

Understand the newborn



Take the developmental
journey for you and your child

How will we go?

Developmental Milestones

Holistic Development Aspects

Behavior Development
Strategies

Activities, Games and Toys

Stakeholders' involvement



Importance

- Foundational years
- Cultural changes
- Work life changes



Early experiences are crucial and help build their personality



Most crucial age



All About Cradles

**And When to switch on a
bed?**



Say NO to bottles and pacifiers



Should I use a “baby carrier”?

YES!

- Access for the baby
- Communication
- Skin to skin contact
- Protection to the child



All about diapers



Things to keep in mind for their diet!

- Exclusive breastfeeding till 6 months – not even water
- No salt till 1 year
- No white sugar till 2 years – use natural sugar
- Introduce animal milk after 1 year
- Start seasonal fruits and vegetables from 7 months
- Honey – botulism (poisoning) – lifelong paralysis

Few important tips

- Formula Milk
- Make a journal – for everything
- Kangaroo care
- Set a routine

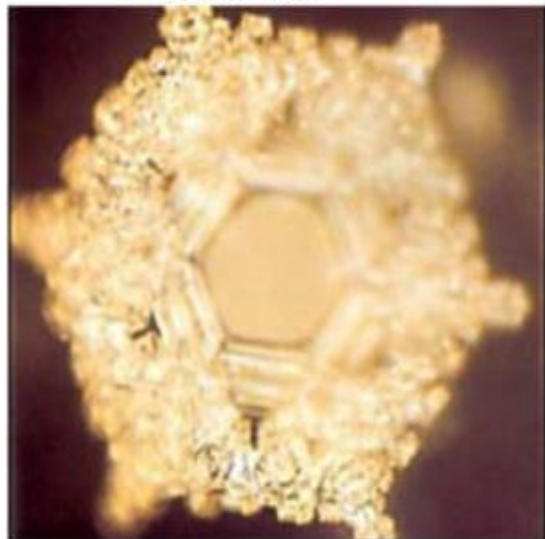
**Importance of
Father's, Grandparents'
and sibling's
involvement
in
child rearing**



Preparing siblings



Love



Thank You



I Hate You



Dr. Emoto's photographs of his water experiment -- Observe the crystal formation created after being exposed to the words "Love" or "Thank You" compared to the crystal formation of the "I Hate You" water. You can find more images from Dr. Emoto's experiment in his book, *The Hidden Messages in Water*.

Child-rearing should be a teamwork - to efficiently develop the child in all the important areas!