

## **Baby chart / CPC (United Kingdom) Ltd.**

### **Contributors**

CPC (United Kingdom) Ltd.

### **Publication/Creation**

Paisley : CPC (United Kingdom) Ltd., [between 1985 and 1995?]

### **Persistent URL**

<https://wellcomecollection.org/works/ygxjcrb7>

### **License and attribution**

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

# Babycare Chart



## FEEDING

The advantages of breast milk are many. The first yellow-coloured milk provides baby with natural protection against infection, as does the later milk, which is bluish in colour - both are nutritionally balanced.

Ask for help and advice on breast feeding from your midwife or health visitor.  
If bottle feeding, choose a specially modified milk. Follow the instructions on the packet, do not add sugar or an extra scoop of milk powder for luck. When filling a scoop with milk powder do not press the powder down and always level scoop with the back of a knife. If baby does not want all the milk you have made up, do not force him to finish the bottle, and do not save the leftovers.  
Many babies, whether breast or bottle fed, take in air with their feed. When you cuddle baby at the end of the feed, the air will come up as wind.



## THIRST

Remember milk is baby's food and he may need regular drinks of cooled boiled water as well, especially during warm weather. After 4 weeks of age this drink can be given in the form of diluted fruit juice.  
Fruit squashes are not suitable and often do not contain Vitamin C.



## VITAMINS

Commercial baby milk formulas contain most of the vitamins essential for the health of your baby but the DHEG recommend that from one month breast fed babies should be given Children's Vitamin Drops (available from the local clinic) - do not give more than the recommended dose.  
At about 6 months you may change from baby milk to cow's milk. This milk is lacking in several vitamins and it is essential to give Vitamin Drops at this stage.



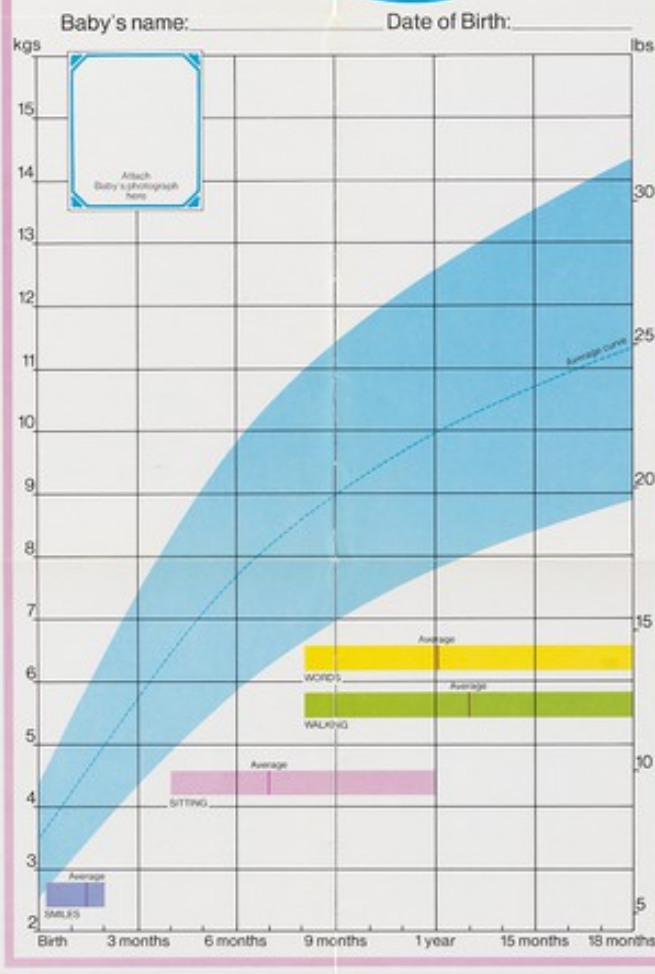
## SLEEPING

DO NOT USE A PILLOW in the first year of life. Allow your baby to sleep in whichever position he finds comfortable. Healthy babies will not come to harm by choking on any milk brought up.



## THE CLINIC

Some family doctors run their own baby clinics; otherwise there will be a local clinic or health centre where your baby will be weighed (and his weight on the growth development curve in the middle panel), and where you can buy products, e.g. Vitamin Drops and Baby Milk, at reduced prices. Baby clinics are quite a social gathering for young mothers and you should visit your clinic regularly when your baby is young. Your health visitor will advise you on any problems you may have and about immunisations.



**DEVELOPMENT CHART**  
This chart, when completed, will be a record of your baby's development. For about the first 3 months of his life weigh your baby every two weeks and subsequently monthly. The base line of the chart shows your baby's age, the side lines his weight in kilos/pounds. When you have weighed your baby enter a cross opposite the appropriate age. After a few weighings you will be able to draw a line between these crosses. The line should be within the shaded area and resemble the shape of the average curve.

If the baby's weight curve is below the shaded area he is possibly underweight, if above the shaded area he is possibly overweight - if either of these is the case talk to your health visitor or doctor, and show them this chart which may be useful to them. The chart also indicates to you the range of time during which you can expect your baby to develop the use of words, sitting and walking.



## BATHING

It is not essential to bath your baby every day, but you must top and tail him, i.e. wash his face, hands and bottom daily.  
Choose a warm room with everything you need for washing, drying and clothing your baby, near at hand. The bath water should be warm but not too hot. This can be tested with your elbow.  
Before completely undressing baby, wash his face with cotton wool and plain water, wiping from the middle to the sides. Pat the face dry with a clean towel. If cotton buds are used, do not poke the ears or nose. The rest of the bath you can do on your lap or in the water, taking care that all creases are carefully washed. To lower the baby into the bath, support the back of the head and shoulders with one arm, and place the other arm under the legs. The second arm can be used to splash water over your baby. To dry the baby lay him on a towel and blot him dry. Make sure that all the creases are completely dry.



## 1st SOLID FOODS

Roughly between the age of 4 and 6 months baby will not be satisfied with only milk and water. This is the time to introduce solid foods. These should not be added to the bottle, but be given on a strong plastic spoon. Savoury foods, e.g. baby cereals, broths, egg yolk or fruit, are suitable, and these must all be of a pasted texture. This food can either be prepared at home in a liquidiser or blender, or you can use specially prepared strained baby foods. When solid foods are well accepted decrease the milk you give your baby.  
For further information, write to us for our infant feeding booklet. On the centre chart, mark when your baby first accepted solid foods.



## TEETHING

Most babies teethe without difficulty, but some may have a small amount of discomfort. You can offer a piece of apple or a cracker for the baby to chew on. When baby's first tooth appears mark it on your chart.



## 2nd SOLIDS

Around 7-8 months, coarser textured foods can be offered. These can be prepared at home by mincing, or commercially produced junior foods can be used. Transition from pureed foods to this new texture must be gradual. Mix a little junior food with one of the baby's favourite strained foods to start with. If the food is rejected at first, don't worry - your baby is probably not ready for these new foods yet. Try again another day.



From birth your baby is listening and learning, although he will not physically respond until he has developed the physical skills of communication.  
During the first few weeks babies learn to focus their eyes, and then comes that marvellous moment of the first smile.  
At 7 weeks he will start to control his head, but will not be able to hold up his head and cheer for any length of time until about 4 months. He begins to use his hands around 3 to 4 months and by about 5 months he will begin to reach out for objects and pick them up.  
Between 6 and 9 months grunts and coos

become 'ma', 'pa', 'ba' or 'da' and by the end of the first year 2 or 3 words will be strung together. Baby will practise kicking and learn about his feet by playing with his toes, and at about 6 months of age he will bounce up and down with assistance. Around 7 to 10 months many babies learn to sit unsupported. By 9 months he may start pulling himself to a standing position, and by the first year may be tottering around the room supported by the furniture. Some babies do not crawl, but bottom shuffle and may delay learning to walk, but this is quite normal.

# Gerber

TRADE MARK

Strained and Junior Babyfoods, Fruit and Special Desserts, Syrups and Juices.