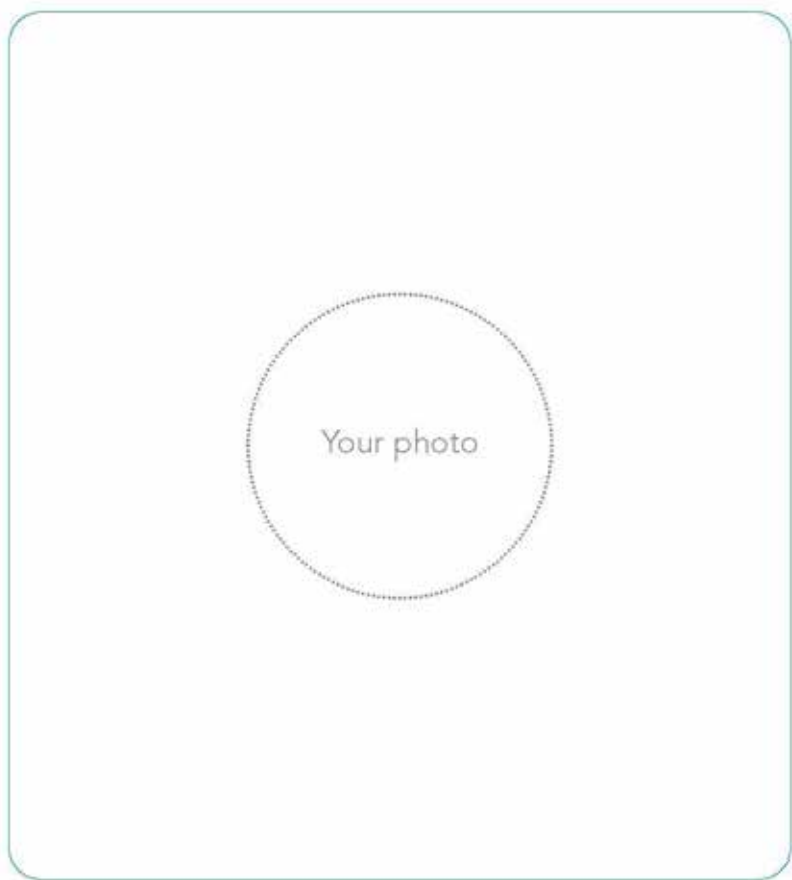


Your name _____



My wish for you:

Your Youth Health Care

Name of Centre _____

Address _____

Organisation Stamp

Telephone Consultation hours: _____

Walk-in/Weighing hours: _____

Appointments

Date _____ Time _____

_____ 

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Dear parent(s)

Our heartfelt congratulations on the birth of your baby!

Why this Guide?

- You will learn a lot about your child's development and health between the ages of 0 and 2.
- The Guide provides you with useful tips for the care and parenting of your child.
- If you're looking for a specific subject in the Guide, look at the alphabetically ordered index on page 134.
- Looking for more detailed information concerning a specific subject? Check out groeigids.nl or download the GroeiGids app.



GroeiGids app

Have you started using the GroeiGids app? You can download it for free. The app allows you to keep track of your baby's size, weight and vaccinations, as well as creating a lasting record of all your baby's important moments. Like the first laugh, the first time he crawls or the very first words he utters.

There is also advice suited to the child's age. You can add pictures and videos in the app, making a lasting memory of your child's development. More than 200,000 parents have already downloaded the app!



GroeiGids in the App Store



GroeiGids app in Android playstore



He, she, mummy, daddy

In the Growth Guide, when talking about the child, we alternate between saying 'it', 'he' or 'she'. For ease of reading, we do not always write 'he or she' or 'him or her'. It goes without saying we mean ALL children and we will therefore also use 'they', 'them' and 'their' frequently. If it says Mummy, Daddy, partner or parents, we mean ALL parents. For instance, a father and a mother, a father, a mother, two fathers, two mothers, single parents, adoptive and foster parents.

Youth Health Care, Youth Health Care Centre

You will be invited to come along to the Youth Health Care Centre, at least until your child has reached the age of 4.

For children up to the age of 4, Youth Health Care is (JGZ) commonly known as the Centre (Consultatiebureau). In some municipalities, the JGZ will be part of the Municipal Health Services (GGD) or of the Centre for Youth and Health (CJG). It may also be called the 'Parent and Child Centre' or be part of a neighbourhood team.

In this booklet, we use one name: Youth Health Care.

The Youth Health Care unit will work with you to monitor your child's development and growth. Pediatricians and their assistants will answer your questions and help you on your way. The Youth Health Care unit offers vaccinations, with the aim of preventing several serious diseases. When your child passes the age of 4, consultations will pass from the Youth Health Care system to the pediatricians and assistants connected to your child's school.

TIPS

- Youth Health Care can help you with questions about sleeping, crying, or your child's development and health in general. If necessary, they will refer to another doctor or carer.
- In many cases, you do not have to make an appointment to visit the centres. You can walk in for weighing your child, or to get answers to quick questions.



The first three months

In the first three months, feeding and caring for your baby will keep you very busy. Your life will change, as will your relationship. In the meantime, your baby is growing fast. Your baby will discover himself and the people in his world. New experiences will trigger the development of the brain and their powers of understanding will also increase rapidly.

The early years in a baby's life are extremely important. Not just then, but also for his health later in life, when they are grown up. Your baby will prosper if they get the love, the attention and the food that they need. Your bond will give the baby a good start in life.

Becoming a father or a mother

Having a child together

All of a sudden, you are no longer just partners, but mother and father. This is a great and beautiful responsibility in an entirely new role. Sharing the care for your baby and seeing him develop is a very special experience. It will require a great deal of energy, especially at first. Parenting is easier when you support each other. And if you split the work.

TIPS

- Make some time for each other, for instance when the baby is asleep.
- Talk to each other about what is going right and about what you find difficult. What would you like to do differently and how could you help each other?
- Complimenting each other will make you feel good and increase your confidence.
- If you find yourself disagreeing about something, find a quiet and peaceful moment to talk about it.
- Your partner may feel differently about things. Accept that.
- Split the work in such a way that it feels like teamwork.



Splitting the work

Single parenting

Many parents raise their child on their own. These children grow and develop just as well as children with two parents. A single parent will often have to do a lot of work without help. This makes support from family and friends even more important.

TIPS

- If you can, ask for help from your family, neighbours or good friends. Tell them what you need. Having someone to talk to can be very pleasant.
- You could try to get in touch with other single parents. There are websites like ouderalleen.nl or singlesupermom.nl.
- Some neighbourhoods offer programmes to help single parents. Check with your local Youth Health Care.



Things you need to do after birth

- Your child must be registered with your municipality within three days of birth.
- Your child must be registered with the health insurance company within two weeks after birth.
- Does your child have to go to the hospital or is he coming with you on a trip? Then she will need a passport or an ID before she is two weeks old. You can arrange this in your municipality.
- Are you unmarried parents? If your partner has officially acknowledged your child at the municipality during the pregnancy, you will automatically receive joint parental authority.

Everything is new

Your daily life will not be the same after the birth of your child, and most likely your social life will change too. You feel very responsible. And even when things are going well, you will feel worried from time to time. That is quite normal. All parents will have feelings of uncertainty, asking themselves questions like 'why is my baby crying now', 'is he in pain', 'is he growing enough', 'am I a good parent'. As a mother you also need to recover physically. Hormones may affect the way you feel. It is all part of having a baby!

TIPS

- Taking good care of yourself as a parent is very important, for you as well as for the baby. Try to relax, make time for yourself. Allow others to help you. You could ask someone to look after your baby so that you have some time for yourself.
- Talk about your feelings with your partner, your family or your friends.
- Reflect on what is going well. For instance: 'I managed to console my baby'.
- If you are feeling stress or insecurity, talk about it to your maternity assistant, the pediatrician, your GP or a Youth Health Care professional. They are all very experienced and can probably help you.



Parenting support

Raising a child is a completely new experience. Nobody does it automatically. It is quite normal and acceptable for you as parent(s) to ask for support. Youth Health Care is available to help you with your questions. Or you can talk to a care provider. Volunteers with parenting experience are available to visit you. You will find examples on groeigids.nl (look for Parenting Support).

Depending on your municipality, different options may be available. Check it out at your local Youth Health Care.