

HELLO WORLD!



OPENING NOTE

Congratulations, you have been blessed with a beautiful child! Your child's brain develops most quickly between the ages of 0 and 6 years.

HELLO WORLD!



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MYTHS VS TRUTHS

NUTRITION DURING PREGNANCY

1 MYTH

Pregnant women should NOT take multivitamins. If we take multivitamins whilst pregnant, the baby will grow larger than average, leading to caesarean section.

TRUTH

The most important factors are genetics and unmanaged high blood sugar levels from gestational diabetes or diabetes mellitus.

2 MYTH

Sugarcane or coconut juice can cause miscarriage.

TRUTH

Sugarcane and coconut juice is a rich source of iron and vitamins A, C, B1, B2, B3, B5, and B6. Sugarcane juice also contains phytonutrients, antioxidants, protein, and high in soluble fibre.



3 MYTH

Pregnant women crave sour foods like pickles and ice cream.

TRUTH

Food cravings depend on what your body needs. Women who crave pickles are really craving salt and may be mineral deficient, and specifically in sodium. Additional minerals are particularly important in pregnancy.

WHAT TO EAT & NOT TO EAT WHEN EXPECTING

- ✓ **Folic acid** is found in green leafy vegetables, broccoli, beans, citrus fruits and liver. 
- ✓ **Vitamin D.** Children born to mothers with low levels of Vitamin D during pregnancy are twice as likely to have severe language problems when they are in school, and develop asthma.
- ✓ **Seafoods, fish oil and Omega-3.** Infants born to mothers with higher blood levels of the omega-3 fatty acid docosahexaenoic acid (DHA) at delivery had advanced levels of attention spans up to age 2. During the first six months of life, these infants were two months ahead of those babies whose mothers had lower DHA levels.
- ✓ **Choline.** Foods that contain a high level of choline include liver, milk, chicken, egg and nuts help the baby's growing brain to develop. 

! Do not take any medication especially during the first trimester of pregnancy, without doctor's consent.

! Poor nutrition during pregnancy can lead to pre-term infants.

PRENATAL DEVELOPMENT

1st

TRIMESTER

(1-12 WEEKS)

- The foetus' organs, such as the brain, heart, lungs and intestines begin to develop in the **5th week of pregnancy**.

2nd

TRIMESTER

(13-27 WEEKS)

- Most first-time mothers notice their baby's **first movements** when they are between 18-20 weeks
- By week 18, the foetus may be able to **hear**, and by week 25, may be able to **respond with movement to your voice**.



3rd

TRIMESTER

(WEEK 28-BIRTH)

- Bones will be **fully developed by week 29**, but will still be soft and pliable. Body begins to store fat as well as minerals such as calcium, iron and phosphorus.

MYTHS VS TRUTHS

	MYTH	TRUTH
TRADITIONS	Tradition of <i>melenggang perut</i> will ensure that the infant will not be strangled by the umbilical cord during delivery; by moving the foetus in the right position.	It was a social requirement for the mother-to-be to feel relieved from the attention and support of family members, and to identify the gender of the foetus when there were no ultra-scan machines.
SUDDEN INFANT DEATH SYNDROME (SIDS)	Babies who sleep on their backs will choke if they spit up or vomit during sleep.	Babies automatically cough up or swallow fluid that they spit up or vomit—it's a reflex to keep the airway clear. In fact, babies who sleep on their backs might clear these fluids better because of the way the body is built.
	SIDS can occur in babies at any age.	Babies are at risk of SIDS only until they are 1 year old. Most SIDS deaths occur when babies are between 1 month and 4 months of age. SIDS is not a health concern for babies older than 1 year of age.
CARETAKING	Babies whose parents console them too often will be clingy and pampered.	Babies need you. They are dependent on you for love and consolation. There is no such thing as pampering your baby too much.

A Holding and stroking an infant stimulates the brain to release important hormones
B that allow him to grow.
C

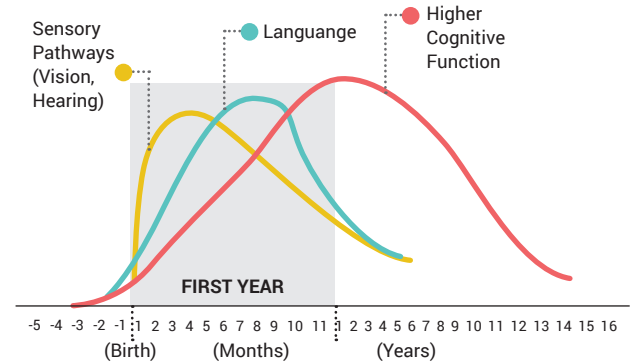
HEALTHY BRAIN DEVELOPMENT



WHY IS THIS IMPORTANT?

By the age of 3, a child's brain has twice as many connections as an adult brain. If a child's brain is not stimulated from birth, these synapses don't develop, impairing the child's ability to learn and grow.

The chart below shows how different parts of the brain develop.



Did You Know?

The brain knows which connections to keep. When a connection is used repeatedly in the early years, it becomes permanent. A connection that is not used often gets 'Pruned' or removed. For example, **a child who is rarely spoken or read to – will have language difficulty later in life.**

Balancing your approach to your child's **cognitive, emotional, social and language development** will greatly affect his or her chances for achievement and happiness in life.

RELATIONSHIPS NUTRITION

Language and interaction with family and non-family members

ENVIRONMENT

Healthy, stable surroundings and exposure at home and beyond

Ensuring availability and affordability of healthy and age-appropriate food

VACCINATION SCHEDULE

WHY IS VACCINATION IMPORTANT?

Childhood immunisation protects your child against serious diseases which can otherwise lead to lifelong complications and can sometimes even cause death.

Did You Know?

Some parents believe that the Measles/Mumps/ Rubella (MMR) vaccine caused their children's autism, but this is not true. Studies show that there is no link between vaccination and autism.

The first immunisation will be given to your child just after birth.

THINGS TO NOTE WHEN BRINGING YOUR CHILD FOR IMMUNISATION



1 Bring along your child's birth certificate on your first visit to the polyclinic and the health booklet at every visit.

2 It is important to complete the full course of immunisations to ensure that your child has full immunity against the listed diseases.

3 If you are unable to bring your child for a scheduled appointment, call **6355 3000** to schedule for a new appointment.

4 Where possible, you should have your child immunised at the same clinic.

5 A vaccination certificate will be issued after your child has completed his or her schedule of childhood immunisations.

6 Singaporeans are able to use their Child Development Account (CDA) account to pay for enhanced vaccinations.

Tip
Save your child's first \$3,000 in the CDA, and the government will match your savings with another \$3,000!

7 Bring along the following documents at your baby's first vaccination visit (at 3 months):

- CDA* – NETS card with Pin Number (OCBC/ Standard Chartered)
- Latest CDA monthly statement or online CDA statement of account
- Parent's/ Trustee's NRIC
- Child's original Birth Certificate

Vaccines	BCG	HepB	Dtap	Tdap	IPV	Hib	MMR	PCV	D1/ D2/ D3	B1/ B2/ B3	^	^^	#	##
Bacillus Calmette—Guérin														
Hepatitis B vaccine														
Paediatric diphtheria and tetanus toxoid and acellular pertussis vaccine														
Tetanus toxoid, reduced diphtheria toxoid and acellular pertussis vaccine														
Inactivated polio vaccine														
Haemophilus influenzae type b vaccine														
Measles, mumps, and rubella vaccine														
Pneumococcal conjugate vaccine														
First dose, second dose, third dose														
First booster, Second booster, third booster														
Primary 1														
Primary 5														
Third dose of HepB vaccination can be given with the third dose of DTap& OPV for parent's convenience														
Second dose Of MMR can be given between 15 - 18 months														

RECOMMENDED NATIONAL CHILDHOOD IMMUNISATION SCHEDULE IN SINGAPORE

Vaccination	For persons aged 0 to < 18 years												
	Birth	1	3	4	5	6	12	15	18	6-7 ^a	10-11 ^{aa}	Years	
Tuberculosis	BCG												
Hepatitis B	HepB (D1)	HepB (D2)			HepB (D3) [#]								
Diphtheria, Tetanus, Pertussis		DTap (D1)	DTap (D2)	DTap (D3)					DTap (B1)		Tdap (B2)		
Poliovirus		IPV (D1)	IPV (D2)	IPV (D3)					IPV (B1)		OPV (B2)		
Haemophilus influenzae type b		Hib (D1)	Hib (D2)	Hib (D3)					Hib (B1)				
Measles, Mumps, Rubella							MMR (D1)	MMR (D2) ^{##}					
Pneumococcal Disease			PCV (D1)		PCV (D2)								
Human Papillomavirus													

Recommended for females 9 to 26 years; three doses are required at intervals of 0,2,6 months



scan for more

PARENTING GUIDES ON BABIES

1 MY BABY WON'T STOP CRYING



WHY?

All babies cry and this is their way of communicating with you. You will gradually learn what Baby's cries mean. Newborn babies usually stop crying after they have been fed.

Baby could be:

- uncomfortable
- hungry
- seeking your attention

WHAT CAN YOU DO?

- Check for wet nappy
- Rock Baby to calm him
- Feed Baby
- If Baby's cry is sharp and loud, and she is inconsolable, she could be in pain. Take him to the doctor.

2 MY BABY CHEWS ON EVERYTHING



WHY?

This is a normal phase of development. Baby's gums will become itchy and sore when she is teething, hence, she may start biting him fists, toys and furniture.

WHAT CAN YOU DO?

- A teething ring may soothe Baby. Keep objects you do not want Baby to put into his mouth out of his reach
- Distract Baby, e.g. read to her, let him play with a toy or bring him for a walk

3 MY BABY FIGHTS DIAPER CHANGE



WHY?

Babies rarely keep still, especially when they are learning to roll over, sit up or crawl.

WHAT CAN YOU DO?

- Ensure that Baby is not lying on any object as it may be making him uncomfortable
- Give Baby his favourite toy to hold his attention
- Relax and do not battle with Baby
- Talk or sing to Baby to distract him

4 MY BABY STAYS AWAKE AT NIGHT



WHY?

Baby is:

- Tired
- Hungry
- Seeking your attention

WHAT CAN YOU DO?

- Gradually increase what Baby eats during the day so that night feeds can be reduced
- Help Baby relax before bedtime by creating comfort routines like singing or reading. Cut down on noise and activities
- Pat Baby on the back, rock him gently and say soothing words to put him to bed
- Avoid letting Baby sleep in the late afternoon

WHY?

Baby:

- Feels insecure as she may have had a bad bathing experience
- Does not like water because it is too hot or too cold
- Does not like getting wet
- Does not like the lengthy process of a bath

5 MY BABY DISLIKES BATHS



WHAT CAN YOU DO?

- Make Baby feel safe and comfortable by letting him play with the bath water
- Let Baby play with toys in the bath tub
- Test the water temperature with your elbow and pat Baby with the bath water to get him ready
- Create a bath time routine

WHY?

- The valve between the food pipe (esophagus) and the stomach has not fully developed
- Baby swallows air during feeds and milk comes out with the air when she burps

6 MY BABY SPITS OUT DURING FEEDS



WHAT CAN YOU DO?

- After feeds, keep Baby upright for a while and avoid bathing Baby immediately
- Burp Baby several times during feeds
- Feed Baby smaller amounts
- Avoid pressure on Baby's stomach area



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