

Dr. Grace Lalana Christopher

BABY BOOK

MY BABY

Tiny though I be what
Grow I will, from day to day
First feet or six some day, I'll be
Will I, happy on unhappy be?
My Parents who gave me life, I am, truly unique
A generic replica of my mom and dad,
Formal for nine long months within my mother's womb,
I sofourned these protected, warm and secure
Till my long awaited furth
When I under took the sumultuous journey
Into the life withing world

Ches are the baby language I speak
whether awake or mostly asleep
but in the queet alert state
am all attention learning about say 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
thy parents who respond promptly, lovingly
and apprepriately 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

There nestled in ray futher's arms and under my mother's lawing gaze. I view the world as a safe and loving place to grow up strong and healthy with high self asteen. 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 personally development

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 powe To help me solve my problems and make informed decision tabling me to successively mangate through the sea of life to To reach my destiny and thus fulfill my potential.

to any other child.

Phroits must remember that every child is a unique individual and is not or ever will be the other by at their own pace, so it's impossible to tell exactly when your child will learn them listed below will give a general idea of the changes one can expect, but don't evelor ment is not exactly as listed. The following milestones during the first year as ages in which they may be achieved and will give a general idea of the changes one different rate and mulvidual pace, so it is impossible to tell exactly when a baby wi plateau or they temporary regression following a spurt of growth. Sometimes a child often quickly in another; some children attempt to toddle even before trying to draw significantly tell and the age noted, for a particular area of growth, one would be some cassurance that all is well. Premature babies generally reach milestones later to the adjusted age and sometimes later. Counting should be adhieving them closer to the adjusted age and sometimes later. Counting should be the from birth date. So whild born three months early should be expected to reach the particular area.

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BABY'S NAME	
	MY VERY FIRST PICTURE
DATE OF BIRTH : DAY	YEAR
PLACE OF BIRTH	The state of the s
TIME OF BIRTH	
LENGTH (CM)	
BLOOD GROUP	ANY BIRTH MARKS
	FAMILY TREE
PATERNAL GRANDFATHER	
PATERNAL GRANDMOTHER	
FATHERBROTHER	
Extended Family Members	

BABY BOOK

Just Born!



Soon the baby will fall fast asleep!

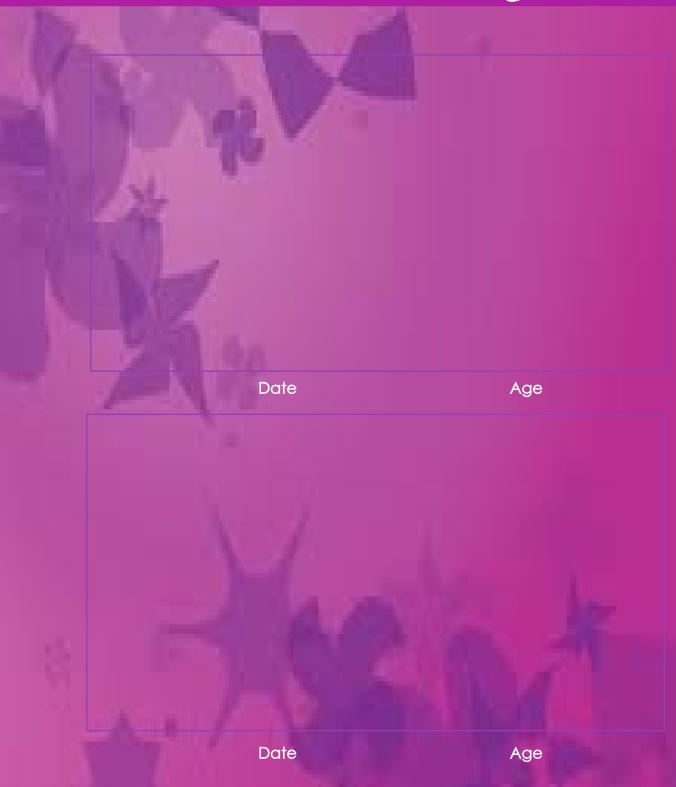
The initial quiet alert state when baby gazes at Mom and Dad is best for emotional bonding





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.

Му вавувоок



•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.

BABY BOOK



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!



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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 sentsitive to various stimuli like hunger, discomfort etc and crying state when baby is distressed, this is also a late cue for hunger.

Му вавувоок

