

AFTER BIRTH – CHILD BORN

VACCINATIONS:

GIVEN IN PDF

BABY PRODUCTS:

Baby products: Must-haves till the first year



➤ Baby clothes

Baby clothes are usually sized by age, but this can vary among brands. Look for clothes that also list weight or height guidelines to help you find the ones that will fit your baby best.

For everyday wear, think comfort and ease.

Organic baby clothing is made without harsh dyes or potentially harmful chemicals, but it's usually more expensive

Here are the basics your baby will need for the first year:

One-piece outfits (5 to 7)

Shirts and bodysuits (5 to 7)

Leggings or stretchy pants (5 to 7)

Outer layers (5)

Hats and mittens

Socks or booties

Shoes

Pajamas or sleepers (5 to 7)

➤ Diapers

Whether you use cloth, disposable, or something in between (like a diaper with a disposable lining and reusable cover), your baby probably will go through 10 to 12 diapers a day at first, so plan accordingly. If you use disposables, you might want to start with small packs of a few different kinds in case certain types irritate your baby's skin or don't fit well.

Wipes

Changing pad or table

➤ Baby gear

Wearing your baby means your little one gets to snuggle close to you, and you'll have two free hands to do everything else.

When choosing a baby carrier, make sure all straps and harnesses support your baby securely. It's also a good idea to find one that can be laundered or cleaned easily.

Stroller:

Car seat:

➤ Breastfeeding and bottle-feeding

Nursing or feeding pillow

Breastfeeding accessories

Burp cloths (6 to 12): Lightweight cloths (or cloth diapers) catch spit-up and wipe up other baby fluids.

Bottles (6 to 12): Newborns usually start with the 4-ounce size, but you'll need some 8-ounce bottles as your child begins to drink more

Formula: If you aren't breastfeeding, you have lots of [infant formula options](#) to choose from – check out our [formula primer](#) and talk to your healthcare provider.

Bottle brushes (2): These are handy for thoroughly scrubbing small parts and crevices in bottles, bottle parts, and nipples.

Breast pump:

Breast milk bags:

Breastfeeding and bottle-feeding

➤ Sleeping

Crib and mattress: Many new parents don't need a [crib](#) right away, choosing to use a [bassinet](#) or [play yard](#) with a bassinet feature or [bring their newborn into their bed](#) instead..

Bedding: You'll see plenty of fancy bedding sets in baby stores, but all you really need are three to five fitted crib sheets and a waterproof crib mattress pad.

Wearable blankets (2 or 3):

Swaddling blankets (3):

➤ Feeding

When your baby is [ready for solid food](#), somewhere between 4 and 6 months of age, these [feeding supplies](#) can make the transition easier.

Highchair: You can buy a freestanding highchair, a seat that hooks onto a counter or table, or a portable highchair that attaches to a regular chair.

Bowls (2 to 3)

Baby spoons (3 to 5):

Sippy cups (3 to 5):

Bibs (3 to 5):

➤ Bathing

Bath tub: The kitchen sink works fine at first for [bathing your baby](#), but you might want to move your baby to a tub before too long. Choose one that's sturdy and well made.

Soap and shampoo:

Towels (2 to 3)

Washcloths (4 to 6)

➤ Baby soothers, toys, and entertainment

Pacifiers (3 to 5):

Bouncy seat:

Play mat and gym.

Toys

Nightlight

Books

➤ Safety

As soon as your child is rolling, crawling, or creeping around, you'll need to be aware of the biggest household dangers so you can childproof your home.

A few pieces of safety equipment can help protect your baby from many common hazards.

Safety gates

Outlet covers

Cupboard and drawer latches

Toilet seat locks

Baby monitor

➤ Health

First-aid kit: See what to keep in your first-aid kit.

Bulb syringe

Teething toys

Digital thermometer.

Baby nail scissors or clippers

Baby-friendly laundry detergent

Soft-bristled baby brush

GROWTH AND DEVELOPMENT:

1 Standard growth chart

BOYS

A [growth chart](#) helps you and your paediatrician track whether your baby is growing properly over time.

There is no ideal height and weight for a baby, but there is a growth pattern that most babies follow.

But to track whether your baby is growing adequately over time, you will need to use a chart that shows his growth curve and percentile.

Boys' growth standards: birth to 12 months*

Months	Length (cm) 3 rd to 97 th percentile	Weight (kg) 3 rd to 97 th percentile	Head circumference (cm) 3 rd to 97 th percentile
0	46.3 - 53.4	2.5 - 4.3	32.1 - 36.9
1	51.1 - 58.4	3.4 - 5.7	35.1 - 39.5
2	54.7 - 62.2	4.4 - 7.0	36.9 - 41.3
3	57.6 - 65.3	5.1 - 7.9	38.3 - 42.7
4	60.0 - 67.8	5.6 - 8.6	39.4 - 43.9
5	61.9 - 69.9	6.1 - 9.2	40.3 - 44.8
6	63.6 - 71.6	6.4 - 9.7	41.0 - 45.6
7	65.1 - 73.2	6.7 - 10.2	41.7 - 46.3
8	66.5 - 74.7	7.0 - 10.5	42.2 - 46.9
9	67.7 - 76.2	7.2 - 10.9	42.6 - 47.4
10	69.0 - 77.6	7.5 - 11.2	43.0 - 47.8
11	70.2 - 78.9	7.4 - 11.5	43.4 - 48.2
12	71.3 - 80.2	7.8 - 11.8	43.6 - 48.5

Boy's growth standards 12 to 24 months*

Months	Length (cm) 3rd to 97th percentile	Weight (kg) 3rd to 97th percentile	Head circumference (cm) 3rd to 97th percentile
12	71.3 - 80.2	7.8 - 11.8	43.6 - 48.5
13	72.4 - 81.5	8.0 - 12.1	43.9 - 48.8
14	73.4 - 82.7	8.2 - 12.4	44.1 - 49.0
15	74.4 - 83.9	8.4 - 12.7	44.3 - 49.3
16	75.4 - 85.1	8.5 - 12.9	44.5 - 49.5
17	76.3 - 86.2	8.7 - 13.2	44.7 - 49.7
18	77.2 - 87.3	8.9 - 13.5	44.9 - 49.9
19	78.1 - 88.4	9.0 - 13.7	45.0 - 50.0
20	78.9 - 89.5	9.2 - 14.0	45.2 - 50.2
21	79.7 - 90.5	9.3 - 14.3	45.3 - 50.4
22	80.5 - 91.6	9.5 - 14.5	45.4 - 50.5
23	81.3 - 92.6	9.7 - 14.8	45.6 - 50.7
24	82.1 - 93.6	9.8 - 15.1	45.7 - 50.8

Baby girl's growth chart

This chart gives the measurement range between the 3rd and 97th percentile of the WHO growth standards for baby girls. Checking that your baby fits into this range can reassure you that she is within the normal range of height, weight and head circumference measurements for her age.

But to track whether your baby is growing adequately over time, you will need to use a chart that shows her growth curve and percentile.

Girl's growth standards: birth to 12 months*

Months	Length (cm) 3 rd to 97 th percentile	Weight (kg) 3 rd to 97 th percentile	Head circumference (cm) 3 rd to 97 th percentile
0	45.6 - 52.7	2.4 - 4.2	31.7 - 36.1
1	50.0 - 57.4	3.2 - 5.4	34.3 - 38.8
2	53.2 - 60.9	4.0 - 6.5	36.0 - 40.5
3	55.8 - 63.8	4.6 - 7.4	37.2 - 41.9
4	58.0 - 66.2	5.1 - 8.1	38.2 - 43.0
5	59.9 - 68.2	5.5 - 8.7	39.0 - 43.9
6	61.5 - 70.0	5.8 - 9.2	39.7 - 44.6
7	62.9 - 71.6	6.1 - 9.6	40.4 - 45.3
8	64.3 - 73.2	6.3 - 10.0	40.9 - 45.9
9	65.6 - 74.7	6.6 - 10.4	41.3 - 46.3
10	66.8 - 76.1	6.8 - 10.7	41.7 - 46.8
11	68.0 - 77.5	7.0 - 11.0	42.0 - 47.1
12	69.2 - 78.9	7.1 - 11.3	42.3 - 47.5

Girls' growth standards 12 to 24 months*

Months	Length (cm) 3rd to 97th percentile	Weight (kg) 3rd to 97th percentile	Head circumference (cm) 3rd to 97th percentile
12	69.2 - 78.9	7.1 - 11.3	42.3 - 47.5
13	70.3 - 80.2	7.3 - 11.6	42.6 - 47.7
14	71.3 - 81.4	7.5 - 11.9	42.9 - 48.0
15	72.4 - 82.7	7.7 - 12.2	43.1 - 48.2
16	73.3 - 83.9	7.8 - 12.5	43.3 - 48.5
17	74.3 - 85.0	8.0 - 12.7	43.5 - 48.7
18	75.2 - 86.2	8.2 - 13.0	43.6 - 48.8
19	76.2 - 87.3	8.3 - 13.3	43.8 - 49.0
20	77.0 - 88.4	8.5 - 13.5	44.0 - 49.2
21	77.9 - 89.4	8.7 - 13.8	44.1 - 49.4
22	78.7 - 90.5	8.8 - 14.1	44.3 - 49.5
23	79.6 - 91.5	9.0 - 14.3	44.4 - 49.7
24	80.3 - 92.5	9.2 - 14.6	44.6 - 49.8

2. Standard growth chart

Milestone chart: One to six months

What to expect from your baby at this stage.

Mastered Skills (most children can do)

Emerging Skills (half of children can do)

Advanced Skills (a few children can do)

Child's Age : [One month](#)

[Lifts head](#)
Responds [to sound](#)
[Stares at faces](#)

- Follows objects
- Oohs and ahhs
- Can [see black-and-white patterns](#)

- [Smiles](#)
- Laughs
- Holds head at 45-degree angle

Child's Age : [Two months](#)

Vocalises sounds - gurgling and cooing
Follows objects
[Holds head up](#) for short periods

- [Smiles, laughs](#)
- Holds head at 45-degree angle
- Movements become smoother

- Holds head steady
- Bears weight on legs
- May [lift head and shoulder \(mini-pushup\)](#)

Child's Age : [Three months](#)

Laughs
Holds head steady
[Recognises your face](#) and scent

- Squeals, [gurgles, coos](#)
- Recognises your voice
- Does mini-pushups

- Turns towards loud sounds
- Can bring hands together and may bat at toys
- Can [roll over](#)

Child's Age : [Four months](#)

Holds [head up steadily](#)
Can bear weight on legs
Coos when you talk to him

- Can [grasp a toy](#)
- Reaches out for objects
- Can roll over

- Imitates speech sounds - baba, dada
- May [cut first tooth](#)

Mastered Skills (most children can do)

Emerging Skills (half of children can do)

Advanced Skills (a few children can do)

Child's Age : [Five months](#)

Can [distinguish between bold colours](#)
Can roll over
Amuses himself by playing with hands and feet

- Turns towards [new sounds](#)
- Recognises own name
- May be [ready for solids](#)

- May sit momentarily without support
- Mouths objects
- [Stranger anxiety](#) may begin
-

Child's Age : [Six months](#)

Turns towards sounds and voices
[Imitates sounds](#), blows bubbles
Rolls in both directions

- Reaches for objects and mouths them
- Sits without support
- Is [ready for solids](#)

- May lunge forward or [start crawling](#)
- May jabber or combine syllables
- May drag object towards himself

FOOD:

➤ **Feeding Your 1- to 3-Month-Old**

During your baby's first 3 months, breast milk or formula will provide all the nutrition needed. But as your infant develops physically and mentally, the feeding process will evolve. In general, babies move toward consuming more milk during each feeding, so won't need to feed as often and will sleep longer at night.

But there will be times during the next year — and, especially, in the first 3 months — when a growth spurt increases your baby's appetite.

Breastfeeding: How Much and How Often?

After the first few weeks following birth, breastfed babies start to feed less often and sleep for longer periods at night. You can be reassured that your breastfed infant probably is eating enough if he or she:

- seems alert, content, and active
- is steadily gaining weight, growing, and developing
- feeds six to eight times per day
- is wetting and soiling diapers on a regular basis

➤ **Feeding Your 4- to 7-Month-Old**

Most babies this age are introduced to solid foods. Experts recommend gradually introducing solid foods when a baby is about 6 months old, depending on the baby's readiness and nutritional needs.

Be sure to check with your doctor before starting any solid foods.

Is My Baby Ready to Eat Solids?

How can you tell if your baby is ready for solids? Here are a few hints:

- Is your baby's tongue-thrust reflex gone or diminished? This reflex, which prevents infants from choking, also causes them to push food out of their mouths.
- Can your baby support his or her own head? To eat solid food, an infant needs good head and neck control and should be able to sit up.
- Is your baby interested in food? A 6-month-old baby who stares and grabs at your food at dinnertime is clearly ready for some variety in the food department.

➤ **Feeding Your 8- to 12-Month-Old**

By about 8 months old, most babies are pros at handling the iron-fortified infant cereals and the pureed foods that have been introduced as part of their diet along with breast milk or formula.

Over the next few months, they start to explore table foods.

Changing Eating Habits

As you expand your baby's palate, continue to give new foods a trial run (a few days to a week) to look for any allergic reactions. But:

- Do not give honey until after a baby's first birthday. Honey may contain certain spores that, while harmless to adults, can cause [botulism](#) in babies.
- And do not give regular [cow's milk](#) until your baby is older than 12 months because it does not have the nutrition that infants need.

By the first birthday, babies usually are ready to go from formula to cow's milk. If you're breastfeeding, you can continue beyond your baby's first birthday, if desired, or you may decide to stop.

➤ [Feeding Your 1- to 2-year-Old](#)

- Toddlers this age are moving from the eating habits they had as infants toward a diet more like your own.
- Your job is to keep introducing new flavors and textures. Food preferences are set early in life, so help your child develop a taste for healthy foods now.
- Toddlers have little tummies, so serve foods that are packed with the nutrients they need to grow healthy and strong, and limit the sweets and empty calories.
- Toddlers also like to assert their independence, and the table is one place where you should give yours some sense of control. Allow your toddler to respond to internal cues for hunger and fullness but set the boundaries.

A Word About Milk

- Milk is an important part of a toddler's diet because it provides calcium and vitamin D, which help build strong bones. Most kids under age 2 should drink whole milk for the dietary fats needed for normal growth and brain development.
- When your child is 2, you can make the switch to low-fat or nonfat milk.

Sample One-Day Menu for Your Two-Year-Old

This menu is planned for a two-year-old child who weighs approximately 27 pounds (12.5 kg).

1 teaspoon = ½ tablespoon = 5 ml

1 tablespoon = ½ ounce = 15 ml

1 ounce = 30 ml

1 cup = 8 ounces = 240 ml



BREAKFAST

½ cup nonfat or low-fat milk

½ cup iron-fortified cereal or ½ slice
whole-wheat toast

½ cup fruit (for example, banana, cantaloupe, or strawberries)

1 egg



SNACK

4 crackers with cheese or hummus
or ½ cup cut-up fruit or berries

½ cup water

LUNCH

½ cup low-fat or nonfat milk

½ sandwich—1 slice whole-wheat bread, 1 ounce
meat, slice of cheese, veggie (avocado, lettuce,
or tomato)

2–3 carrot sticks (cut up or cooked) or 2 table-
spoons other yellow or green vegetable

½ cup berries or 1 small (½ oz.) low-fat oatmeal cookie



SNACK

½ cup nonfat or low-fat milk

½ apple (sliced), 3 prunes, ½ cup grapes (cut up),
or ½ orange

DINNER

½ cup nonfat or low-fat milk

2 ounces meat

½ cup whole-grain pasta, rice, or potato

2 tablespoons vegetable



