

# **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



# Child safety

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 part-time 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](https://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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