

Welcome to the Child Health Services parent group activities

Your baby's safety



The competent baby

- Some babies have started to become a bit more resilient
At 7 to 8 months, your baby may undergo a period of insecurity and shyness
- Their back is noticeably stronger now
- Can sit upright without support
- Crawls on their knees, some of them scoot
- Claps their hands
- Uses the pincer grip





The Convention on the Rights of the Child

The Convention on the Rights

This is your baby's time, and every baby has the right to grow up on equal terms, without childhood being viewed as a way of getting to adulthood

How does this affect you at home?





Food and nutrition

Enjoying food

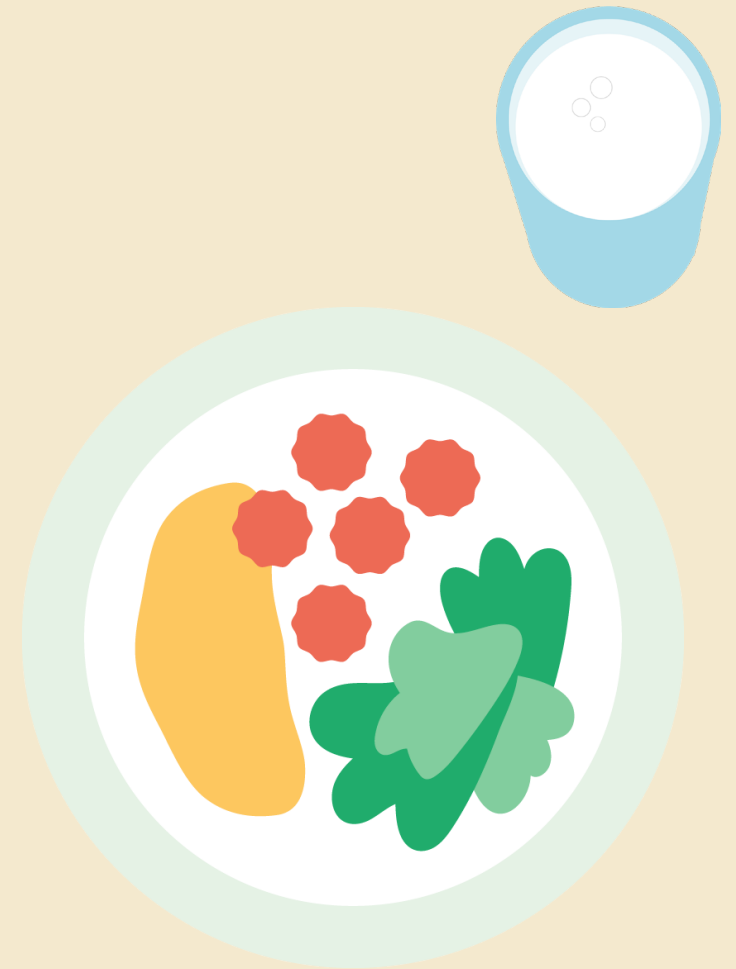
Your baby can now eat what the family eats

- What does your baby like to eat?
- What does your baby drink with their food?

Cow's milk

Dairy products are high in vitamins and minerals, but low in iron. Eating too many dairy products means your baby has less room for more iron-rich foods.

Wait until the end of your baby's first year before you let them drink cow's milk. Using small amounts of cow's milk when you cook is fine.





Oral and dental health

Teeth

- Good eating habits provide a foundation for good teeth
- Increased salivation/drooling
- Need to bite things
- Teething ring
- Use fluoride toothpaste from the time your baby gets





Child safety

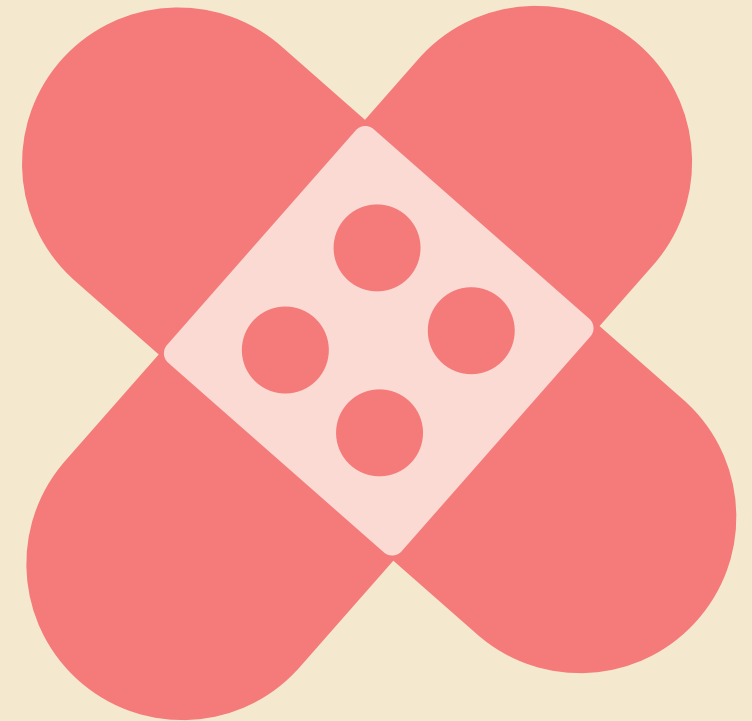
Child safety, 7–8 months

- Never leave babies unattended
- The pushchair – as a parent, push it facing you
- The most dangerous rooms in the house – the kitchen, the bathroom, the stairs
- Burns – cool with cold water
- Choking
- Poisoning
- Sun protection: clothing and shade



If your baby has an accident.

- Falling from a cot, bed, changing table or walker, or falling downstairs
- Concussion: Unconscious/tired and/or listless/vomiting. Seek medical attention
- Burns:
 - cool with cold water for at least 20 min
 - keep blisters intact
 - if the burn is bigger than the palm of your baby's hand, or if the burn is on the face or mouth – seek medical attention!
 - pain relief with Alvedon (paracetamol)/Ipren (ibuprofen)
- Choking: Hit your baby between their shoulder blades, have the baby leaning forward on your





Being a parent

Everyday routines

- Has your family established routines?
- Do you get out and about every day?
- Eating and sleeping routines?
- Sleep?



Parents and parenting

Parenting is an exciting time in the early years of your baby's life. Children develop quickly, and there are lots of new things to learn as a parent.

- Hold a group discussion on what it means to be parents
- What do you enjoy doing? What's hard work?





Play and socialising

Give your baby a language

- Your baby can already understand a few words
- Look at books that stimulate language development. By all means ask your library for a few tips.
- Rhymes, nursery rhymes and clapping games such as “Pat-a-cake”
- Play a game where you have to take turns, such as rolling a ball between you



Fresh air, play and movement

Go outside to play so that your baby gets lots of lovely fresh air while they play and have fun

- Get out and about – fresh air
- Front-facing pushchair – chat to your baby
- Spend time outside, even when it's cold
- Hot weather – use sunscreen





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 also a phone number you can call for medical advice. It's always available, 24 hours a day, 365 days a year





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