

One additional factor must be stressed concerning injury prevention and education. Children are imitators; they copy what they see and hear. *Practicing safety teaches safety*, which applies to parents and their children and to nurses and their clients. Saying one thing but doing another confuses children and can lead to difficulties as the child grows older.

Anticipatory Guidance—Care of Families

Childrearing is no easy task; it presents challenges to both new parents and seasoned parents. With society's changing roles, combined with a highly mobile population, traditional role models and time-honored methods of raising children are declining. As a result, parents look to professionals for guidance. Nurses are in an advantageous position to render assistance and suggestions. Every phase of a child's life has its particular traumas—toilet training for toddlers, unexplained fears for preschoolers, and identity crises for adolescents. For parents of infants, some challenges center around dependency, discipline, increased mobility, and safety. Major areas for parental guidance during the first year are listed in the [Family-Centered Care](#) box.

Family-Centered Care

Guidance During Infant's First Year

First 6 Months

- Teach parents car safety with use of federally approved restraint, facing rearward, in the middle of the back seat—not in a seat with an air bag.
- Understand each parent's adjustment to newborn, especially mother's postpartum emotional needs.
- Teach care of infant and help parents understand his or her individual needs and temperament and that the infant expresses wants through crying.
- Reassure parents that infant cannot be spoiled by too much