# Welcome to the Child Health Services parent group activities



#### Your baby heads out into the world



#### The competent baby

- Pincer grip
- Peek-a-boo and hide-and-seek
- Crawls, scoots, stands up
- Communication
- Comfort blanket
- Music is becoming more and more interesting some babies like to dance
- Fear of strangers



#### Food and nutrition

Eating habits – feeding them

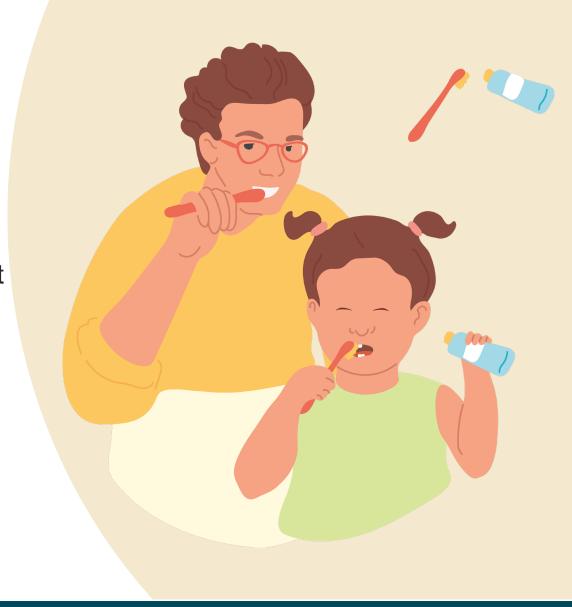
- The family's food
- Porridge instead of gruel
- Your baby's bottle can be phased out
- Feeding at night your baby doesn't need to feed at night
- Vitamin D drops



#### Oral and dental health

#### **Dental health**

- Brush your baby's teeth both morning and evening using a child toothbrush
- Use toothpaste that contains fluoride
- If you bottle-feed your baby, avoid feeding them at



#### **Child safety**

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#### Things to bear in mind:

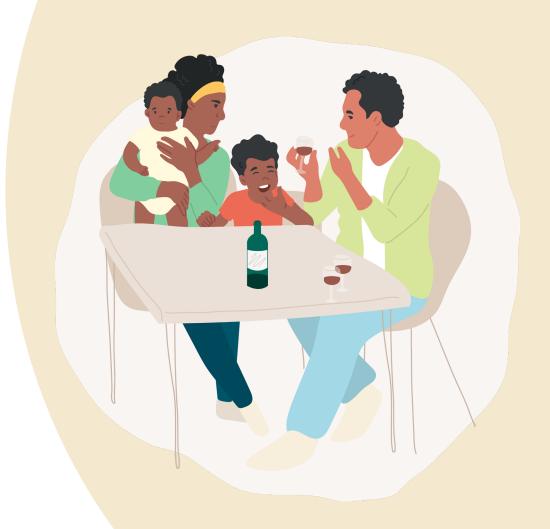
- Child safety according to age and season
- Inquisitive babies
- Your baby wants to explore everything
- Burns, poisoning, injuries caused by falling, etc.



### Being a parent

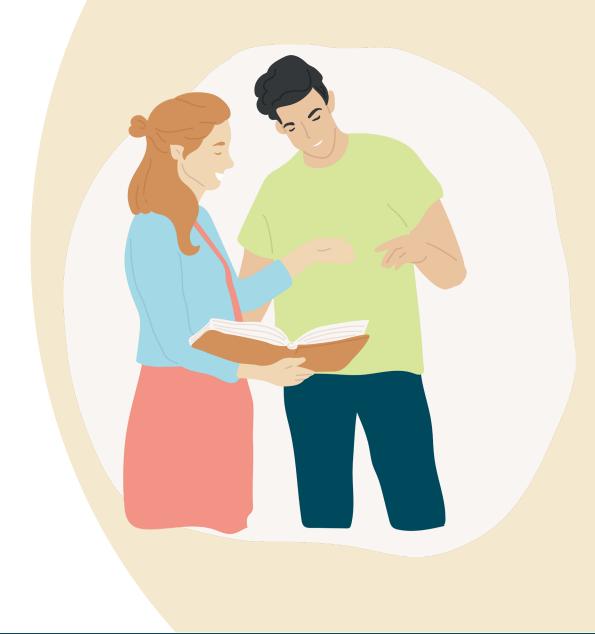
#### What affects your baby – and how?

- Stress
- Sleep
- Alcohol
- Medications



#### **Equal parenting**

- New situation, networks, expectations and plans
- Fathers of young babies work the most overtime and spend 2 hours less with their babies every day compared to mothers of young babies
- 2% of fathers of young babies work parttime so that they can care for their babies, compared to 34% of mothers
- Fathers take 29% of the total parental allowance in Sweden, while mothers take 71%



#### Language development

#### Language

- Where is the lamp? Where is the teddy?
- Peek-a-boo, pat-a-cake
- Imitation games imitate your baby
- Introduce words and expressions to your baby, even if they don't ask about them
- Interpret what you think your baby wants to show you and put it into words
- Does your baby babble? If not, get in touch with your child welfare clinic



#### Fevers, colds and childhood illnesses

## Most babies fall ill at times

- You can expect your baby to have about 6 to 8 colds per year
- Common childhood diseases that don't require medical attention:
  - Hand, foot and mouth disease
  - Roseola
  - Chickenpox
- You might find it useful to keep a first aid kit at home (fluid replacement, Alvedon (paracetamol), thermometer, saline)
- Minimise infection wash your hands
- Avoid large crowds during cold season



#### 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 eservices 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





Produced by the Regional Office Strategic Child Healthcare Team, 2023

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