****

A manual for a mother

ZERO MOTHERS DIE

ALEGRIA SIN FRONTERAS

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**ZERO MOTHERS DIE**

**JOY WITHOUT BORDERS – ALEGRÍA SIN FRONTERAS**

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**GAMBO GENERAL RURAL HOSPITAL**



**A manual for a mother**

**I am a Mother**

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# Taking Care of your Baby

Congratulations! You're a new mother. Below you will find advice and tips for taking care of your baby according to its age. Enjoy motherhood!

# Month 1

# New born

Your newborn needs all your love and care. Here are four things you can do to give him the best start:

* One - feed him your precious colostrum straight away. Anything else is harmful.
* Two - Sponge the cord stump with clean water and leave it uncovered, clean and dry. If the navel becomes red, swollen or smelly, take him to the clinic.
* Three - keep your baby warm. Cover his head and cuddle him skin-to-skin. Don't bathe him for at least six hours. When you do, use warm water, dry him quickly and wrap him in a clean, dry cloth. Try not to swaddle him too tightly when you wrap him. Don’t put him in direct sunlight.
* Four - look out for signs of illness. Take your baby to the clinic if he:
	+ Has a fit
	+ Is floppy or inactive
	+ Has bluish skin or nails
	+ Is wheezing, grunting, or breathing quickly
	+ Is very hot or very cold
	+ Has sunken or swollen soft spots on his head
	+ Won't stop crying or is crying strangely
	+ Is not suckling well
	+ Is passing urine less than six to eight times daily.

If you want to do one good thing for your baby this week, feed him your precious breastmilk

# Week 1

* Your baby can blink, suck, grasp and search for your nipple.
* Your baby's skin may develop a yellowish tinge a few days after she is born. You may also notice a yellowish colour in the white of her eyes. Your breastmilk will help get rid of this yellowness. Breastfeed more often. If your baby was born after 9 months of pregnancy, it may take up to a week for her skin and eye colour to return to normal. It may take longer if she was early. If your baby's eyes are still yellow by the end of this week, take her to your health worker. She will give your baby treatment.
* Sticky eyes are common, too. You can treat it at home. Wipe each eye with a clean cloth soaked in cool boiled water. Use a different cloth for each eye and wash your hands before and afterwards. If your baby's eyes are still sticky, take her to the clinic. It could be an infection.
* If you want to do one good thing for your baby this week, help her get stronger by feeding her ONLY your breastmilk and plenty of it.

# Week 2

* After all the changes of pregnancy and the hard work of labour, your body is healing. Your womb, which stretched to fit your baby, is now shrinking.
* It's normal to lose some blood after birth. This is because the lining of your womb is breaking up. You might bleed a lot at first, but it will slowly get lighter and stop.
* Change your pads or rags every 4-6 hours, or you may want to change more frequently if bleeding is heavy. Remember to wash the used rags properly or dispose of them safely.
* Breastfeeding helps to prevent heavy bleeding.
* It is common to feel nauseated or have a headache. It will pass in a couple of days. However, sometimes there are problems with a mother's recovery. Look out for these signs:
* Sudden heavy bleeding, or if you soak more than 2 pads in 30 minutes
	+ Large blood clots
	+ Faintness or dizziness
	+ Smelly discharge
	+ Tummy pain
	+ Fever
	+ Pain in private parts
	+ Painful urination or dribbling urine
* If you spot any of these signs, get help at the clinic fast. Clinic staff will be able to help you and give you any treatment you need.
* Also go to the clinic if you had fits during labour or after birth. It may be a sign of a serious illness, such as eclampsia, malaria or meningitis.
* You may feel irritable and weepy. This is usually because of all the changes your body is going through. You will feel better in a few days, but if you don't, talk to a health worker about it. Have a daily wash. This will make you feel clean and fresh
* If you want to do one good thing for your baby this week, keep breastfeeding him to prevent heavy bleeding

# Week 3

* Your baby will grow well on your breastmilk. He needs nothing else, not even water
* Feed your baby at least eight to ten times a day. During growth spurts, he will feed more often to increase your milk supply
* If your nipples are sore, check that he has some of the dark area around the nipple in his mouth, and that his jaw is moving up and down. He needs plenty of the breast in his mouth to get enough milk
* Listen; can you hear him gulping the milk, with short rests in between swallows? If his cheeks are sucked in or you hear a clicking noise, he is not properly on the breast. Take him off and try again
* The longer he feeds, the richer your milk will become. Let him feed until he has had enough so he gets plenty of rich hind-milk, which will help him grow, put on weight and sleep
* Make sure you empty one breast before switching to the next. The next time you breastfeed, start with the other breast
* If you want to do one good thing for your baby this week, check that he is feeding well

# Week 4

* Your baby is now a month old! She is holding your gaze steadily and can probably lift her head when lying on her stomach.
* Here are three ways to know your baby is getting enough milk.
	+ One: count her wet nappies. Six to eight wet nappies a day shows that she is getting enough to drink.
	+ Two: check that she has a healthy colour, and that her tummy looks full after a feed. She should also seem settled.
	+ Three: your breasts should feel emptier and softer after feeds. This means that your baby is able to latch on and suck well. She will get not just the watery foremilk, which is a good drink for her, but also the richer milk that comes later in the feed, which helps your baby grow. Feed her until she is done. Your nipples should not be sore if your baby is fixed on properly.
* Take your baby to the clinic if you don't see these signs. The health worker will find out why she is not feeding well.
* If you want to do one good thing for your baby this week, check the number of wet nappies she has.

# Month 2

# Week 5

* Have you noticed your baby smiling? Encourage him to smile by cuddling, tickling, and playing with him.
* It's important your baby gets his vaccines on time. Vaccines protect him from dangerous illnesses, such as tuberculosis and polio. They help your baby fight off diseases.
* Your baby will sometimes need more than one dose of the vaccine to be fully protected from the disease. It's important you take your baby for all the doses at the right time, so he gets all the protection he needs.
* This week, your baby is due to get vaccinated against many dangerous diseases.
* Get your baby vaccinated, even if he has a cold. It's safe. <p>Don't leave the clinic before finding out when you should come again for more vaccinations.
* It can be upsetting to watch your baby get vaccinated. Give him a cuddle and breastfeed him. This will help calm you both. He may be a bit sore for a few days where he got the jab, but this will pass.
* If you want to do one good thing for your baby this week, make plans with your family to make sure you baby has all his vaccines on time.

# Week 6

* Your baby can probably recognize you and your partner. She may smile when she sees you both, and coo or kick with happiness.
* Breastfeeding is the best thing for your baby, but it's not always simple.
* Some women and babies suffer from a yeast infection. It can affect your breasts and your baby's mouth. It can make breastfeeding painful.
* If your nipples are sore, pink, cracked or itchy, you may have a yeast infection. There may also be white areas in the folds of your nipples.
* Your baby may have small white patches in her mouth. The patches will be on the tongue and on the sides of the mouth. She may pull away from the breast when feeding because it's sore. Don't wash her mouth with water. Washing could make things worse.
* If you notice any of these signs, go to the clinic. You can still breastfeed whilst being treated.
* If you want to do one good thing for your baby this week, look out for signs of a yeast infection and keep breastfeeding.

# Week 7

* Your baby may stop what he's doing to listen to you when you speak. Talk directly to your baby, repeating his coos and noises.
* You probably have lots of questions about whether your baby is doing well. You can tell your baby is healthy if he is:
* Curious. He may also be quiet sometimes. This shows that he is watching the world around him.
* Gaining weight. Is he getting heavier to pick up? This shows he is feeding well.
* Turning towards new sounds. This shows that he hears well and is learning about different sounds.
* All babies develop at different speeds. Take your baby for regular checkups. Your health worker at the clinic will monitor his growth.
* If your baby is ill, take him to the clinic. The staff at the clinic can find out what's wrong and give your baby the right treatment straight away. Check with your health worker before giving your baby any medicine.
* If you want to do one good thing for your baby this week, explain to your family the importance of taking your baby to the clinic for regular check-ups even if he is healthy.
* Week 8
* Your baby is now two-months-old. Well done! She is growing very fast, but with your help she can grow to be even stronger and healthier.
* Here are three ways to help your baby stay healthy:
	+ First: breastfeed your baby as often as she wants, day and night. Your breastmilk contains everything your baby needs to thrive. Don't give her anything else, not even water.
	+ Second: make sure your baby has all her vaccinations. Vaccinations will protect her from serious illnesses at the start of her life. It's important that you take your baby to the clinic for her vaccines.
	+ Third: keep your home and your hands clean. Wash your hands with soap to keep your hands clean and germ-free. Wash your hands whenever you use the toilet and before cooking and eating. Clean them whenever you change your baby's nappy and after you dispose of her stools. Dispose of your baby’s stools in a latrine. Keep your baby's clothes, bedding and play area clean, too.
* If you want to do one good thing for your baby this week, ask your family members to wash their hands with soap often.

# 3 months

# Week 8

* Your baby is now two-months-old. Well done! She is growing very fast, but with your help she can grow to be even stronger and healthier.
* Here are three ways to help your baby stay healthy:
	+ First: breastfeed your baby as often as she wants, day and night. Your breastmilk contains everything your baby needs to thrive. Don't give her anything else, not even water.
	+ Second: make sure your baby has all her vaccinations. Vaccinations will protect her from serious illnesses at the start of her life. It's important that you take your baby to the clinic for her vaccines.
	+ Third: keep your home and your hands clean. Wash your hands with soap to keep your hands clean and germ-free. Wash your hands whenever you use the toilet and before cooking and eating. Clean them whenever you change your baby's nappy and after you dispose of her stools. Dispose of your baby’s stools in a latrine. Keep your baby's clothes, bedding and play area clean, too.
* If you want to do one good thing for your baby this week, ask your family members to wash their hands with soap often.

# Week 9

* Your baby is growing steadily. To help him stay safe and healthy, remember to get his vaccinations. They are due soon. Make sure you can get to the clinic for them
* Some young breastfed babies pass stools four times a day or more; others may only pass stools once every three days. Both are normal. Your baby's stools will be soft and easy to pass. He may strain and cry, but it doesn't mean there's a problem.
* Your baby probably passes stools at the same time every day. They will range in colour from greenish-brown to bright mustard yellow. They may smell slightly sweet.
* If you see bright green and frothy stools in your baby's nappy, he's probably not getting enough rich hind-milk. Try feeding your baby on each breast until that breast is empty so he gets the rich hindmilk. Next time you breastfeed, start with the other breast.
* Babies who get only breastmilk and nothing else suffer less from diarrhoea or constipation than babies who are given water or other foods.
* But if he has diarrhoea, his stools will be loose and watery. Give him extra breastfeeds to replace the fluid he is losing.
* If you want to do one good thing for your baby this week, keep giving breastmilk and nothing else.
* Your baby will have regular times when she is awake and wants your attention. Talk to her and smile at her. Watch her respond.
* You need to be fit and well to look after your baby. Eat two extra mouthfuls at meals, or an extra snack during the day.
* Ask a health worker if you need to take iron and folic-acid pills. These pills will make you strong again. Take them with some orange or citrus juice. This will help your body to absorb the iron.
* There is also iron in meat, fish, eggs, lentils, beans, and chickpeas. Eat some of these foods daily.
* Coffee, tea and milk may prevent your body from absorbing iron. Try not to have more than one cup of tea or coffee per day. Drink them two hours before or after having iron. Only drink alcohol occasionally as it can reduce the amount of milk your baby takes.
* If you want to do one good thing for your baby this week, share and discuss this message with your family so they help you eat well.

# Week 11

* All babies cry. It's how they communicate. Some cry more than others. There are many reason why babies cry. Sometimes hunger is the reason. So if he cries, let him breastfeed as long as he wants. He will soon be soothed as his tummy fills.
* Babies also cry if they feel uncomfortable. Check if your baby's clothes are too tight, or if his nappy is soiled.
* He may also be feeling too warm or too cold. Check how many layers of clothing he has on. He should be cosy with just one more layer of clothing than you.
* Your baby may also just want to rest or be held.
* Here are three ways to comfort your crying baby:
	+ One: swaddle him in a blanket. Babies like to feel snug and secure like they did in the womb.
	+ Two: hold him against you with a sling. The rhythm of your heartbeat may soothe him.
	+ Three: sing to him or rock him gently.
* If your baby cries nonstop, or the cry is more high-pitched than normal, take him to the clinic.
* If you want to do one good thing for your baby this week, try different ways of comforting your baby and take him to the clinic is he continues to cry.

# Week 12

* Congratulations! Your baby is three months old! She is making great progress. She'll love hearing your voice. Try telling her stories. It will help her learn how to talk later on.
* You may worry whether your baby is well. Here are three signs to look out for:
	+ One: if your baby has a fever, she needs to be checked at the clinic. Check your baby's temperature by feeling her tummy, hands and feet. They should all be warm - not too hot or cold.
	+ Two: if your baby is crying non-stop, it could mean she is ill. If she is crying more than usual, her cry is high-pitched, or if she's constantly whimpering and moaning, take her to the clinic.
	+ Three, watch out for fewer feeds. If your baby refuses feeds for more than eight hours, or if she feeds less than usual, take her to the clinic.
* If you want to do one good thing for your baby this week, make sure she breastfeeds enough.
* Look out for signs of your baby rolling over – he may surprise you! Don't leave her where she could roll off and hurt herself
* If you want to leave your baby with someone else, express your milk by squeezing just behind the nipple. Massage your breast or warm it with cloths dipped in warm water to help the milk flow. Store it in a clean container. It remains fresh for six hours in a cool place. Your baby can drink the breastmilk from a clean cup or spoon. Put a little on her tongue so she gets the taste. Then put the cup or spoon next to her lip. She will learn to lap the breastmilk with her tongue.
* If you want to do one good thing for your baby this week ask your health worker about expressing and storing your milk.

**Months 4-6**

# Month 4

# Week 14

* Your baby probably loves hearing voices. Why not start telling her a bed-time story before bed today? Dads can join in as well.
* Mosquitoes can give your baby illnesses such as malaria and dengue. Malaria and dengue are harmful, but easy to prevent.
* Mosquitoes breed in still water. Clear away any water that has gathered in or around your house. Empty old pots and vases.
* Dark colours attract mosquitoes. Dress your baby in light-coloured, long-sleeved clothes.
* Make sure your baby sleeps under an insecticide-treated bed net all year round. This will also protect her from bites. Insecticide-treated nets are cheap and effective.
* Sprays and creams are also very good. Some aren't safe for babies, though, so check first. Don't spray your baby, instead spray her clothes.
* If your baby has a fever, shakes or breathes fast, she might have malaria or dengue. Take her to the clinic as soon as you notice a fever or chills.
* To keep your baby safe from other illnesses, make sure you take her to the clinic to get her vaccinations.
* If you want to do one good thing for your baby this week, use an insecticide-treated net.

# Week 15

* When you place your baby on his stomach, he may lift his head and shoulders high, using his arms for support. Give him different toys and objects to look at.
* Washing your and your baby's hands is one of the easiest ways to preventing illness. Use clean water and soap.
* Wash your hands after going to the toilet, or when disposing of stools. Toilets and stools are home to germs. Try to keep latrine areas clean. This will prevent germs from breeding.
* Wash your hands before preparing your family's food, and before expressing your breastmilk.
* If your baby passes more stools than usual, or his stools are very watery, he probably has diarrhoea. If he has diarrhoea, it's important he keeps breastfeeding so he stays nourished and doesn't lose fluids. If your baby's diarrhoea lasts for more than a day, take him to clinic. He may be given ORS and zinc.
* If you want to do one good thing for your baby this week, set up a washing stand with soap and water near where you prepare food and where you go to the toilet.

# Week 16

* Your baby is probably curious about everything now. You might notice she stops and pays attention if you talk to her. She may even make noises back. She can see more clearly now, and may grab at your clothes and hair. If her eye gets infected, visit the clinic.
* Your baby's appetite may have increased. So give her more feeds. Breastmilk is still all she needs. Nothing else.
* Here are the top three reasons why you are doing such a great job breastfeeding.
* Breastmilk is packed with goodness. It has everything your baby needs to grow smart and strong and stay protected against diseases.
* Breastmilk changes to suit your baby. As she grows, the type and amount of milk you make will change. Your baby will always have what she needs.
* Breastfeeding can act as a method of family planning. By feeding your baby only breastmilk for six months, day and night, you can help to delay your period.
* If you want to do one good thing for your baby this week, keep breastfeeding, and don't give your baby anything else, not even water.

# Week 17

* Your baby's sleep patterns are probably settling down, but not many babies sleep right through the night yet.
* When your baby sleeps, make sure he is comfortable. See that he doesn't get too hot. Wearing just one more layer than you is perfect. Check that your baby isn't too hot or cold by feeling his stomach. If he's too hot, remove a blanket. If he's too cold, add one.
* Put your baby to sleep on his back. Make sure the mattress fits the bed and there are no gaps. He won't need a pillow. If you want, your baby can sleep with you.
* You can also keep your baby safe by putting him to bed under an insecticide-treated net.
* To help your baby sleep well, try to stick to a routine. Make naps and bedtime the same each day. This will help your baby to settle.
* If you want to do one good thing for your baby this week, make sure he sleeps on his back, under an insecticide-treated mosquito net.

# Month 5

# Week 18

* Your baby can now understand most of the noises you are making. Soon she'll try to make noises, and start entertaining herself. You may even hear her say "ma-ma" or "da-da".
* Babies can get colds easily. It can be upsetting, but colds are easy to deal with and soon over.
* Your baby may have a cough, a runny nose and red eyes. She may also have a fever, a sore throat or earache. She will probably be irritable and not feel like eating.
* Breastfeeding helps your baby recover. Try breastfeeding her sitting up if she has a blocked nose.
* Don't give your baby any remedies or medicines without talking to your health worker first.
* Your baby can't blow her own nose, so wipe it often. But don’t put anything in her nostrils. Be gentle, so her nose doesn't get sore.
* It's always best to take your baby to the clinic whenever she is ill, especially if she has a fever. If she's very hot, take her to the clinic as soon as possible.
* In the days after she has recovered, breastfeed more than usual. She will be extra hungry.
* If you want to do one good thing for your baby this week, take your baby to the clinic of she is very hot or seems unwell.

# Week 19

* Your baby is developing a sense of humour. Encourage his laughter, giggles and smiles with funny faces and games of peek-a-boo. There is nothing quite as wonderful as the sound of your baby giggling.
* As his mother, you will know when your baby is not well. But here are three simple ways to be sure he is healthy.
	+ One; he feeds often and well. You may feel like you're constantly feeding your baby. This is a good thing. If he's eating well and putting on weight, he is well. You can be proud that it is your milk that is making him grow big and strong.
	+ Two; he is playful and curious. Your baby is developing and growing up. His new personality and playful nature are signs he's doing well.
	+ Three; he sleeps well. Your baby probably sleeps about 15 hours a day. You may still find yourself getting up at night for feeds, but he'll sleep for most of the night.
* If you want to do one good thing for your baby this week, be proud of what you have done so far. Keep it up!

# Week 20

* Your baby may be putting everything in his mouth now. You will need to take extra precautions to keep him safe. Make sure his toys are too big for him to swallow. See that his toys don't have small buttons or eyes. Pick up small items from the floor. This will help prevent choking.
* You can also keep him safe and healthy by keeping him away from smoke. Smoke can make him ill. Open the windows, if your house gets too smoky from cooking. If you live in a cold area where opening doors and windows is not possible, make sure there is someone to watch your baby and keep your baby away from the fire when it there is too much smoke. If a family member smokes, ask him to smoke outside. Open windows and ask people to smoke outside.
* If your baby is putting everything in his mouth, it might be a sign that he is about to get a new tooth. He might also drool and be irritable. Put some shea butter or coconut oil on his chin to protect it from the drool. Gently use a very soft cloth to clean the drool away. Letting him suck on your well-washed finger can help ease the pain.
* If you want to do one good thing for your baby this week, clear small items from the floor.

# Week 21

* Your baby is learning how to make new sounds. She may enjoy blowing raspberries or bubbles! At this age, babies are so thrilled by any new skill that they repeat it. It can get annoying, but it's a sign of her development.
* The first few months with your baby have probably passed very quickly. Now you are used to having her around, you may have started to think about having another baby. Perhaps you want to give your baby a sibling to play with.
* It's best to wait before getting pregnant again. Getting pregnant too soon puts a strain on you and can lead to complications for you and your baby.
* Wait at least two years to keep you and your future babies healthier. It's also a good age gap between siblings. Explain to your partner and family why this is important.
* To delay pregnancy, there are lots of family planning methods. There will be one that is right for you. Talk to your health worker to find out what is available.
* If you want to do one good thing for your baby this week, talk to your health worker about family planning methods.

# Month 6

# Week 22

* Your baby may be cutting a tooth. This can make breastfeeding uncomfortable and you may wonder if this is a sign that he should start solid food.
* You may also worry that your breastmilk is not enough. But your breastmilk is still the best food for him. It's a miracle; it changes to give him what he needs.
* Even when he starts solids, he will still need breastmilk.
* Your baby will be ready for solids soon, but not yet. His neck muscles are getting stronger, and he can turn his head. The noises he makes develop his tongue muscles, which he will use when he swallows food. He may be interested in what you are eating, too. These are signs that he is almost ready. But he is not ready yet. It's important to wait till he is 6 months old. Feeding solids too early or too late is harmful.
* If your teething baby is making breastfeeding painful, pull your baby against you when he bites. He will let go to breathe.
* If you want to do one good thing for your baby this week, give him breastmilk and nothing else for another few weeks.

#  Week 23

* Your baby is almost six months old. She is probably alert to new sounds. Try making different sounds, and see how she reacts.
* You and your partner might be thinking about having another child. But there are three reasons why it's best that you wait.
	+ First: if you become pregnant before your baby is two years old, your body does not have enough time to recover from the first birth.
	+ Second: waiting two years keeps your next baby healthy, too. Getting pregnant too soon can mean that the next baby will be weak or early.
	+ Third: waiting means you have more time for your baby and other family members. Waiting also gives you and your partner time to earn more money. You can use this money to save for the future. This will make it easier for you to pay for clinic visits and supplies.
* A brother or sister for your baby might be just what your family wants. But waiting until your baby is two will give you a healthier and happier family.
* If you want to do one good thing for your baby this week, talk to your partner about why it's best to wait for two years.

# Week 24

* Around now your baby will begin to recognize her own name. Watch and you will see her turn when you call her name. Your baby may be able to roll in both directions. When your baby is on her back, try shaking a toy on one side. This will encourage her to roll.
* It’s important to space your babies. Wait at least 2 years before you try for another baby.
* There are many safe, modern, reliable methods to delay pregnancy. You can get them at the clinic or the pharmacy or from a health worker.
* You can talk about your options with your health worker. The health worker will explain the various methods available to you. Decide with your partner if you need a short term family planning method like contraceptive injection, or a long term one such as IUD. Or you could use one that you need daily like the pill, or a method you can use during sex like condoms. You and your partner can find one that suits you both.
* If you want to do one good thing for your baby this week, discuss your family planning options with your partner.

#  Week 25

* Your baby may hold toys in her hand. She may prefer using her right or her left hand, but you won't be able to tell which hand she will always use.
* Most babies will vomit at some point. Babies may vomit when they have a cold or an infection. Your baby will get better faster if she gets lots of liquids. Give her short feeds, but more often. This way she will get the watery foremilk, which stops her from going thirsty.
* If your baby vomits more than five times or vomits for more than a day, take her to the clinic. Clinic staff will give her treatment.
* You can help prevent vomiting. Wash your hands often with soap. Take care that your baby always plays on a clean floor and clean her toys regularly. Feed your baby only breastmilk and do not give your baby water. These steps will help keep your baby healthy.
* If you want to do one good thing for your baby this week, wash your hands with soap often.

# Week 26

* Your baby is probably starting to move more now – perhaps even crawling! Keep him comfortable by dressing him in soft, loose clothing.
* Next week, you can try giving your baby mashed foods. Get a cup, small spoon and dish ready. Wash them well. Don't use a bottle.
* Although your baby will start to eat food soon, your milk will still be his main source of goodness.
* Your milk has changed – it used to be perfect for a newborn, and now it's perfect for your bigger baby. It still helps your baby grow strong, and protects against illness. When your baby is ill, it may be all he wants to eat.
* Continuing to breastfeed will also give you and him comfort. It's a good way to stay close to your baby and have a cuddle.
* Keep breastfeeding whenever your baby wants. It is best to continue breastfeeding for at least two years.
* Your milk has helped your baby to grow so far. By continuing to breastfeed you can help him even more!
* If you want to do one good thing for your baby this week, keep breastfeeding.

# Months 7-9

# Month 7

# Week 27

* Your baby may become attached to a toy, blanket or even a piece of cloth. This acts as a comforter, and shows that she is becoming independent.
* Your baby is growing fast, and needs to eat food now. Go slowly. Your baby cannot chew yet, so start by feeding her soft or mushy food.
* Thick, creamy porridge is a good start, or fruit such as mango or banana. Mash them with a little breastmilk to make it easier for her to swallow. Make it thick enough to stick to a spoon.
* Give your baby soft, thick food two times a day. Afterwards, offer her your breast.
* Your baby will only need a few spoonful’s of food. She still needs lots of breastmilk. As your baby gets older, she will need more food. For now, tiny portions will be just right.
* Sit your baby facing you and talk and smile at her while you feed her.
* If you want to do one good thing for your baby this week, feed her a few spoons of thick porridge twice a day.

# Week 28

* Your baby may be becoming more confident. He might start to challenge you. He isn't being naughty, he's just curious.
* Now your baby is eating food, it is important that the food you give him is safe. It will help prevent your baby from getting diarrhoea.
* Here are three ways you can keep your baby's food safe.
	+ One: wash your hands before you begin cooking. This will get rid of germs. Use plenty of soap and water. You could set up a washing stand with soap and water, near where you prepare food.
	+ Two: feed your baby only fresh food. Food that has been left out or food that has been cooked some time ago could make your baby ill.
	+ Three: make sure that all of your baby's food is well cooked. Food that is not fully cooked still contains germs. Cooking food well kills those germs. By doing this you can easily keep your baby's food safe.
* If you want to do one good thing for your baby this week, teach your baby to eat with love, patience, and good humour.

# Week 29

* Your baby will be learning lots now, such as how to move a toy from one hand to the other, clapping her hands, or banging things together.
* As she begins teething, she will start putting objects in her mouth.
* Babies can get their first teeth any time between three months and one year.
* Teething can be painful, and can make your baby's gums red and swollen. She may drool a lot, seem unsettled, and not sleep well. The pain may prevent her from feeding well.
* Your baby might get a red rash on her chin from dribbling. Wipe off the dribble with a clean, soft cloth and put some mild cream or oil on her chin.
* Rub a clean finger over your baby's sore gums to help numb the pain.
* Try giving your baby soft, cold foods, such as yoghurt or thick porridge.
* If your baby is in a lot of pain, go to the clinic.
* Once her teeth have grown, keep them clean by wiping them with a soft, clean cloth.
* If you want to do one good thing for your baby this week, check for signs of teething.

# Week 30

* Your baby's emotions will be clearer now. He may laugh when you do, or blow you kisses!
* Your baby may have started biting during feeds. This is painful, but there are ways to stop him.
* If your baby bites, stay calm, and firmly tell him "no". If he continues, bring him in closer to your breast, squashing his nose. To breathe, he will have to open his mouth and stop biting.
* Some babies bite because they are teething. If his gums are sore, try giving him a cold, clean, wash cloth to bite on.
* A very hungry baby may bite out of frustration. Express a little breastmilk onto the nipple, so he can taste milk immediately and focus on feeding.
* A bored baby may see your breast as something to play with. Learn to recognise when your baby has finished feeding, and take him off your breast straight away.
* If you want to do one good thing for your baby this week, remember that even though he is eating some foods, your breastmilk is still very important to help him grow.

# Month 8

# Week 31

* Your baby probably has lots of energy, and may have begun to crawl or lunge forward. Cleaning her play area with soap and water will protect her from germs.
* Now that your baby is eating soft foods, she will need fewer breastfeeds. This means that your periods may start soon. If you haven't started using a family planning method yet, talk to your health worker.
* If your mother had babies close together, she may not understand why you want to wait. Your husband may want another baby, too.
* Explain to them that delaying the next pregnancy is best for you, for your baby and for the next baby, too. Your body needs to recover from pregnancy and birth and your baby needs your breastmilk. Your next baby will be healthier if there is a gap of at least two years between pregnancies.
* There are many different family planning methods. You are sure to find the right method for you.
* If you want to do one good thing for your baby this week, ask your health worker about family planning.

# Week 32

* Is your baby crawling yet? He may try to push onto his hands whilst he's sitting - he is trying to crawl!
* Now that your baby is more active, you need to make sure that he plays somewhere clean.
* Make sure your baby's play area is away from water. Lakes, ponds and puddles are dangerous and they contain germs and can make your baby sick. His play area should also be far from animals and their stools. Your baby may love playing with animals, but they are dirty. If he strokes any animals, make sure you wash his hands with soap and water afterwards.
* Playing near latrines can also lead to sickness. Try to keep your baby away from these areas.
* The ground can also be home to worms. If you can, clean the floor with soap and water before your baby plays there. This will help keep him safe. If you cannot clean the floor, lay down a large, clean blanket or mat.
* If you want to do one good thing for your baby this week, give your baby a clean, safe area to play.

# Week 33

* Your baby may get anxious if she's away from you – she's very attached to you!
* Sometimes, your baby will be unwell.
* An ill baby needs more sleep. Let her sleep whenever she wants. If you can, nap whenever your baby does.
* Your baby will also need plenty of food. When she is unwell, she may not want new foods. She will probably prefer your breastmilk. Feed your baby whenever she wants. Your milk will help her to fight off the illness. Once she is feeling better give her one extra meal every day for at least 2 weeks.
* Try to keep your baby close to you, in a sling or pouch. She will need more of your attention. Try not to worry about getting all your housework done. Catch up on work when your baby is well again.
* If your baby does not improve, or if she has a fever, refuses to feed, makes grunting noises or cries strangely, go to the clinic. She may need treatment.
* If you want to do one good thing for your baby this week, think about these tips for helping an ill baby.

# Week 34

* Your baby is probably becoming more mobile now. He may have a few bumps and falls.
* Here are four ways you can keep him safe in your home:
	+ First: check your home every day for objects that your baby could pick up. Make sure no small objects which could choke him, such as coins, are within his reach. Put away sharp objects, such as knives, scissors and pens, and anything that's not safe to eat or drink.
	+ Second: check that nothing can fall on your baby. Make sure everything is secure. All cords should be rolled up safely.
	+ Third: keep your baby away from fire. Your baby wants to explore; he may touch flames and burn himself. Make sure that he cannot touch anything hot whilst you are cooking. Try putting up a barrier. If your baby gets burned, pour cool water over the burn, and nothing else. Take him to the clinic as soon as possible.
	+ Fourth: Keep him away from large containers of water; try keeping them in the bath, with tight-fitting lids on top, so he doesn't fall in.
* Always keep an eye on your baby. If you’re not around, make sure a responsible adult is watching your baby.
* If you want to do one good thing for your baby this week, follow these tips to keep your baby safe from harm.

# Month 9

# Week 35

* Your baby may be exploring different objects by shaking and banging them. She might even pick up pieces of food – she's beginning to feed herself.
* Your baby may now enjoy more filling foods. Try giving her hard-boiled eggs, well-chopped meat or fish, or mashed peas and beans, or a hard biscuit if she's teething. Make sure the biscuit doesn't crumble as she could choke.
* Your baby needs to eat 3-4 times a day. Give her snacks like fruit or bread, as well as food at family mealtimes.
* Wash her hands with soap and water before she eats.
* Your breastmilk still has lots of goodness for your baby. Breastfeed whenever she wants. Your baby can also have clean, safe water. Don't give her tea, coffee or sugary drinks.
* Her food needs to be soft enough for her to mash up with her tongue and swallow. Stay with her when she is eating, in case she chokes.
* If you want to do one good thing for your baby this week, start giving her tasty new foods.

# Week 36

* Your baby may be more assertive now. He may spit out food, or cry loudly at bedtime. This behaviour will pass.
* Babies can easily get sick. They can catch TB if an infected person coughs or sneezes near them. TB is dangerous for babies.
* If a family member has TB, take your baby to the clinic to get tested. He may also get medicine to prevent him from catching TB.
* Signs of TB include:
	+ a cough that won't go away;
	+ regular chest infections;
	+ slow weight gain or weight loss;
	+ ever;
	+ swollen glands; and
	+ breathing difficulties.
* If you notice any of these signs, take your baby to the clinic. Staff will give you medication which your baby needs for six to nine months, even if he seems better. Give it every day at the same time. Take him to the clinic regularly for a check-up.
* Your baby won't be infectious after he's taken his medicine for a few weeks. TB doesn't spread through touching or bathing, so keep cuddling him. Breastfeeding is safe, too.
* To prevent your baby getting TB, make sure your baby has had the TB vaccine. If he didn't have it at birth, make sure he has it now. Feed him healthy, fresh food, too.
* Keep your house clean and dry to keep germs away.
* If you want to do one good thing for your baby this week, ask your family to get screened for TB.

# Week 37

* A playful baby may get scratches and bites. It's worrying to see your child hurt, but many injuries can be treated at home.
* If the cut or bite is on an exposed part of her body, place a clean cloth over it and bandage it up. Otherwise leave it open to the air.
* If the wound is bleeding, apply a clean cloth to it and press with your fingers. If the bleeding doesn't stop after a few minutes, cover the wound with a bandage and go to the clinic right away. The most common problem following a bite or scratch is infection. Make sure your baby has had all her vaccinations. It's possible to catch tetanus from cuts and bites.
* Animal bites can put your baby at risk of rabies. Rabies is a virus passed through saliva. It can be dangerous, so take your baby to the clinic if she is bitten.
* If you want to do one good thing for your baby this week, keep her safe from animals.

# Week 38

* Your baby needs plenty of sleep. You can help her get enough.
* Creating a daily nap and bedtime routine will help your baby know what to expect. This will make her feel secure.
* Try playing a quiet game with your baby before bed, or telling her a story. If you do this every day at the same time, your baby will settle more easily at bedtime.
* If your baby wakes up calling for you, delay going to her so she can learn to fall asleep on her own.
* After the bedtime routine, put your baby to bed. If your baby usually falls asleep in your arms, gently wake her before putting her to bed. Don't fuss. This will keep her feeling sleey. Then leave her and wait. Check if she is asleep. If your baby doesn't settle, go back to her.
* Getting your baby to fall asleep on her own can take time. Be patient and you will both get there!
* If you want to do one good thing for your baby this week, start teaching your baby to fall asleep by herself.

# Week 39

* Your baby may be sitting up now, and even pulling herself up to stand! Even though she's stronger than ever, she could still get diseases such as measles.
* Measles is spread through coughs and sneezes. If your baby comes into contact with someone with measles, she can get it.
* Measles starts like a cold. A baby with measles will have a fever, a runny nose, red eyes, a sore throat and a cough. After a few days, rashes may appear on the face, chest, stomach and neck. Measles rashes are blotchy and red. If you see any of these signs, take your baby to the clinic immediately.
* Measles is a serious illness, but you can protect your baby. The best way to protect her is with a vaccination, which she can get now. Take her to the clinic to get it. This will keep her healthy and strong for the future.
* If you want to do one good thing for your baby this week, get your baby the measles vaccine.

# Months 10-12

# Month 10

# Week 40

* Your baby will be very active during the day. To keep him healthy, keep his play area clean.
* Wash floors with soap and water.
* Make it a family habit to wash hands when you get home. Wash hands before cooking and eating, and after handling animals.
* If there's a toilet near your home, use it. Wash your hands with soap afterwards. If you don't have a toilet, relieve yourself far from your home.
* Always put clean nappies on your baby. Wash dirty nappies in boiling water. Wash your hands with soap afterwards.
* Food that remains on plates can make your baby sick. So wash plates, cups and cutlery and soak them in boiling water.
* If your baby plays outside, check that he plays in clean areas.
* Keep him away from latrines and watery areas. These areas are full of germs and could give your baby worms.
* Your baby may love playing with animals, but wash his hands after he touches them. Keep him away from their stools.
* If you want to do one good thing for your baby this week, make sure his play area is clean.

# Week 41

* Your baby's babble is sounding more like real words now, but she's not ready to talk yet.
* On hot days, your baby could get a heat rash. The rash appears where clothing fits snugly, around the chest, neck, groin and armpits. Your baby may also get dehydrated if she gets too warm.
* You can help protect your baby from dehydration and heat rash:
	+ First: stay at home on hot days.
	+ Second: dress your baby in cotton clothes.
	+ Third: if your baby seems warm, loosen her clothes, or remove a layer.
	+ Fourth: make sure your baby drinks enough clean, safe water. Boil enough water to last your family for the whole day.
	+ Fifth: keep breastfeeding. Your breastmilk is 80% water so it can quench your baby's thirst. If your baby refuses feeds, take her to the clinic.
* If your baby gets a heat rash, wipe her with a wet cloth and let the air dry her skin. Give her time without her nappy, too.
* Ask your health worker for cream to soothe the red areas of her skin.
* If you want to do one good thing for your baby this week, make sure your baby drinks plenty of clean, safe water.

# Week 42

* Your baby's beginning to understand simple words and phrases. Encourage him by repeating his words back to him using adult language.
* Ear infections are common. If your baby has a cold and then a fever, it may be because he has an ear infection.
* Ear infections can be painful; swallowing and sucking can hurt. Your baby may pull at his ear or be unsettled. There could be a bad smell from his ear.
* If you think your baby has an ear infection, go to the clinic. Staff will give him the medicines he needs.
* A baby with an ear infection will cry a lot, and may keep you up at night.
* Do not put oil or any other herbal medicine in your baby's ears, as it might worsen the infection.
* Breastfeeding your baby will reduce the risk of ear infections, especially if you feed him sitting upright. Keeping your baby away from smoke will also help.
* If you want to do one good thing for your baby this week, keep breastfeeding him to keep him healthy.

# Week 43

* Your baby now understands simple instructions, such as "give it to me". She may ignore you when you say "no", though. Use "no" sparingly, so it will mean more.
* You can tell if your baby has a fever by touching her forehead, chest or back. If she's warm to the touch, she has a fever. She may also be irritable and feeding poorly.
* If you see any of these signs, take her to the clinic. Staff there will try to find the cause of the fever and treat it.
* After taking your baby to the clinic, you can help your baby recover.
* Give your baby plenty of fluids. Offer her your breast regularly along with boiled water. This will give her strength.
* Let your baby rest if she wants to. Illness can make her very tired.
* You can also sponge her face, neck, arms and legs with lukewarm water to bring down the fever.
* If you want to do one good thing for your baby this week, try playing a game with simple instructions such as: "Give mummy the toy." "Well done." "You are a clever baby.

# Month 11

**Week 44**

* By now your baby may be making lots of sounds, and may know when to use them. Encourage him by listening to him and answering him.
* Eye problems are quite common in babies. They are sometimes caused by dust or smoke. If your baby has a cold, he may also develop an eye infection. You may notice a sticky yellow discharge that makes the eyelids stick together. Or, your baby's eyes may be pink and watery.
* If your baby has any of these signs, go to the clinic. Staff will give him treatment. An eye infection is rarely serious, but it is painful.
* If your baby has an eye infection, it can easily spread. It is very important to keep the eye clean. Make sure no one else uses your baby's wash cloths.
* Bathe your baby's eyes in cool, boiled clean water daily to soothe his eyes. Wash your hands before and after doing this.
* If you want to do one good thing for your baby this week, sit your baby facing you and talk and smile at her while you help her feed herself.

**Week 45**

* As your baby grows up, it is important to keep her clean and healthy.
* Here are some simple tips to do this:
* Ensure your family washes their hands before cooking or eating, after using the toilet and after handling animals. Why not set up a stand with clean water and soap near to where you prepare food?
	+ Wash your hands and your baby's hands with soap. Clean wrists and nails, too. Air-dry hands, or use a clean towel, changed often.
	+ Second, wash beans, potatoes, vegetables and fruits, unless they are peeled, before cooking and eating. Dirt contains germs, which are harmful.
	+ Third, use only fresh food. Food that's been left out, or cooked some time ago, can be harmful. Food must be warm, but cool enough for her to eat. Check the temperature by putting some on your wrist.<
	+ Fourth, check that food is well cooked. Meat shouldn't be pink in the middle and fish should be cooked so it flakes. Eggs should be firm.
* If you want to do one good thing for your baby this week, remind your family to wash their hands with soap often and always before preparing food or feeding the baby.

**Week 46**

* Your baby may be bigger, but he can still get diarrhoea or constipation. Check your baby's stools to spot these problems.
* If your baby is making loose, watery stools, he may have diarrhoea. This causes your baby to lose lots of fluids.
* To replace them, offer your breast and boiled water.
* If your baby still has diarrhoea after a day, go to the clinic. Staff there can give you a solution which will help your baby replace the fluid, salt and sugar that he's lost.
* If your baby is straining hard to pass stools, they are hard, bloody or he isn't passing stools often, he's probably constipated.
* Offer him your breast, along with boiled water, fruit and cooked vegetables. This will help to get things moving! A baby who has been unwell will need extra food once he recovers. Offer him more breastfeeds and one extra meal every day for two weeks after he feels better. This will give him the energy he needs to recover.
* If you want to do one good thing for your baby this week, give him extra breastfeeds if he has been unwell to help him recover.

**Week 47**

* Now that your baby is moving, be prepared for bumps and bruises. Hugs and kisses will help her feel better!
* With your baby exploring, you need to keep her safe.
* Put cushioning on the corners and edges of tables and chairs. Keep sharp objects out of reach. Fires can lead to nasty burns. Keep matches and lighters out of reach. If you smoke, never smoke near your baby and make sure you get rid of cigarettes properly. When cooking, keep an eye on your baby, or ask someone to watch her.
* Keep kerosene, detergents, medicines and harmful materials sealed on high shelves. If your baby has swallowed something poisonous, work out what, when and how much she swallowed. Go to the clinic immediately, with the container of poison, too.
* Clear the floor of buttons, pebbles and other small objects. Don't give her small pieces of food, such as nuts or raisins. These things can choke her.
* Keep breakable cups or plates somewhere safe.
* If you want to do one good thing for your baby this week, follow these tips to help keep your baby safe.

# Month 12

**Week 48**

* Your baby may be able to say "ma" and "baba". Talk to her; soon you'll have long conversations! You can play clapping games and peek-a-boo now as well.
* Now your baby has expanded her food options, try to make feeding a fun activity. This gets more and more important as your baby gets older. Making eye contact with your baby while feeding her will help your baby really enjoy feeding times and will also help you bond with your baby.
* It's important to know when your baby is hungry. Feed her as soon as she shows signs of hunger, and stop when she has shown signs of being full.
* Try to offer new foods every now and then. She may refuse at first but with a little encouragement she will eventually accept them. You could try different food combinations, textures and tastes to make meals more appealing.
* If your baby gets easily distracted while eating, preventing her from eating well, then try to minimise the distractions. You could go to a corner and face away from everyone else and your baby's toys.
* If you want to do one good thing for your baby this week, learn how to tell if your baby is hungry and full.

**Week 49**

* You have probably experienced many highs as a mother, but it can be stressful, too. This can leave you feeling tired and run down.
* Not getting enough sleep can make the simplest tasks difficult. Try to make some time for yourself to rest. Why not ask a trusted friend or family member to look after your baby for a while? If your baby still takes a long time to settle, make sure you stick to a bedtime routine. Go to bed as soon as your baby is asleep.
* Eating well can relieve stress. Eat three meals a day and have some snacks, too. Fruit and vegetables are good snacks.
* Sometimes all you need is to talk to somebody. Why not try talking to your mother or an elder? Talk to your partner to see if he can help. Maybe together you can find time for you to relax. Your health worker is also there to help you with any questions or worries you have.
* If you want to do one good thing for your baby this week, take some time for yourself and relax.

**Week 50**

* Your baby is starting to be independent, but might still get scared when you leave him. Say goodbye quickly, with a kiss. He should calm down after you've gone.
* Your baby is nearly a year old! He's changed from the newborn you first held. You have also changed. You are probably feeling more confident as a parent now. If you have any questions, talk to your health worker. She can help.
* As your baby gets older, he may need other vaccinations, including more doses of DTP, measles and polio. Your clinic will know which ones are due and when they have to be given.
* Your baby may like to play outside but, in some areas, worms are a problem. Worms are picked up from the mud and soil, and can cause stomach pain, coughing and fever. Thick socks or shoes will help protect your baby. Wash his hands well with soap, and clean his nails regularly. This will prevent him from swallowing any worm eggs.
* If you want to do one good thing for your baby this week, when you have to leave him, give the person who is looking after him a t shirt that you have worn. Your baby will be reassured by your smell.

**Week 51**

* Congratulations. Your baby is now a year old. If she's not walking already, she is likely to take her first steps soon. It's normal for some babies to take a few more months, though.
* Here are three things to remember :
	+ One: the next year with your baby will be just as interesting, exciting and probably as exhausting as the last one. Your baby has grown from a tiny helpless newborn to a bright and lively one-year-old. And you have grown from a new parent worried about everything your newborn did to a capable, wise mother.<
	+ Two: Your baby will learn something new every day. This time next year she will be talking as well as walking, running, climbing, singing and dancing. And she will be doing all those things because of your loving care. Keep taking her to the clinic for regular check-ups, and watch as she grows.
	+ Three: keep breastfeeding her. Your baby still needs your milk for at least another year. It still has plenty of goodness for her.

Good luck!