

My

BABY BOOK



First Steps

Dr. Grace Lalana Christopher

BABY BOOK

MY BABY

1

*Tiny though I be today
Grow I will, from day to day
Five feet or six some day, I'll be
Will I, happy or unhappy be?
My Parents who gave me life, I am, truly unique
A genetic replica of my mom and dad,
Formed for nine long months within my mother's womb,
I sojourned there protected, warm and secure
Till my long awaited birth
When I undertook the tumultuous journey
Into the big outside world,*

3

*Cues are the baby language I speak
whether awake or mostly asleep
but in the quiet alert state
I am all attention learning about my family
is the best time to interact with me
and when hungry, will suck my fingers, fist or lips
while crying is a late cue
My parents who respond promptly, lovingly
and appropriately to my cues
helps to develop a secure attachment
for healthy growth and development
of a secure and happy childhood,
grow up into mature stable adulthood*

2

*There nestled in my father's arms
and under my mother's loving gaze
I view the world as a safe and loving place
to grow up strong and healthy with high self esteem
My mother's milk is the best food I can have
Giving me not only nutritious food but also
the close physical contact and emotional satisfaction
for a healthy personality development*

4

*But wait! as I have yet to go
through the journey of life
To be the person God has destined me to be
It is my father and my mother responsibility
To guide me in the right way while effectively parenting me
Instilling high self worth, control and will power
To help me solve my problems and make informed decisions
Enabling me to successively navigate through the sea of life to
To reach my destiny and thus fulfill my potential*

Parents must remember that every child is a unique individual and is not or ever will be identical to any other child. Babies develop at their own pace, so it's impossible to tell exactly when your child will learn a given skill. The developmental steps listed below will give a general idea of the changes one can expect, but don't be alarmed if your own baby's development is not exactly as listed. The following milestones during the first year as listed in this book are appropriate ages in which they may be achieved and will give a general idea of the changes one can expect. Each child develops at different rate and individual pace, so it's impossible to tell exactly when a baby will learn a given skill or may even plateau or show temporary regression following a spurt of growth. Sometimes a child slow at one stage of development is often quicker in another; some children attempt to toddle even before trying to crawl. However, if the baby is lagging significantly behind the age noted, for a particular area of growth, one would best consult a pediatrician, if only for the reassurance that all is well. Premature babies generally reach milestones later than others of the same birth age, often achieving them closer to the adjusted age and sometimes later. Counting should begin from the child's due date and not from birth date. So a child born three months early should be expected to reach at 6 months the milestones of a 3 month old.

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My BABY BOOK

BABY'S NAME.....

MY VERY FIRST PICTURE



DATE OF BIRTH : DAY.....MONTH..... YEAR.....

PLACE OF BIRTH..... MODE OF DELIVERY

TIME OF BIRTH..... BIRTH WEIGHT (G)

LENGTH (CM) HEAD CIRCUMFERENCE (CM).....

BLOOD GROUP..... ANY BIRTH MARKS.....

FAMILY TREE

PATERNAL GRANDFATHER.....

MATERNAL GRANDFATHER.....

PATERNAL GRANDMOTHER.....

MATERNAL GRANDMOTHER.....

FATHER.....

MOTHER.....

BROTHER.....

SISTER.....

Extended Family Members.....

BABY BOOK

Just Born !



Soon the baby will fall fast asleep !



The initial quiet alert state when baby gazes at Mom and Dad is best for emotional bonding



Moments after birth usually in the very first picture, the baby is wide awake in the initial quiet alert state gazing at the family for about 30-45 minutes. This is the best time to establish emotional bonding and to initiate feeding by allowing the baby to suckle because after this time baby will spend more time sleeping.

My BABY BOOK



Date

Age



Date

Age

•Just born! after an epic journey into this world, here I am gazing at my mom, I turn my head to look at my Dad, soon I will fall asleep for 18-20 hours each day, briefly waking for a feed.

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The baby is all attention in the quiet alert state, is the best time to interact and bond with baby

Active alert state baby is fussy, the early cues for hunger is sucking the fist or lips



Crying is a late cue for hunger or signals distress -wet nappy or carry me!



Babies have six states of consciousness, three wake states and three sleep states. The awake states are quiet alert-best time for interaction with baby, active alert when baby is sensitive to various stimuli like hunger, discomfort etc and crying state when baby is distressed, this is also a late cue for hunger.

My BABY BOOK



Date

Age



Date

Age

Here I am in my active or fussy state, sucking my fist or fingers or even pursing my lips are early signs of hunger and I need to be fed. These are my behavioral cues or my way of communicating that I am hungry. I am also sensitive to other stimuli such as fatigue, noise or a wet diaper and feeling chill or am uncomfortable and need to be burped. Feeding is perhaps my most pleasurable time. Soon I will be sound asleep, I'm so cute!