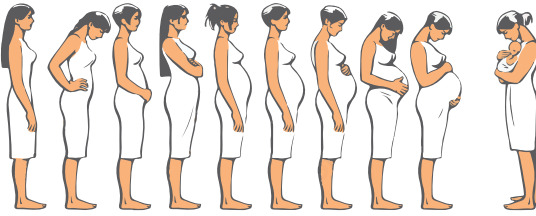
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Contents

1 PREGNANT WOMAN NEEDS	4
2 WHEN BABY IS JUST BORN	6
3 BREASTFEEDING	7
Disadvantages of Artificial Feeding	8
Breastfeeding Difficulties	8
4 COMPLEMENTARY FOOD	10
5 CARE	11
Hygiene	11
Baby Bath	12
Crying Babies	13
Way to Hold a Colicky Baby	13
6 YOUR BABY MONTH BY MONTH	14
1 Month Old Babies	15
2 Months Old Babies.....	17
3 Months Old Babies.....	19
4 Months Old Babies.....	21
5 Months Old Babies.....	23
6 Months Old Babies.....	25
7 Months Old Babies.....	27
8 Months Old Babies.....	29
9 Months Old Babies.....	31
10 Months Old Babies.....	33
11 Months Old Babies.....	35
12 Months Old Babies.....	37

1 PREGNANT WOMAN NEEDS

Child bearing days are crucial. To facilitate safe and non-detrimental labor and delivery, prenatal care should be done regularly-once a month in the 1st and 2nd trimesters, twice a month in the last months, and every week in the last month.



During pregnancy, women's nutritional needs for energy, protein and micronutrients significantly increase. Pregnant women require an additional 340 kcals/-day in their second trimester and 450 additional kcals/day in their third. Therefore, consuming a variety of foods in adequate amounts and drinking plenty of fluids is vital in fulfilling the nutritional needs of both the mother and fetus.

As the prospective mother will have difficulty in doing everyday tasks which require physical effort in the third trimester of pregnancy, the whole family must be supportive.

The physical and psychological effects of child delivery are tiring. Women need more rest to help them gain strength to focus on their new role as mothers.

Health care for pregnant women

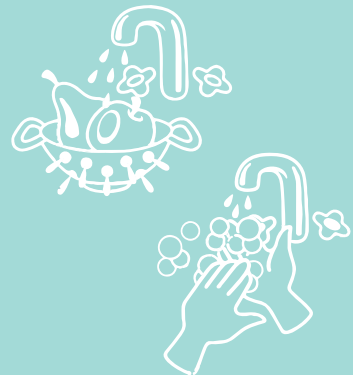
- Regular prenatal visits to a health provider
- Vaccinations
- Folic acid and iron supplementation (as prescribed by health provider)
- Appropriate health facility for the delivery



Food hygiene during pregnancy

Clean, handle, cook, and chill food properly to prevent foodborne illness, including listeria and toxoplasmosis.

- Wash hands with soap after touching soil or raw meat.
- Keep raw meats, poultry, and seafood from touching other foods or surfaces.
- Cook meat thoroughly.
- Wash products before eating.
- Wash cooking utensils with hot, soapy water.



2 WHEN BABY IS JUST BORN

- Mothers should initiate skin-to-skin contact immediately after delivery and introduce their baby to the breast.



- Breastfeeding should start within one hour after birth
- Breastfeed frequently, as often as the baby wants, day and night.
- Give only breast milk during the first 6 months, without any water, other liquids, or foods (exclusive breastfeeding).
- Continue breastfeeding even if you or your baby gets sick.

- Avoid using bottles, pacifiers (dummies), or other artificial nipples for hygiene reasons (access to clean and safe water and cleaning the bottles) and also because it's not helpful for breastfeeding. (might cause nipple confusion).



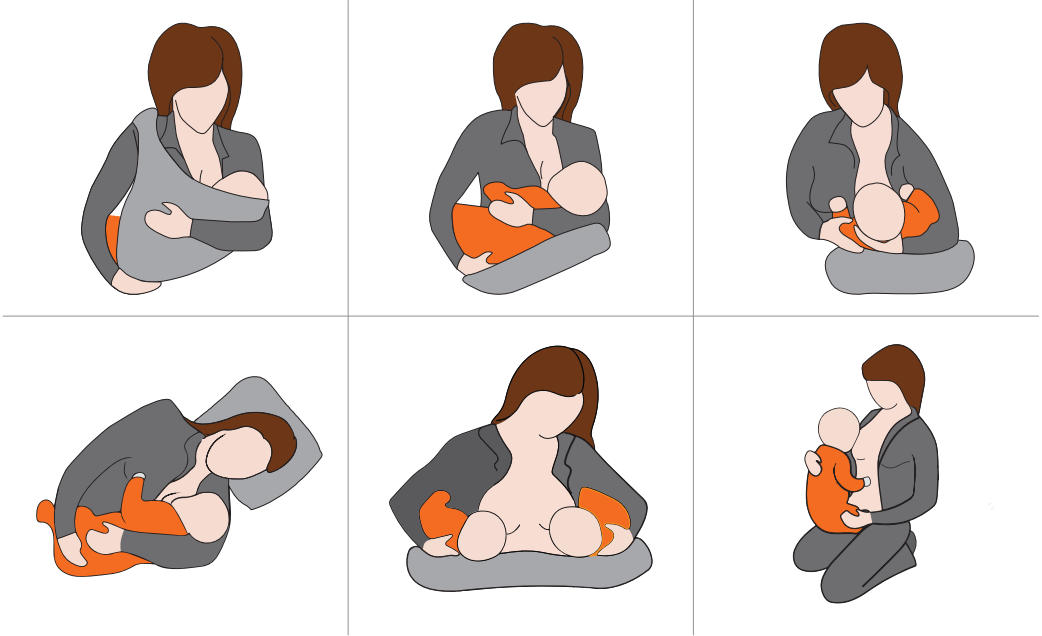
- Breastfeeding mothers require an additional 500 kcals/day. Mothers should eat and drink in sufficient amounts not only to satisfy their hunger and thirst, but also to satisfy the additional needs of breastfeeding.

- After birth, many mothers suffer from a melancholic mood called puerperal melancholia. Reasons for this include sudden changes in hormone levels, fatigue, sleeplessness, or the mothers feeling like they are losing control of their lives. Puerperal melancholia usually gets better by itself in a few weeks. In order to get over this period easier, you must rest, spare at least a little time for yourself everyday and request support of your relatives on this subject.

About some mothers suffer from postpartum depression. Possibility of this is higher if the mother suffered from stressful events beforehand, if she does not receive adequate amount of support from her environment, and if the pregnancy was unplanned or undesired. If you feel depressed after birth and if this feeling does not go away after a few weeks and prevents you from continuing your normal life, then you definitely must consult with a professional. Postpartum depression is nothing you cantreat on your own. With proper treatment, symptoms of postpartum depression disappear in a few months.

Both puerperal melancholia and postpartum depression are common cases among women. Knowing tht experiencing this is normal and sharing this with other people may give you comfort. Remember that the first condition of taking good care of your baby is to take good care of yourself.

3 BREASTFEEDING



Psychological benefits of breastfeeding

Emotional bonding

- Close, loving relationship between the mother and the baby
- Mother will be emotionally satisfied
- Baby will cry less
- Baby will be emotionally secure



Recommendations regarding breastfeeding duration



0-6 months only breastfeeding

Give nothing other than breast milk except vitamins and/or medicines prescribed by a physician.

It is recommended to start breastfeeding the child within maximum one hour after delivery.

Breast Milk

- Perfect nutrients
- Easily digested; efficiently used
- Protects against infection



Breast Feeding

- Helps bonding and development
- Protects mother's health
- Is cost-free, unlike artificial feeding



Breastfeeding for two years or longer helps a child to develop, grow strong and healthy.

Disadvantages of Artificial Feeding

- Interferes with bonding
- More and persistent diarrhea
- Frequent respiratory infections
- Malnutrition; Vitamin A deficiency
- More allergy and milk intolerance
- Increased risk of some chronic diseases
- Obesity
- Mental and physical development of babies may not be as good as the babies that are breastfed.
- Mother can get pregnant sooner
- Increased risk of anaemia, ovarian cancer and breast cancer for mother



Breastfeeding Difficulties

Many breastfeeding difficulties might be caused by poor positioning or attachment to the breast.

Results of Poor Attachment



- Painful nipples
- Damaged nipples
- Engorgement
- Baby unsatisfied and cries a lot
- Baby feeds frequently and for long time
- Decreased milk production
- Baby fails to gain weight

Not enough milk



- This is one of most common reasons to stop breastfeeding.
- Sometimes, the mother may think that her milk is not enough but the baby may be receiving all the nutrients required.
- In some cases, milk may not be enough for the baby. This may be caused by the fact that the baby does not suck on the breast correctly. Mother must consult with a professional when she thinks her milk is not enough for the baby.

Reliable signs that a baby is not getting enough milk

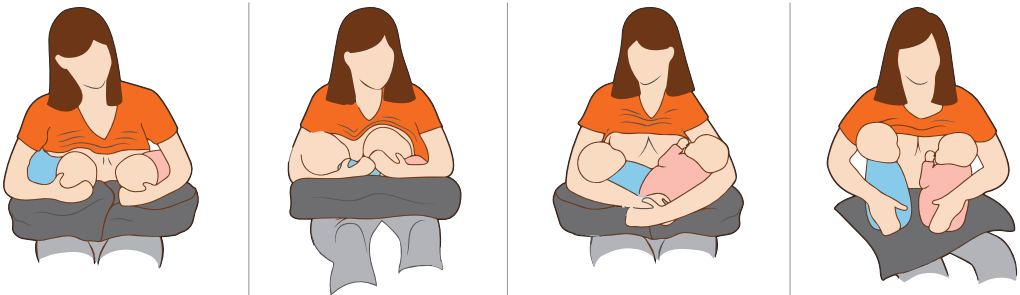


Poor weight gain: less than 500 grams per month.

Small amounts of concentrated urine: less than 6 times per day.

“ Should a mother breastfeed while she is sick?
- Yes, of course”

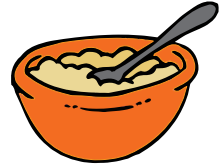
“ If a mother has twins, can she still breastfeed? Is it possible to have enough?
- Yes she can. As we explain above, the breastmilk production is stimulated by the suckling. If a mother has two children to breastfeed at the same time she will produce enough breastmilk for both of them.”



She can also breastfeed her two children at the same time as in the images.

4 COMPLEMENTARY FOOD

Starting other foods in addition to breast milk after 6 months, helps a child to grow well. Complementary feeding means giving other foods in addition to breast milk.



Remember that from 6 to 12 months breast milk continues to supply more than half the 'energy needs' of a child; the other amount of 'energy needs' must be filled with complementary foods.

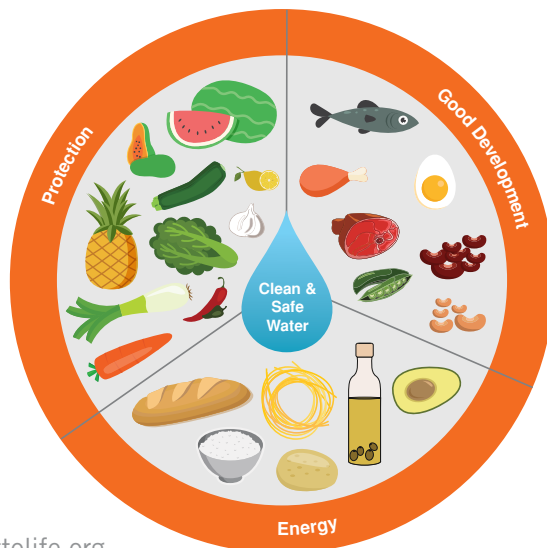
When feeding a baby between 6 and 12 months, always give breastmilk before giving other foods. If a child between 6 and 24 months is not breastfed, add 1 to 2 extra meals per day.

At 6-8 months, the child should receive mashed food. Keep in mind; food that is thick enough to stay in the spoon, gives more energy to the child.

It is important for young children to eat a mix of nutritious complementary foods to grow healthy depending what they can eat at each age. Animal-source foods are especially good for children, to help them grow strong and lively. Dark-green leaves and yellow-colored fruits and vegetables help a child to have healthy eyes and fewer infections.

When starting to introduce foods to your baby, these are the important points to keep in mind:

- **Frequency:** feed your child frequently
- **Amount:** feed your child adequate amounts
- **Texture:** feed your child food of appropriate consistency
- **Variety:** feed your child a variety of different foods
- **Active feeding:** feed your child in a way that allows communication with your child. Observe your child as s/he communicates feelings of hunger and satiety, and respond by providing appropriate and nutritious food in a supportive manner.
- **Hygiene:** feed your child food that is hygienically prepared



5 CARE

Hygiene

Household Hygiene Practices

- Cleaning the house and children's play area
- Disposing adequately the child's wastes
- Using sanitary facilities
- Making water safe, and choosing safe water



Clean Hands

- After using toilet
- After cleaning baby's bottom
- Before preparing or serving food
- Before feeding children or eating

Clean Utensils

- Clean Surface (table, mat or cloth)
- Wash utensils immediately after use
- Keep clean utensils covered
- Use clean utensils for baby



Safe Water and Food

- Treat both baby's drinking water and the water used while cooking baby's meal
- Keep water in clean covered container
- Give freshly prepared complementary foods

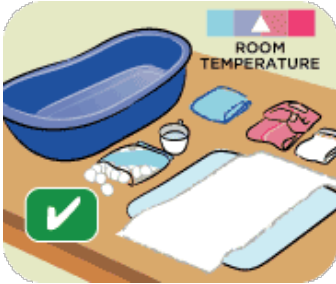
Food Hygiene

- Keep foods in tightly covered containers
- Store foods dry if possible
- Use milk within one day if refrigerated
- Use prepared formula prepared feeds with in one hour
- Use expressed breastmilk within 4 to 6 hours if stored at room temperature and up to 5 days if stored in the refrigerator

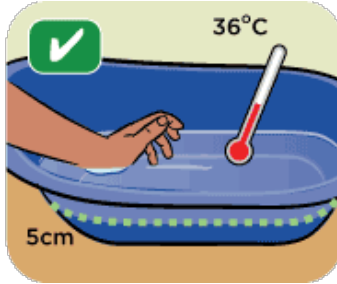


Baby Bath

Preparing the bath



Start by collecting all the bath items you need (towel/s, washcloth, cotton wool, new nappy and clean clothes) and position them near the bath. Have an unfolded towel handy in preparation for drying your baby.

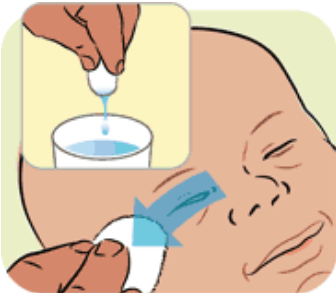


Make sure the room is at a comfortable temperature and fill the bath with about 5 cm of warm water. Test the water temperature with your wrist or elbow - it should be approximately **36°C** and should **NOT** feel hot on your skin.



Once the bath is ready, undress your baby. Cradling her head and shoulders with one hand and supporting her body with the other, gently lower her into the bath.

Bathing your newborn



Moisten a cotton wool ball with warm water and gently clean your newborn's eyelids, wiping from inner eye to outer eye. Use a different piece of cotton wool for each eye.



Once or twice a week you can wash your newborn's hair. To do so, lay baby down in the bath and gently splash some water onto her head. There's no need for shampoo until s/he's older.



Use a soft washcloth to gently clean your newborn's face (1), then the neck and body (2), leaving the genitals and bottom till last (3).

"Think Safety!"

Bathtime Dos and Don'ts



Babies can drown in less than 5 cm of water so never leave your newborn, or any child, unattended in the bath. If you have to leave the bath area, wrap baby in a towel and take him/her with you.



Make sure your newborn is secured in a bouncer or cot before disposing of the bathwater.

Crying Babies

- Discomfort (Dirty, hot, cold)
- Tiredness (too many visitors)
- Illness or pain (Changer pattern of crying)
- Hunger (not getting enough milk, grown spurt)
- Mother's food (any food, sometimes cow's milk)
- Drugs mother takes (caffeine, cigarettes, other drugs)
- Colic
- "High need" babies



Way To Hold a Colicky Baby



Holding the baby along your forearm.

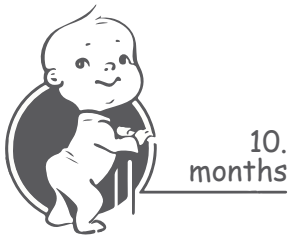
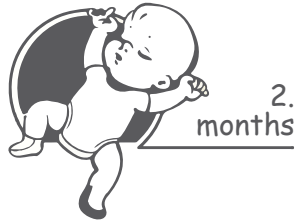


Holding the baby round his abdomen.



Holding the baby against his chest.

6 YOUR BABY MONTH BY MONTH



1 Month Old Babies



Listening and Attention

- During the first few days, your baby's eyes are generally closed. Your baby only opens his/her eyes briefly.
- Your baby is only attracted to interesting objects with large shapes and contrasting colors.



Understanding

- Your baby recognizes the voice of his/her mother and the scent of both his/her mother and father.
- Show your baby that you love him/her by frequently holding him/her in your arms. Your baby will also feel safer.
- Your baby will start to looking at your face during the first month.



Sounds and Focusing

- Your baby's vision during the first few months is blurry. Bring your baby closer to your face and let him/her examine your face.
- Newborns are sensitive to their mother's voice, you may talk to your baby or sing to develop his/her senses.



Social Abilities

- Introducing your baby to water, giving a bath, or even changing room during the first month will help your baby get a better understanding of his/her surroundings.
- Your baby's sleeping and eating patterns are developed during the first month.
- Your baby starts to tell you what s/he needs by crying.



Other Important Notes

- Your baby will only be able to see a short distance , 15-30 cm., by the end of the first month. His/her vision of objects that are far away will be blurry, making it difficult for recognition.
- Your baby's hearing will be pretty good.
- After delivery, your baby may want to be

breastfed 8-12 times in 24 hours, or more or in other words, every 2-3 hours. This frequency will decrease within the following days.

- Do not swaddle your newborn baby and allow for healthy growth. You may lightly wrap your baby so as not to restrict movements during sleep.
- Your baby will be sleeping for 20-22 hours on average per day.
- Make sure that they wash their hands first before holding your baby.

Your baby;

- Your baby's head looks misshapen,
- Your baby has puffy eyes,
- Your baby's nose appears flat,
- Your baby's genitals to appears to be swollen,
- Your baby's skin is covered with a creamy substance,
- Your baby has red sport around his/her eyebrows.

These are commonly seen in newborns and are temporary.



Vaccinations

- Hepatitis B: The first dose is given right after delivery.
- The second dose is given during the first month.

Notes - Your baby is 1 month old

2 Months Old Babies



Listening and Attention

- Your baby will be able to follow sounds during the second month.
- S/he will be more attracted to interesting colors and large shapes around.
- Your baby will be able to keep his/her eyes open for longer periods of time, depending on his/her development.



Understanding

- Your baby will improve his/her ability to move eyes. Generally, the drifting or crossing seen in the eyes during the first month, will start to improve.
- Talk to your baby, repeating his/her name often.
- Your baby will be yawning quite a lot during this month.
- If your baby is feeling well:
 - S/he will turn his/her eyes and head towards you when s/he sees you.
 - S/he will laugh, smile, make happy sounds and will have a bright and vibrant expression.
 - Your baby may make eye contact with you and will look directly at your face.
- If your baby is not feeling well:
 - S/he will try to reach out for you.
 - S/he will cry, moan and make high-pitched sounds that indicate discomfort.
 - Your baby will lean back, with movements similar to shaking.
 - S/he will pull, or try to pull and let go of the sheets and/or clothes that s/he can reach.
 - S/he will turn his/her head and eyes elsewhere.
 - S/he will start to breathe significantly faster. You may see a cough or a hiccup, deteriorating his/her breathing pattern.



Sounds and Speech

- Your baby will start to make sounds.
- Your baby will start to smile intentionally and respond to your words by making sounds.
- Your baby will be able to easily move his/her arms.
- Your baby will be able to better control his/her body and gestures.
- Your baby will discover his/her hands.



Social Abilities

- When you take your baby in your arms, have him/her facing outwards so that he/she can discover what's around.



Other Important Notes

- Lying your baby face down;
 - Will help strengthen his/her neck and back muscles as he/she tries to hold his head upright.
 - Will help gain muscle strength to control his/her head and the neck.



Vaccinations

- BCG/Tuberculosis Vaccine
- DABT-IPV-Hib / 5 Combination Vaccine, 1st Dose
- KPA Pneumococcal Vaccine 1st Dose
- Rotavirus Vaccine (Diarrhea Vaccine) 1st Dose (Note: some doctors may start this vaccine in the 3rd month, repeating it in the 3rd, 5th and 7th months. This vaccine is not administered if the first dose had not been given before 14 weeks and 6 days.)

Notes - Your baby is 2 months old

3 Months Old Babies



Listening and Attention

- Your baby will be able to recognize people and objects.



Understanding

- Your baby's ability and skills to track objects will improve.
- Your baby will show excitement when you enter the room, expressing that s/he recognizes the mother.



Sounds and Speech

- Your baby will laugh outloud, louder than before.
- Your baby will start to talk in "baby language" without your help or encouragement, making sounds such as "ahhhh goo".



Social Abilities

- Holding your baby in different ways will help develop his/her muscles.
- Point to your baby's nose, eyes and mouth while saying the names of these body parts outloud.
- Make sure that your baby is able to touch different surfaces objects and toys. This will help the baby to sense the world around him/her and to continue his/her development in this regard.



Other Important Notes

- During this month, your baby's ability to grasp things will improve.
- Your baby should be able to easily control his/her head.
- When you hold your baby upright on his/her feet, s/he will attempt to bear the weight upon the legs and take a step.



Vaccinations

- If you had the Rotavirus vaccine administered during the second month, there are no other vaccines for this month.

Notes - Your baby is 3 months old

4 Months Old Babies



Listening and Attention

- During the fourth month, your baby will continue to follow his/her surroundings, your face and expressions.



Understanding

- Your baby will now be able to understand you better. Make eye contact with your baby and tell him/her about what's around, looking into the eyes.
- During this month, your baby will start to recognize small objects and movements in front of him/her.



Sounds and Speech

- Your baby will start to make more sounds when happy.
- You may start hearing giggling and laughing.
- Your baby will react differently to sounds that are related to happiness or anger.



Social Abilities

- Exercise your baby and make sure that s/he moves.
- To exercise your baby;
 - Hold your baby's ankles, gently bend his/her legs and move them up and down.
 - Fold your baby's arms together above his/her chest in a crossed position, and then open and close the baby's arms repeatedly.



Other Important Notes

- During this month, your baby will start to follow a more regular sleeping pattern.
- Signs of discomfort that appear when the baby is at sleep, crying crisis and gas problems usually end during the fourth month.
- Your baby will start to roll over for the first time. Some babies will keep rolling over once they realize that they have the ability to do so. Some babies, on the other hand, may be afraid to try rolling over again for several days.
- During this month, your baby's teeth may start to emerge, therefore your baby will be inclined to often put his/her hands his/her mouth.
- The signs and duration of teething-related discomfort may vary from one baby to another.
 - Painful gums,
 - Uneasiness,
 - Fever,
 - Watery mouth,
 - Increased saliva,
- Signs of teething;
 - Baby tries to bite objects in an attempt to relieve his/her itchy gums,
 - Baby pulls his/her ear lobes or ears,
 - Baby touches painful cheek and jaw,
 - Baby has a slightly higher fever or diarrhea,
- Baby refuses to take the feeding bottle or his/her mother's breast,
- Baby has flaky skin on his/her face due to watery mouth and saliva.



Vaccinations

- DaBT-IPV-Hib / 5 Combination Vaccine, 2nd Dose
- KPA 2nd Dose

Notes - Your baby is 4 months old

5 Months Old Babies



Listening and Sensing

- Your baby will now be able to hear small sounds, whispering, rattling.
- Your baby will continue to make single-syllable sounds and sounds of exclamation.
- Your baby will be more sensitive to sounds. Likewise, your baby's ability to see smaller objects will develop further.



Understanding

- Your baby will recognize you smiling, whispering, talking or singing at/to him/her.



Sounds and Speech

- Your baby's senses improve as good as an adult. Communication skills are also improved.
- Your baby will enjoy the sounds while eating. The 'ahhh goo's and little screams are the very first steps of talking.



Social Abilities

- Your baby will start to express his/her happiness, contentment and love.
- S/he may feel uncomfortable with and may react to strangers.
- Your baby will understand that it's time to eat when s/he sees your or the feeding bottle, and will show signs of excitement.
- During this month, point to various body parts of your baby while saying the names aloud.



Other Important Notes

- During this month, your baby will start to turn right and left. Do not leave your baby unattended if there is a risk of falling.
- Although your baby is getting stronger by the day, it may be harmful to try to have him/her sit without any support. Make sure your support your baby equally on both sides to prevent from rolling over. Do not attempt to have your baby sit alone until the end of the 6th month.
- During this month, your baby may try to stand straight on feet and as you hold him/her upright on his/her feet, s/he may attempt to take a step. Your baby will easily be able to roll over while lying down.



Vaccinations

- There are no vaccines to be administered during this month.

Notes - Your baby is 5 months old

6 Months Old Babies



Listening and Sensing

- Talking to your baby more often will help him/her learn words quickly by listening to you.



Understanding

- Your baby will be able to follow and understand dropping or moving objects even if they do not make a sound.



Sounds and Speech

- Your baby will continue to making noises that sound like words.
- As you are talking to your baby, s/he will try to repeat syllables.



Social Abilities

- Your baby will show that s/he recognizes you and may react differently to strangers.



Other Important Notes

- Your baby should start receiving complementary food at this age.
- Your baby will start to learn that s/he can be fed from things other than the mother's breast.
- When feeding your baby purees or lumpy soft food, use a spoon rather than a feeding bottle and maintain a controlled pace.
- Do not add any salt or sugar to the baby's complementary food.
- Your baby's ability to sit up alone will improve around the sixth month. Although s/he may not be able to fully succeed in sitting alone, s/he will be able to sit up for a longer period of time.
- Make sure you dress your baby in clothes that are not too tight and suitable for the baby's physical development; allowing him/her to move freely.



Vaccinations

- DaBT-IPV-Hib / 5 Combination Vaccine, 3rd Dose
- Hepatitis B: 3rd Dose
- KPA 3rd Dose
- OPV Vaccination

Notes - Your baby is 6 months old

7 Months Old Babies



Listening and Sensing

- When you hold your baby facing outward in your arms, your baby will listen to what you are talking with others and will examine the stranger in front of him/her.
- Furthermore, your baby will now know his/her name and will turn towards you when you call his/her name.



Understanding

- Around his/her seventh month, your baby may try to copy your moves.
- Your baby will understand when you show your discontentment or love to him/her and will react accordingly.



Sounds and Speech

- Your baby will now be able to clearly say single-syllables.
- Your baby will continue to make happy or discontent sounds to establish communication.



Social Abilities

- Your baby will now start to give quicker and sharper responses to the games that you play with him/her and the reactions that you display.
- At this stage, your baby will start to distinguish family members from strangers. Particularly from the sixth month until the twelfth month, your baby may be wary of or afraid of strangers, and s/he may cry when faced with a stranger.
 - Starting from the sixth month, your baby will become distressed and afraid when separated from you. You may resort to the following to mitigate the effects of separation;
 - o If you must leave your baby, leave him/her with someone close that both you and your baby know. Make sure to inform this person about the habits of your baby. Make sure to provide all information before-

hand about your baby's toilet habits, sleeping schedule and foods that your baby is allergic to.



Other Important Notes

- Some babies will start to crawl during this month. If your baby is not crawling yet, do not be concerned.
- Your baby should now be able to roll both ways.
- If your baby is still unable to sit without being supported, s/he may be able to do so during the eight month.
- If you are sitting down for meals as a family, give your baby a seat and give small food items that s/he can eat. This will help your baby gain good eating habits by copying you.
- Offer two to three meals of mashed/pureed foods for your child per day. You may also offer one to two snacks per day.
- The seventh month is when your baby becomes more mobile, further developing movement abilities. Therefore you should think about the places in your home that could be dangerous for the baby.
 - Cover electric outlets.
 - Do not leave the floors wet.
 - Keep your baby away from dangers such as electrical cables, heaters and sharp objects.
 - Place protective covering on furniture, window edges and sharp corners.
 - Keep hot objects and hot beverages (foods such as tea, coffee or soup) out of reach of the baby.
 - Always be alert and careful not to step on your baby when s/he crawls near your feet.
 - Do not leave your baby alone with small items, which can be swallowed. Every time your baby puts his/her hands into the mouth, make sure that nothing has been swallowed.
 - Make sure to keep fragile, flammable, sharp or penetrating objects away from the baby.

Notes - Your baby is 7 months old

8 Months Old Babies



Listening and Sensing

- At around 8 months, your baby will enjoy playing simple, easy-to-learn games.



Understanding

- Your baby will try to shake, slam down or throw the objects that s/he grasps to see whether they make any sound or they change in any way.
- At this stage, series of intermittent syllables become increasingly elaborate.
- Your baby's ability to mimic voices and gestures also develop further. Your baby will mimic distinct and strong expressions and sounds such as smiling or sneezing.
- Your baby may scream, shout outloud or laugh outloud to get attention.



Social Abilities

- Your baby's sleeping pattern may change.
- Your baby will attempt to stay up on his/her feet, to turn around, roll over, and to hold objects differently.
- Your baby may be sensitive to strangers.



Other Important Notes

- Your baby may start to sit without being supported.
- Your baby will try to stand up, and may be able to do it briefly while holding onto furniture.
- If you hold your baby under the arms while his/her feet are touching the floor, your baby will try to take a step.
- You can try to increase the quantity of food eaten at each meal gradually to hold a 250ml cup.



Vaccinations

- There are no vaccines to be administered during this month.

Notes - Your baby is 8 months old

9 Months Old Babies



Listening and Sensing

- You can help your baby establish connections between sounds and objects by making sounds from various objects.
- Your baby will now start to enjoy hide-and-seek type of games.



Understanding

- If your baby cannot reach a toy, s/he will start to try different ways to get it.



Sounds and Speech

- Your baby will now repeat the same sounds over and over again, and try to combine intermittent syllables into words.
- You can support your baby's speech development by listening to his/her attempts to speak and by showing that you understand him/her.



Social Abilities

- In order to have your baby socialize within the house, you may keep him/her by your side while doing housework while making sure s/he is safe.



Other Important Notes

- Your baby will now start to eat solid foods. (Finely chopped/sliced foods, finger foods)
- It may get messy while your baby is eating, let your baby enjoy his/her food.
- Starting this age, you can start offering 3 to 4 meals per day with 1 or 2 snacks.
- During this month, most babies will be able to crawl easily, however, it should not be a problem if your baby does not crawl.



Vaccinations

- There are no vaccines to be administered during this month.

Notes - Your baby is 9 months old

10 Months Old Babies



Listening and Senses

- Your baby will enjoy making speech-like sounds as well as listening to you talk.
- Your baby will easily understand simple expressions and words.
- Some babies will be able to intentionally speak words and react to your requests.



Understanding

- Describe and explain all your moves to your baby, s/he loves to listen to you.
- Your baby's memory will develop further and s/he does not need to see something constantly in order to understand or remember where it is.



Sounds and Speech

- As of the 10th month, you should not talk to your baby in "baby language" or by altering your voice. Keep in mind that your baby will mimic you to talk.
- Your baby needs to hear the right words with a correct emphasis and a clear voice in order to learn how to speak properly.
- Keep asking your baby questions about his/her movements. This will help develop speech abilities. For example, when your baby is trying to get up you should ask "Do you want to get up?".



Social Abilities

- Routines are important for your baby. Do not frequently change the rules that you have.
- When you leave your baby, tell him/her that you will be back.



Other Important Notes

- Around ten months, your baby will be able to stand up by holding onto furniture, and will slowly move by crawling and/or creeping.
- Most babies will start walking at around one year of age, therefore the tenth month is an early time for the baby to walk without being supported.
- You may give your baby pencil and paper to draw as s/he likes.



Vaccinations

- There are no vaccines to be administered during this month.

Notes - Your baby is 10 months old

11 Months Old Babies



Listening and Senses

- If your baby is interested in a drawing, a word or an expression, repeat it for him/her a few times. This will help develop both your baby's speech and comprehension skills.
- Instead of toys, you may give your baby unbreakable simple objects which he can dismantle and re-assemble without hurting himself/herself.



Understanding

- Keep talking to your baby to support his/her development.
- Play hide-and-seek type of games with your baby.
- Your baby may show an objects that s/he wants by pointing at it with his/her fingers.



Sounds and Speech

- Mimicking is still an important learning tool for your baby, so, your baby will continue to mimic your words. The number of mimicked words will increase in time.
- Your baby may intentionally use certain words.
- Your baby's brain is developing rapidly, his/her speech skills will also develop accordingly.



Social Abilities

- Thank your baby when s/he does something that you ask for. This is how your baby will learn to thank and to say "please".
- Give your baby various instructions, s/he will understand and perform them.
- Your baby will now start to object and resist to things that s/he dislikes.
- Your baby will continue to learn through mimicking.
- Your baby's sense of ownership and curiosity to explore will develop further.



Other Important Notes

- Your baby will continue to mimic you during everyday life.
- With your help, your baby will now be able to drink water from a glass.



Vaccinations

- There are no vaccines to be administered during this month.



12 Months Old Babies



Listening and Sensing

- Your baby will try to learn the names of various objects and furniture. When the name of an object is said outloud, your baby will understand what it is.
- Your baby's range and sharpness of vision reaches a level equal to that of an adult.



Understanding

- It is good to have your baby do something by himself/herself as long as s/he is under your supervision, as this will develop the baby's self confidence.
- Your baby will be able to understand simple instructions.
- You must encourage your baby to keep learning as s/he learns new things. Point to various objects, say their names outloud.



Sounds and Speech

- Your baby may speak a few words at around one year of age.
- You baby will start to use sounds other than crying and screaming to get attention.
- You baby will mimic different sounds and speech.



Social Abilities

- During this month, your baby may start to behave stubborn. S/he may refuse sleeping, eating, dressing up... etc.
- If you advise your baby of his/her bad behaviour, this will make him/her unhappy, however, s/he will continue to repeat his/her desirable acts.
- Do not say "no" to everything that your baby does. This will undermine the authority of the word "no" and after a while, your baby will stop listening to you when you say "no".
- Your baby's daytime naps may become longer. If your baby does not follow a daytime sleeping schedule, you may establish one at this stage. Besides daytime sleep, your baby's nighttime sleeping routines may also change.



Other Important Notes

- During this month, while some babies will be able to walk alone, most babies will walk with your support by holding his/her hand.
- Offer your baby $\frac{3}{4}$ to 1 250,ml cup of food per meal, 3 to 4 times per day with 1 or 2 snacks.



Vaccinations

- MMR (Measles-Mumps-Rubella) Vaccine
- Chicken Pox Vaccine
- KPA Pneumococcal Vaccine Booster Shot

Notes - Your baby is 12 months old