

Welcome to the Child Health Services parent group activities

Your baby and the family



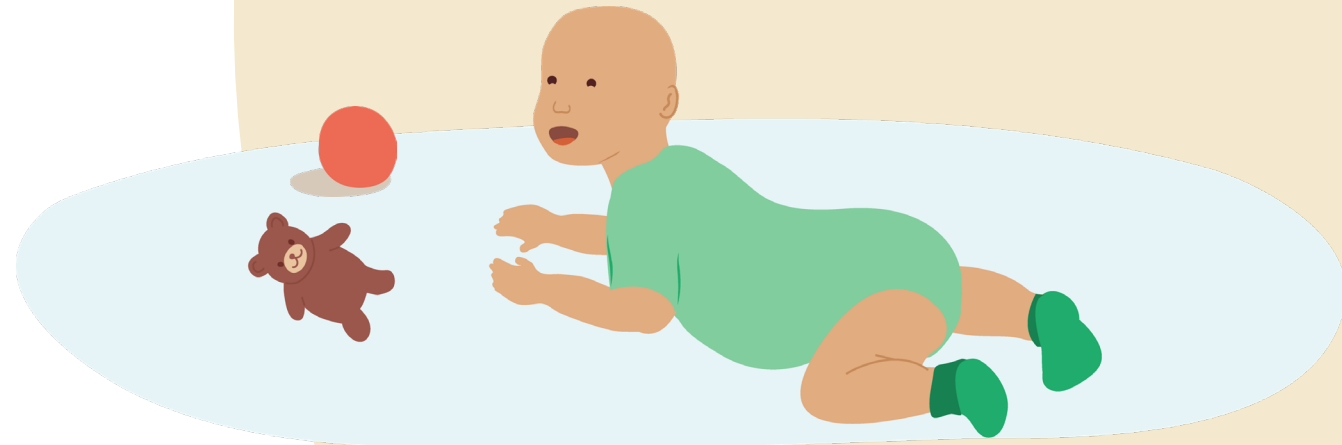
The competent baby

Senses

- Sight – your baby looks at you
- Hearing – your baby follows your voice

The body

- Your baby can hold their head up
- Your baby can turn





Breastfeeding and bottle feeding

Breastfeeding and bottle feed

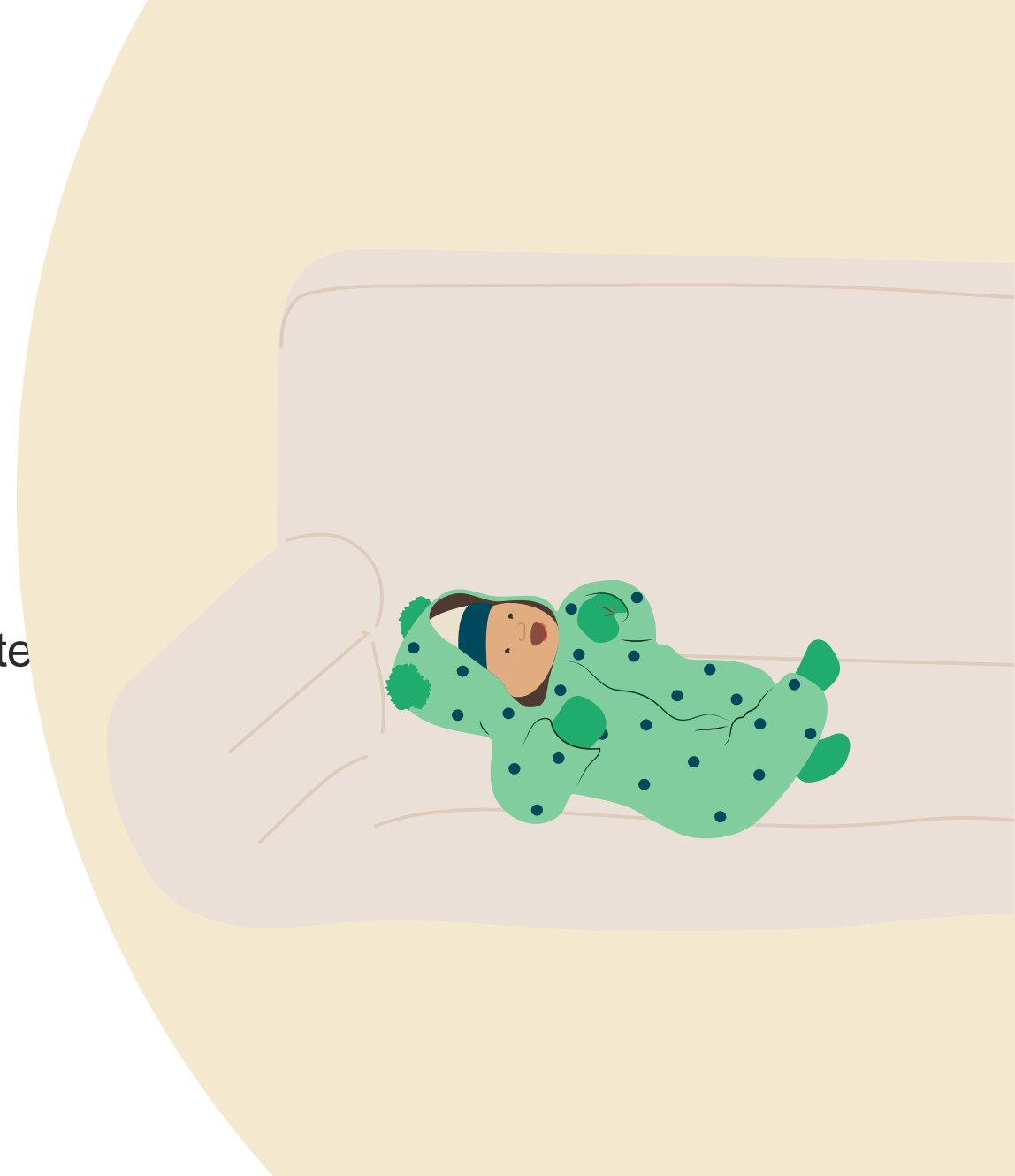
- How does it work?
- Babies are inquisitive and can be disturbed by their
- Don't forget to give your baby vitamin D
- Babies need vitamin D drops from the time they're about one week old
- Your baby can start tasting tiny, tiny amounts of food when they reach four months of age, depending on any interest in the food the family is eating. Your baby needs more nutrition and energy at six months of age



Child safety

Child safety

- Always keep an eye on your baby
 - on the changing table
 - on the sofa
 - on the bed
 - in the pushchair and other high places
- When having a bath – never leave your baby unattended even for a moment





Becoming a family

Building a safe relationship

- **Becoming a parent** is a major life change
- You get to watch a new little person develop
- You'll be one of the most important people in your baby's life for a very long time
- Get to know your baby
- Show them that all feelings are okay



Siblings

- Having your first baby, compared with the second, the third...
- Sibling relationships and sibling rivalry



What aspects affect my ability to be a parent?

- Insecurity
- Lack of sleep
- Medications
- Alcohol
- Stress
- Depression
- Mental health/ill health
- Disability
- Have the courage to ask for help – help is available



Parenthood

Equal parenting

- How are your responsibilities divided between the two of you?
- What do you do at home?

Parental leave

- For whose benefit?
- Plan well in advance

Living together and jealousy





When young babies cry

When young babies cry

This is what you can do:

- When your baby won't stop crying
- When things feel really difficult
 - Ask for help
 - Never shake a baby





Play and socialising

Play on tummy – sleep on back

- Young babies should sleep on their backs
- Placing your baby on their tummy when they're awake is good for the
 - motor skills
 - head shape

By all means place your baby on their tummy as much as possible, and ideally avoid bouncers



Stimulation

- Talk, play and sing with your baby
- “Toys to look at”
- Being close to your baby is important, preferably skin-to-skin
- Face your baby towards you, and talk to them when they’re being pushed in a pushchair





Most frequently asked questions

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- Is my baby getting enough food?
- Is my baby growing properly?
- If your baby has a cold – administer saline drops in
raise the head end of the bed
- Fever?
- When is it time for immunisations?





Other information and advice

Immunisations during your child's first five years

The child's age	6–8 weeks	3 months	5 months	12 months	18 months	5 years
Rotavirus	Dose 1	Dose 2	Dose 3			
Diphtheria		Dose 1	Dose 2	Dose 3		Dose 4
Tetanus		Dose 1	Dose 2	Dose 3		Dose 4
Whooping cough		Dose 1	Dose 2	Dose 3		Dose 4
Polio		Dose 1	Dose 2	Dose 3		Dose 4
Haemophilus influenzae type b (Hib)		Dose 1	Dose 2	Dose 3		
Pneumococci		Dose 1	Dose 2	Dose 3		
Measles					Dose 1	
Mumps					Dose 1	
Rubella					Dose 1	

Advice on round-the-clock care

- Information about diseases and treatments is provided at 1177.se/Halland. You can also find healthcare clinics and use e-services to contact the health services
- 1177 is a phone number you can call for medical advice





Produced by the Regional Office Strategic Child Healthcare Team, 2023

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