



Trusted by Mothers and Babies since 1957

Pregnancy & Babycare guide



♥ **Mother Care**

Before &
After Birth

♥ **Baby Care**

Newborn till
18months

Essential Guide Book





Congratulations!



To mothers about to have their first baby,
To make this a truly happy time...



Right now, there is a tiny life inside of you. You can feel that little life in your womb growing larger and larger—this is a precious gift that only you can experience. From the moment that little life enters the world, every day will be a new experience for you, your baby, and the father, too.

At PIGEON, we work to support the bonds between you, your baby and your partner. The first time you see your baby's smiling face, the day your baby takes his first step – we hope this guidebook will help make every day a bright and happy one.





PIGEON'S HOPE

PIGEON's logo comprises two hearts - those of the mother and her baby. The baby's tiny heart is embraced by the mother's large heart, depicting the endless love the mother showers on her baby. PIGEON strives to be an even larger heart, which embraces both mother and baby. This is our vision and hope at PIGEON.



PIGEON'S PRODUCTS

We think from a mother's point of view. We look at the world through the eyes of a baby. We understand a mother's needs. We watch a baby as he grows. This is the heart of our development for each product.



PIGEON'S MOTTO

At PIGEON, we value the needs of both mother and baby with products which offer comfort and convenience. Our wish is to become a partner in caring for your baby, to ensure the healthy growth of your baby. These wishes are found in each of our products, where a great deal of thought and research goes into even the tiniest of our products.



*Based on INTAGE SRI data 2017, other baby supplies

The most important thing is to understand and accept the physical changes that your body undergoes during this period, and enjoy your pregnancy with a light heart.





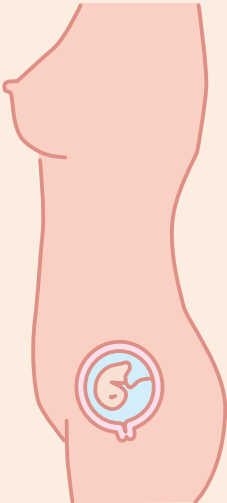
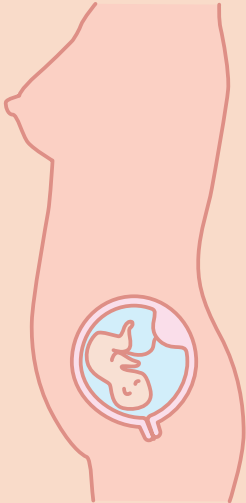
Pregnancy

FROM CONCEPTION TO BIRTH
- the things you need to know on
how to best take care
of the new life growing inside YOU.

CONTENTS **6** Changes in your body during pregnancy **8** First Trimester **12** Second Trimester **15** Final Trimester **18** Postnatal



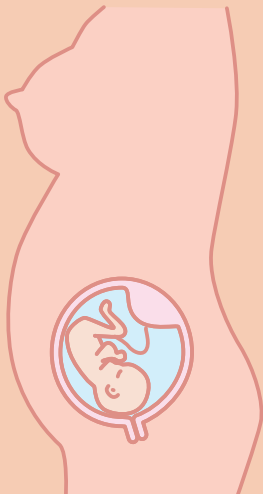
CHANGES DURING PREGNANCY

1st month	2nd month	3rd month	4th month	5th month	6th month	7th month	8th
First Trimester				Second Trimester			Fi
Approaching 4 months (4 to 15 weeks)  ♥ You will experience an occasional unpleasant prickly sensation and swollen or tender breasts, and a darkening of the nipple and areola in color. ♥ If you are suffering from morning sickness, you will experience the worst symptoms of nausea and vomiting during this stage.				From 5 months (16 to 27 weeks)  ♥ You're entering the stable phase of pregnancy, and may begin to feel the fetus move. ♥ For many mothers, morning sickness ends at around this time; your body weight starts to increase.			Fr (2



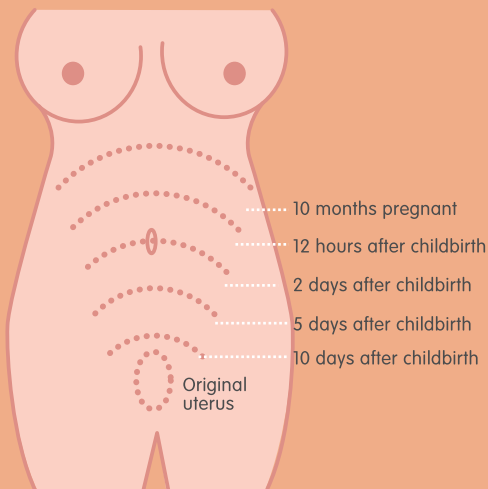
th	8th month	9th month	10th month	1st month	2nd month	3rd>4th>5th>6th month
Final Trimester				Birth	Postnatal Period	Postnatal Reconditioning

From 8 months to childbirth
(28 to 39 weeks)



- ♥ During this stage, fetal movement will become stronger, your belly will grow rapidly and protrude outward, and you will occasionally feel bloated.
- ♥ Milk will start to form, and your nipples and breasts will become larger.
- ♥ You will experience backaches as a result of having to support the increased weight of the fetus in front.

After birth
(while still in hospital)



- ♥ While the uterus (womb) will return to its normal size within about six weeks, the extra fat around your middle part of your body will not disappear as quickly or easily.
- ♥ Your muscles and joints will still be recovering from the rigors of pregnancy and childbirth.
- ♥ Lochia(postnatal vaginal bleeding) may persists for entire 6 weeks after delivery but often subsides by the end of the second or third week.
- ♥ Breast milk, colostrum, can be expected to flow within one to three days after childbirth.



FROM CONCEPTION TO BIRTH

1st MONTH (0 - 3 weeks)

First Trimester Second Trimester Final Trimester Postnatal Period



Your Body

Development during pregnancy is usually expressed in weeks. From the first day of your last menstrual period prior to conception to the sixth day following that is considered to be "week 0"; from the 7th day is counted as week 1 and so on. For this reason, the time prior to conception is included in the week count.



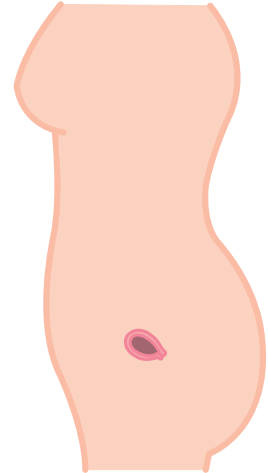
For Your Information

Ovulation occurs about two weeks after a menstrual period. When the egg cell is fertilized during this stage and subsequently imbeds itself in the wall of the uterus, pregnancy is considered to have begun. There is no change in the size of the uterus at this time.



Your Baby

Continuous cell division of the fertilized egg takes place at a rapid rate, and at 8 weeks the embryo becomes a fetus.



About Your Body

Your skin will change during pregnancy-
take good care of it!

YOUR SKIN'S CYCLE

First Trimester	Second Trimester	Final Trimester	Birth	Postnatal Period
OILY PERIOD	DRY PERIOD	EXTREMELY DRY PERIOD		

Before and after birth, your skin will change. Your hormones may become imbalanced, your skin may become dry and lose its ability to protect and rejuvenate itself. You should use a moisturizing skin care regimen that counters these changes.

PIGEON recommends you to use a skin lotion or moisturizer containing ingredients such as hyaluronic acid, to lock in moisture; ceramide, to keep your skin hydrated; and inositol, to promote your skin's ability to rejuvenate.





FROM CONCEPTION TO BIRTH

2nd MONTH (4 - 7 weeks)

First Trimester	Second Trimester	Final Trimester	Postnatal Period
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Your Body

This is when many women "miss" their periods, and consequently realize that they are pregnant. Your basal temperature will be high for a while, and this can cause feverishness and weakness similar to those you experience when you have a cold. Due to changes in hormones, darkening of the areola and swelling of the breasts may also occur.



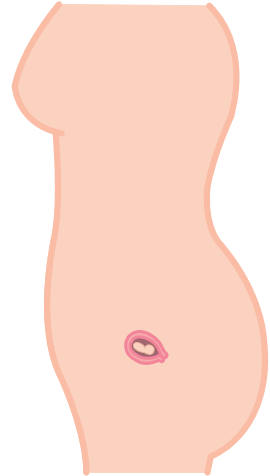
For Your Information

The uterus becomes larger and you will sometimes experience discomfort in the lower abdomen and back. Some mothers will start having morning sickness.



Your Baby

The fetus is now about 2 cm long, its heart has formed and a heartbeat can be confirmed.



FOR MOTHERS-TO-BE

I've heard the first trimester is when the fetus is most susceptible to the effects of medicine. What kind of effects are there?

You need to be particularly careful from the 4th week of pregnancy to the end of the 7th week, as your baby's vital organs are forming at this time. When you get a prescription at a hospital, be absolutely sure to let them know you are pregnant. Be careful to take the medicine in the dosage in which it is prescribed, and by the method ordered. Also, avoid using in great quantities sedatives containing aspirin or any over-the-counter drugs you have purchased at a pharmacy. Before taking any medicine during this part of your pregnancy, please consult your obstetrician.

Message to the "Expectant Father" The **FIRST** Trimester of Pregnancy

The most important thing is to show consideration for your partner, the expectant mother, who will be feeling unsettled, both physically and mentally. Do not simply accept that housework won't get done, take a positive role and help out around the house. While you may be busy, try to remember that the most important thing right now is to cooperate and provide encouragement for the mother-to-be so she can give birth to a healthy new baby. If you smoke, avoid smoking in the same room. A supportive father is the single most important source of happiness for an expectant mother.



FROM CONCEPTION TO BIRTH

3rd MONTH (8 - 11 weeks)

First Trimester	Second Trimester	Final Trimester	Postnatal Period
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Your Body

The uterus is now about the size of a clenched fist. The number of women suffering from morning sickness will increase and symptoms will be strongest at around 10th or 11th week, but most women will overcome it by the 15th week or so.



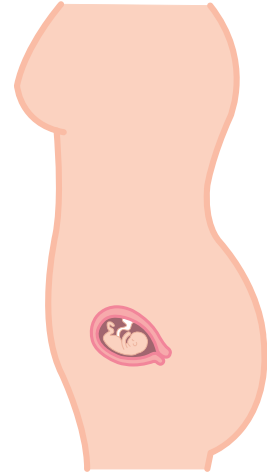
For Your Information

Due to pressure on the bladder caused by the increasing size of the uterus, you will have to go to the bathroom more often. Your breasts and lower abdomen will become taut. Vaginal discharge will also increase. Up until this time, there is a greater risk of miscarriage, so strenuous sports or exercise should be avoided.



Your Baby

The fetus is now 8 cm long and weighs around 20 g. The head, body, arms and legs are beginning to form. Movement will begin after 8 weeks and at around 11 weeks the heartbeat can be heard with a stethoscope.



About Your Body

**Take it easy during morning sickness.
Try to rest or look for a distraction.**

For the expectant mother, morning sickness is a difficult time, when you can experience loss of appetite, nausea and vomiting. Morning sickness is said to be the result of hormonal imbalances due to being pregnant. However, if you have a difficult time getting through it, be sure to consult a doctor.

- Your baby will be fine even if you can't eat properly. The baby inside you does not need that much nutrition at this point, so eat what you can and rest.
- If you vomit a lot, you could become dehydrated, so make sure to drink plenty of water - even if it's only a little bit at a time.





FROM CONCEPTION TO BIRTH

4th MONTH (12 - 15 weeks)

First Trimester Second Trimester Final Trimester Postnatal Period



Your Body

For most women, morning sickness will have subsided and appetite will be restored. The increased size of the abdomen will now start becoming noticeable externally and the enlarged uterus may cause pain or cramps in the upper leg joints.



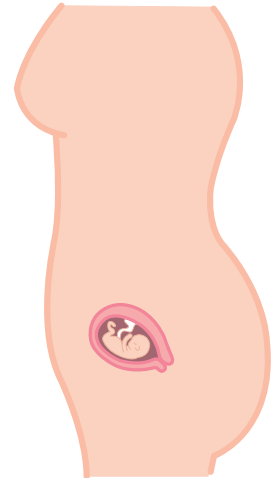
For Your Information

After 14 weeks the placenta has almost completely formed and the possibility of miscarriage is greatly reduced.



Your Baby

The weight of the fetus is now about 100 g and it is about 15 cm long. The internal organs have begun to develop, and arms and legs have formed. Bone and muscle have begun to develop and the fetus can move around freely in the amniotic fluid. Brain development is rapid, with the cerebrum and cerebellum forming at this time.



FOR MOTHERS-TO-BE

My groin hurts!

As your womb grows larger, these ligaments stretch, and you can feel this in the groin area of the left or right leg. The ligaments supporting your womb pass through your groin and are connected to the pubic bone. This keeps the womb in a stable position. By sleeping on your side with the leg that hurts on the bottom, the ligaments will relax and the pain will decrease. Though you will have to put up with a certain amount of pain, it is also important that you try to maintain a properly balanced diet, and take particular care to get enough calcium.

Message to the "Expectant Father" Towards MID-Pregnancy

Mid-pregnancy is the stable stage of pregnancy. The expectant mother becomes more noticeably pregnant, but during this stage her condition is good and she can become more active. During pregnancy, the expectant mother's activities are limited and it is easy for stress to build up. You, the expectant father, should therefore make a positive effort to take her for walks or go shopping together, but make sure the venue is one where she can spend time leisurely. Why not accompany her to childbirth classes and take part; you will not only gain a better understanding of mothers and babies, but you will also strengthen your paternal family bond.



FROM CONCEPTION TO BIRTH

5th MONTH (16 - 19 weeks)

First Trimester **Second Trimester** Final Trimester Postnatal Period



Your Body

A stage of stable pregnancy is entered. The baby starts taking nourishment and oxygen from the placenta via the umbilical cord. The uterus now protrudes as far as the navel making the pregnancy more conspicuous.



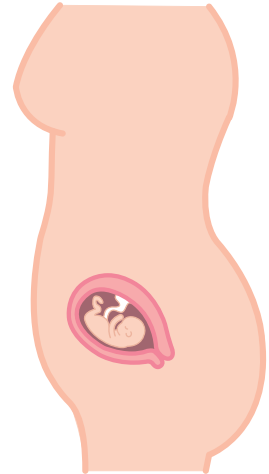
For Your Information

The breasts develop and grow larger. At about 18 weeks some mothers begin to feel fetal movement.



Your Baby

The baby is now about 25 cm long. Heart and lungs are working well and the baby's heartbeat can be heard with a stethoscope. The shape of the ears, nose and mouth become defined and finger and toe nails and hair begin to grow.

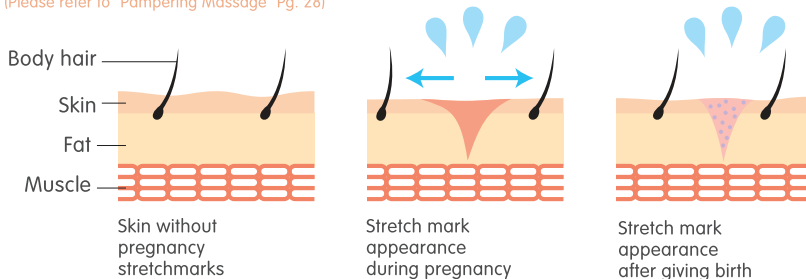


About Your Body

Stretchmarks are a sign that your baby is growing.

Those lines on your abdomen are called stretch marks. When you become pregnant and your abdomen gets bigger, your skin also begins to stretch rapidly. The tissue around your belly can't keep up with the amount of stretching, resulting in these marks. The fine veins under these marks become transparent. The purplish-red lines that appear are known as stretch marks. They tell you that your baby is thriving – so maybe they're not such a bad thing after all!

(Please refer to "Pampering Massage" Pg. 28)





FROM CONCEPTION TO BIRTH

6th MONTH (20 - 23 weeks)

First Trimester **Second Trimester** Final Trimester Postnatal Period



Your Body

Development of the fetus clearly protrudes forward and most mothers can feel the baby moving. During pregnancy, the amount of blood increases, and pressure on the heart and lungs by the enlarged uterus make you susceptible to heart palpitations (rapid heartbeats) and shortness of breath. As the abdomen is now a considerable weight, care must be taken to avoid backache.



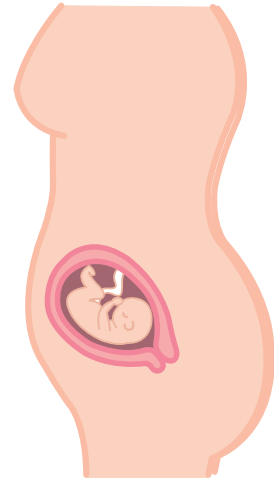
For Your Information

Some expectant mothers experience a discharge of colostrum (yellowish pre-milk) from the breasts. This is about the right time to consider beginning nipple massage.



Your Baby

The baby is now about 30 cm long and weighs about 500 g. Eyebrows and eyelashes have developed and the baby can open its eyes.



FOR MOTHERS-TO-BE

My hair is falling out!

Because of the hormonal imbalances during pregnancy, the hair on your head may fall out, while the hair on your body could grow thicker. There is no need to worry — this is temporary, and will only last until your period returns after your baby is born. Eat well-balanced meals containing such foods as green vegetables or seaweed. Also carefully wash your hair using a mild shampoo.

Message to the "Expectant Father" Entering the **FINAL** Trimester of Pregnancy

As the expectant mother has now reached a considerable size, the extra weight results in backache, swollen legs and other problems, and she tends to get tired easily. At these times she will appreciate a slow and gentle massage of the shoulders and back. During this stage, relaxing conversation is of great importance. The expectant mother needs to do things such as discussing the baby while listening to gentle music with you. This is a time to show loving kindness.



FROM CONCEPTION TO BIRTH

7th MONTH (24 - 27 weeks)

First Trimester	Second Trimester	Final Trimester	Postnatal Period
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Your Body

Significant protrusion occurs as growth of the uterus proceeds as far as the region above the navel. Estrogenic hormone levels rise, and when tired, you can easily feel how taut the skin on your abdomen has become. The increased load on the lower and middle of the back causes pain. In addition, other problems begin to occur, such as constipation or hemorrhoids.



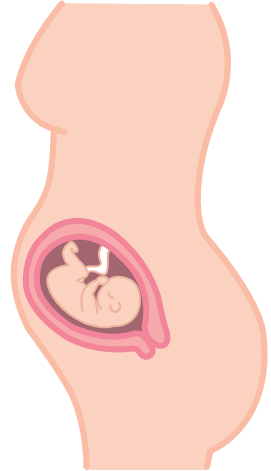
For Your Information

Fetal movement becomes stronger and more frequent. If you don't feel any movement at all for a full day, a visit to the doctor is advisable.



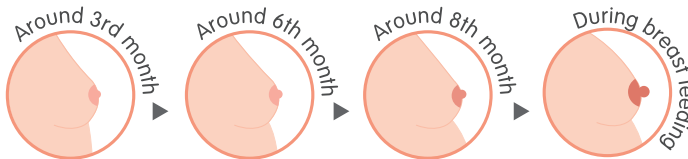
Your Baby

At 26 weeks the baby is around 35 cm and has reached around 800 g. Eyes and ears begin functioning and the baby starts becoming sensitive to light and sounds. The baby also becomes capable of fine movements such as changing its position and opening and clenching its hands.



About Your Body

Expectant mothers' breasts grow larger to meet their babies' needs



When you become pregnant, your breasts change shape and grow larger so they can produce breast milk. At first, your areolas will become darker and a little bit sensitive and your nipples will grow larger bit by bit. Some women grow two full cup sizes after the 8th month. But there is no relationship between breast size and milk production, so even small breasts can provide your baby with what he needs. From about the second trimester, your breasts will begin to fill with a little bit of milk. Some women even experience a bit of leakage at full term.

(Please refer to "Breast Massage" Pg. 29)



FROM CONCEPTION TO BIRTH

8th MONTH (28 - 31 weeks)

First Trimester Second Trimester **Final Trimester** Postnatal Period



Your Body

This is when fetal movements are at the strongest during this period, even to the extent of causing discomfort or pain. At the same time, fat increases to protect the abdomen, which can easily lead to stretch marks.



For Your Information

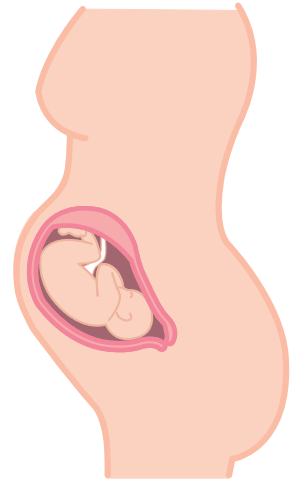
Your arms and legs will often swell. If this is only a temporary occurrence, for example late in the day, this is natural. However, if the swelling persists throughout the day, it could be a sign of pregnancy toxicity (pre-eclampsia or eclampsia), so a visit to the doctor is strongly recommended.

When you are feeling well, now that you are in the stable stage of pregnancy, why not try "maternity yoga" as a means of relaxation! Please refer to "Maternity Yoga" Pgs.30-31



Your Baby

At 30 weeks, the baby is about 40 cm long and weighs about 1,500 g and starts to take its final position in the uterus. The baby starts to create fatty tissue under the skin. At this time, you would probably know the sex of the baby using ultrasound.



FOR MOTHERS-TO-BE

I have gained weight and worried about pregnancy-related problems due to excessive weight gain (toxemia), how can I prevent this?

Toxemia is a pregnancy-induced hypertension where a pregnant mother experiences a group of three or more symptoms. The signs and symptoms of toxemia may include elevated maternal blood pressure, swelling of ankles and hands, sudden weight gain as well as protein in urine. If you are experiencing any 2 of the above symptoms, you may possibly suffer from toxemia. Should this happen, please consult your gynecologist immediately.

The most important thing to prevent toxemia is to control your weight. From mid to final trimester of pregnancy, your appetite may increase. Processed food, fast food, high calorie and low nutrition food are highly not recommended. The weight gained during this period should not be more than 500g per week. You may control your weight by doing some exercises such as walking for at least 30 minutes a day. If you are fit enough, you may even do the usual household chores. However, do consult your gynecologist before attempting to do any exercise or heavy household chores.



FROM CONCEPTION TO BIRTH

9th MONTH (32 - 35 weeks)

First Trimester	Second Trimester	Final Trimester	Postnatal Period
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Your Body

Now, as the base of the uterus extends down to the pit of the stomach, you may experience heartburn and indigestion. As the heart and lungs are also under pressure, breathlessness and palpitations (rapid heartbeats) are a frequent occurrence.



For Your Information

Incontinence and the need to urinate frequently are the result of the baby's head pressing on your bladder. It is a good idea to change your underwear frequently so as to avoid the risk of cystitis. When walking, you might feel some pain in your upper leg joints and pubic bone. This is because the baby's head has now reached the pelvic bone - a proof that childbirth is drawing near.



Your Baby

At 34 weeks, the baby is about 45 cm long and weighs about 2,200 g. The baby can now drink from the amniotic fluid and discharge urine. The baby can also experience pleasure or displeasure in response to external influences.



About Your Body

It's easy to become constipated at this time.

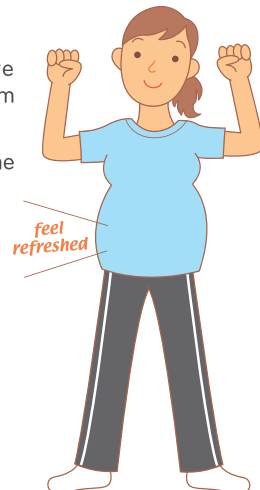
Reasons expectant mothers get a touch of constipation:

1. The progestational hormones and other hormones that are released when you become pregnant prevent your intestines from working normally.
2. As your womb applies pressure on your intestines, they become narrower and make bowel movements more difficult.

To relieve yourself,

- ☛ Get into the habit of going to the toilet at the same time every day.
- ☛ Make an effort to get a moderate amount of exercise, such as walking.
- ☛ Consume a lot of water and dietary fiber. Lactic acid is also quite effective.

Avoid putting any undue stress on your body and spend your days in an easy-going manner.





FROM CONCEPTION TO BIRTH

10th MONTH (36 - 39 weeks)

First Trimester Second Trimester **Final Trimester** Postnatal Period



Your Body

The baby has moved down into the pelvis and abdominal expansion becomes very pronounced. Some women experience temporary navel protrusion during this period. Pain in the upper leg joints and pubic bone becomes more intense.



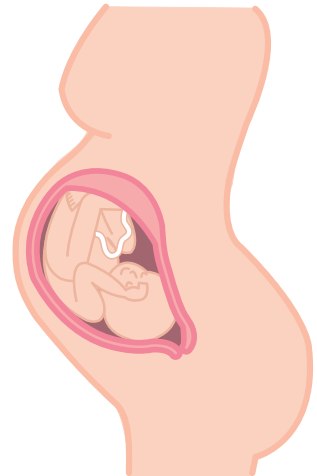
For Your Information

As childbirth approaches, the vagina and opening to the uterus relax and vaginal discharge increases. Several times a day the abdomen will feel tight and swollen and there will be some pain. Some women begin to experience something similar to labor pains, known as prelabor labor.



Your Baby

At 39 weeks, baby's weight is around 3,000 g and length about 50 cm. The muscles around the mouth have developed sufficiently to enable the baby to breastfeed. By this stage, the baby is ready to be born at any time.



Q&A

FOR MOTHERS-TO-BE

I'm a little scared – labor seems long and painful.

To get through a long labor, you should try to relax and feel calm between contractions. Breathe naturally. When a contraction has finished, breathe deeply and relax into a comfortable position.

stage 1	stage 2	stage 3
TIME BETWEEN CONTRACTIONS: About 10 mins	TIME BETWEEN CONTRACTIONS: About 5 mins	TIME BETWEEN CONTRACTIONS: About 1 min
DURATION OF CONTRACTIONS: About 30 sec	DURATION OF CONTRACTIONS: About 60 secs	DURATION OF CONTRACTIONS: About 90 secs
CERVIX DILATION: Up to 3 cm	CERVIX DILATION: 3 - 8 cm	CERVIX DILATION: 8 - 10 cm
Until your cervix has dilated to about 3 cm, your contractions will feel similar to strong period cramps. At this point, your water bag might break or you may experience a discharge.	Most of your pain will be centered in your abdomen and lower back. Your lower back pain will begin moving a little lower. Some women at this point feel cold or nausea.	This is the peak of your pain. You will want to push, but it's not time yet. Hang in there!

Gynecologist will assist and assess you at this stage, and move you to the delivery room, once you are ready to give birth. You may have peace of mind in knowing that your contractions will disappear as soon as your baby is born.



FROM CONCEPTION TO BIRTH POSTNATAL



Your Body

After birth, the uterus goes through a series of contractions for about 6 to 8 weeks, by which time it will have returned to its original size (about the size of a chicken's egg). But your abdomen, which became so large during pregnancy, will not return to its former state so quickly. Your muscles and joints will also be recuperating after all the work they did during pregnancy and childbirth. This stage is called the puerperium (or postnatal period).



For Your Information

The post-birth vaginal discharge, known as lochia, will be heaviest for the first two or three days. It is sticky and very similar to blood. As the uterus returns to normal, the amount of discharge will lessen and the color will become lighter, going from red to pinkish to yellow to white. Providing recovery is normal, after 3 - 5 weeks, vaginal discharges will return to normal.



Your Baby

The thick yellow substance secreted from the breasts immediately after childbirth is called colostrum. This will continue for between two and five days, during which time the color will turn whiter as it changes to normal breast milk.



About Your Body

**You don't have to deal with post-natal alone –
talk to people around you.**

When the delivery is over, your hormone levels will suddenly drop. Because of this change, you'll find yourself crying for no reason, or suffering wild mood swings and depression. This is called postpartum depression, or "the post natal blues." It usually goes away on its own after about a month, so don't worry. If it takes for more than few months, you should better see the doctor for help. But you will also be physically exhausted after your baby is born since you are not used to taking care of your baby yet. When it gets difficult, don't keep everything bottled up - share your feelings with your partner, family and friends. You may also want to talk with specialists, such as your midwife or health worker. PIGEON also recommends trying some herbal tea, as the aroma may help you feel better, and some such teas are rich in vitamins and minerals.





FROM CONCEPTION TO BIRTH POSTNATAL

Message to the "Expectant Father"

As a husband, as a father. Communicate with your wife.

From the day you bring your baby home from the hospital, your lives will change completely. Your wife's life will revolve around your baby, as it will take her time to recover from the birth and get used to the toll breastfeeding takes on her body. During this time, your frustrations as a husband may build up without you even realizing it. This is your first hurdle. Even if your life centers on your job, you should try to increase the amount of time you spend touching your baby, even if by only a little bit. You have only just begun raising your child. Don't leave childrearing duties to just one parent – work together with your wife to build up your experience as mother and father.

Welcome your new family.
This is where the future of
your family begins.

Well, it's finally time to start raising your child. It's time for you and your partner to work together on this important task. Don't just leave the burden of childrearing to one person; the two of you should be considerate of each other and create your new family together.



We want
YOU to be a
beautiful
Mother



Mother Care

FROM PREGNANCY TO MOTHERHOOD

- keeping your body beautiful and
your baby happy.

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Gums, Happy Pregnancy **28** Pampering Massage **30** Relaxing
The Body and Mind **32** After Pregnancy



DURING PREGNANCY

EAT WELL, BE WELL

Essential Nutrients

Which nutrients should mothers-to-be consume?

Your dietary habits during pregnancy are very important for the growth of your baby and preventing problems during pregnancy. You should always try to maintain a balanced low-calorie and low-sodium diet and make a conscious effort to consume nutrients that tend to be insufficient. The basic knowledge about nutrients you should consume during pregnancy is as follows.

*Overseen by Professor Reiko Ueda from the School of Child Education, Faculty of Child Study, TEIKYO University of Science Lecturer at the Faculty of Medicine, University of Yamanashi and Toyo Eiwa University National Registered Dietitian/ M.P.H. (Master of Public Health)

Folic Acid

What is folic acid?

Folic Acid is a type of vitamin that is vital for cell growth. It helps to stimulate red blood cell formation and was originally used to treat anemia. It also prevents high blood pressure during pregnancy. Folic Acid is said to help the normal growth of babies during pregnancy and is attracting attention as a nutrient that we should make a conscious effort to consume. It is said that consuming enough folic acid is important to prevent premature delivery and low birth weight in babies.

How much folic acid do you need?

You need a larger amount of folic acid for the growth of your baby during not only the early pregnancy period, but also the mid-and-late pregnancy period, and even when lactating. Folic Acid is a nutrient you should make a conscious effort to continuously consume, from the pre-pregnancy period to the postpartum period.

Folic Acid: Recommended daily amount

Adult women	400 mcg
Pregnant women	600 mcg
Breastfeeding women	500 mcg

(Health Promotion Board, Recommended Dietary Allowance in Singapore), 2014.



DURING PREGNANCY

EAT WELL, BE WELL

Essential Nutrients

To consume enough folic acid



Green and yellow vegetables such as spinach and broccoli and fruits such as strawberries and green soybeans contain a high proportion of folic acid. Therefore, you should make a conscious effort to consume such ingredients. However, as folic acid is water soluble and heat sensitive, the amount is reduced by half during cooking. The amount to be absorbed and used in the body after eating is further reduced by half. Therefore, it requires a large amount of food to consume enough folic acid. If it is difficult for you to consume enough folic acid from food, you can take dietary supplements in addition to daily meals to effectively compensate for insufficient folate intake.

**Keep an appropriate daily intake for supplements.*

Iron

Pregnant women are susceptible to iron-deficiency anemia

Iron is an essential nutrient for blood constituents and is found in the red blood cells of the blood, which are called hemoglobin and carry oxygen to your body and your baby.

As your blood volume increases due to physiological changes during pregnancy, you are susceptible to iron-deficiency anemia. The symptoms of anemia include breathlessness, fatigue and dizziness. In addition, in severe cases, it may cause weak labor pains and abnormal bleeding at the time of delivery. You should consume enough iron during pregnancy to prevent anemia.



DURING PREGNANCY

EAT WELL, BE WELL

Essential Nutrients

How much iron do you need?

Iron: Recommended daily amount

Adult women	19 mg
Pregnant women	19 mg
Breastfeeding women	19 mg

(Health Promotion Board, Recommended Dietary Allowance in Singapore), 2014.

Consume enough iron to prevent anemia

The fundamental method of preventing anemia is to have balanced, iron-rich meals. It is said that the “heme-iron” contained in animal food products is well absorbed.

“Non-heme-iron” contained in plant food products is smoothly absorbed when consumed with animal protein or vitamin C. As some types of anemia are caused by a lack of folic acid, it is important to consume folic acid in conjunction with iron. It is also effective to promote the secretion of gastric juice and gastric acid by consuming sour foods. It is also recommended that you use an iron pot. Moreover, the tannin contained in green tea, tea and coffee blocks iron absorption. Therefore it is better to refrain from drinking such beverages before, during and after meals, or alternatively drink barley tea, which is free of tannin.





DURING PREGNANCY

EAT WELL, BE WELL

Essential Nutrients

Calcium

Calcium is important during pregnancy and after giving birth

Calcium is a nutrient that forms bones and teeth. Many people regularly suffer from a lack of calcium. The absorption rate of calcium increases during pregnancy and therefore you do not have to increase your intake of calcium, but as mentioned earlier, many people usually tend to suffer from a lack of calcium, so it is important to consume enough. The pregnancy and breastfeeding period can be a good opportunity to review your eating habits and you should make a conscious effort to consume enough calcium.

Calcium: Recommended daily amount

Adult women	800 mg
Pregnant women	1000 mg
Breastfeeding women	1000 mg

(Health Promotion Board, Recommended Dietary Allowance in Singapore), 2014.

Milk and dairy products are excellent sources of calcium with high absorption ratios. You should consume them on an ongoing basis by not only eating and drinking them as they are, but also using them as ingredients to cook meals. Other foods high in calcium include small fish, green leafy vegetables, seaweed, soy beans and soy bean products. Make a conscious effort to consume these food products in your daily diet.

Consume calcium from different foods





DURING PREGNANCY

GET THAT GLOW

Facial care

Hormonal changes may increase the body's production of melanin

Many mothers-to-be probably feel that the cosmetics they have been using do not agree with their skin, and refrain from applying makeup during pregnancy. Due to hormonal changes in women caused by pregnancy and giving birth, they are susceptible to skin problems. These problems are not necessarily diseases, but they include the fact that women tend to get spots and freckles due to an increase in melanin during this period. Do not excessively scrub your face even if you get spots. Rubbing can damage your skin.

Once your baby is born, you have more opportunities to go out in the daytime. You should be more careful than ever to protect your skin from ultraviolet light. Be sure to always carry a parasol and a hat with you and cover your skin using UV protection products throughout the year. If you have sensitive skin or want to avoid applying something strong as you touch your baby, it is recommended that you use UV protection products intended for babies. Despite being baby products, there are several types with different SPF values and a variety of waterproof products.





DURING PREGNANCY

HEALTHY GUMS, HAPPY PREGNANCY

Oral Care

Oral problem



Common oral problems: Periodontal disease during pregnancy may lead to premature delivery and low birth weight.

Periodontitis

Gum congestion and swelling as a result of hormone secretion can easily trigger periodontitis or periodontal edema, loose teeth and the like.

Gingivitis

Increased androgen and progesterone levels in pregnant women can lead to expansion, bending and weakening elasticity of gingival capillaries. The resulting blood stasis and increased permeability of blood vessel walls can trigger gingivitis.

Tooth decay

During pregnancy, changes and imbalances in diet, as well as increased salivation, will lead to an acidic oral environment, which makes pregnant women vulnerable to tooth decay.

Halitosis

Pregnant women suffering from bleeding gums and inflammation, affected by morning sickness and the tendency to have frequent small meals, are vulnerable to periodontitis or tooth decay. Bacteria on the surface of teeth and gums will emit a foul smell.

Oral care

- ♥ Periodic oral examination
- ♥ Tooth brushing twice a day (morning and night), oral rinsing after each meal
- ♥ Use of maternal toothpaste, mouthwash
- ♥ The 4th-6th months of pregnancy is the best time for treatment of oral diseases

Tips

- ♥ Pregnant women suffering from stomatitis, angular cheilitis should take vitamin B2 supplements, while those with bleeding gums should eat foods rich in vitamin C.
- ♥ Appropriate clicking between upper and lower teeth can enhance the strength of teeth and increase the amount of saliva secretion. Lysozyme therein can help sterilize and clean teeth.
- ♥ Pregnant women with gingival inflammation should seek immediate medical attention.



DURING PREGNANCY

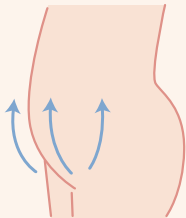
PAMPERING MASSAGE

Massage to maintain a beautiful silhouette

**Your abdomen will grow bit by bit, a good sign that your baby is thriving inside.
Massage your body as if you were talking to your baby.**

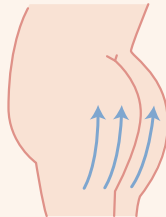
Even before your belly begins to grow, make it a habit to massage yourself. It is important that you continue doing so, using lotion or other such products. Massage is particularly effective after getting out of the bath. Perform each of the following massages about 10 times.

BEFORE BIRTH



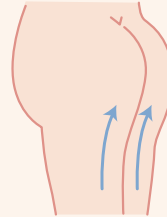
Abdomen

Use the palm of your hand to gently massage in an upward direction.



Hips

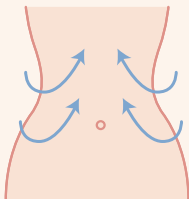
Massage upward from your thighs to your hips.



Thighs

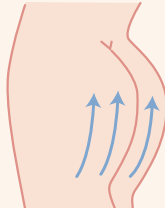
Massage upward from the back of your knees to your hips.

AFTER BIRTH



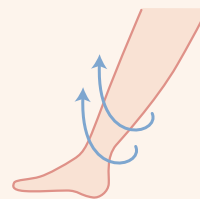
Abdomen

Relax your abdomen and massage in a circular motion from your sides.



Hips

Massage from the top of your thighs in an upward motion, as if lifting your buttocks.



Thighs

Massage from your ankles to your thighs in an upward twisting motion. This is good for your circulation.



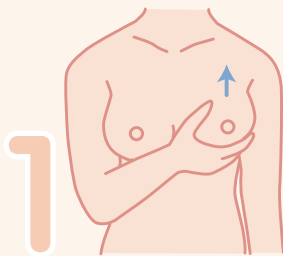
DURING PREGNANCY

PAMPERING MASSAGE

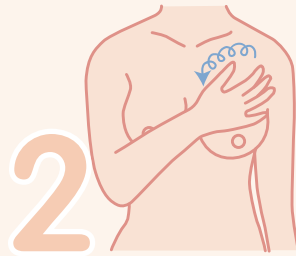
Breast massage

When you have entered the stable period of your pregnancy, following the 24th week, begin taking care of your breasts by massaging them. It is particularly effective if you perform this massage after taking a bath.

THE BREASTS

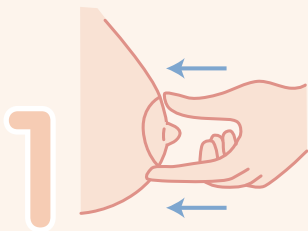


Using the palm of your hand, massage the opposite breast upward. Repeat about 10 times.

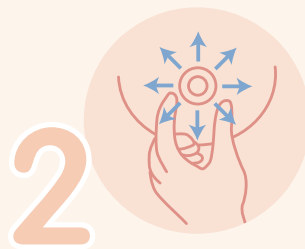


Massage in circles from the outside of the breast to the inside, making sure to avoid the nipple. Repeat about 10 times.

THE NIPPLES



Press your fingers on either side of the areola until your nipple protrudes. Repeat 5 or 6 times.



Spread the areola horizontally using your fingers. Repeat 5 or 6 times.

CAUTION:

- Stimulating your breasts or nipples during the first trimester may cause your uterus to contract.
 - If your stomach feels bloated during the second trimester, stop massaging your breasts.
 - Massage methods may vary depending on your hospital or clinic.
- Use the massage methods recommended to you by your doctor or midwife.



DURING PREGNANCY RELAXING THE BODY AND MIND

Maternity Yoga

Maternity yoga will help you relax and maintain your physical condition.

- ♥ Select the most comfortable pose for yourself.
- ♥ Do not perform these exercises if you do not feel up to it.
- ♥ After trying 2 or 3 poses, return to your neutral position and rest the muscles you just exercised.

Take slow, deep breaths through your nose

Breathe in

Breathe out

Mental stability

Neutral position

- 1 Assume the most relaxing position for yourself. Turn your palms upward and, while imagining something peaceful, let your muscles relax. Take 2 or 3 deep breaths and then return to your normal breathing pattern.

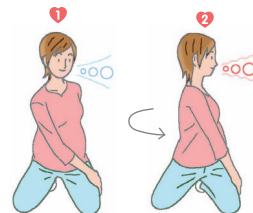


You can lie on your side as well.

Lower back pain, knotted shoulders

Kneeling corkscrew pose

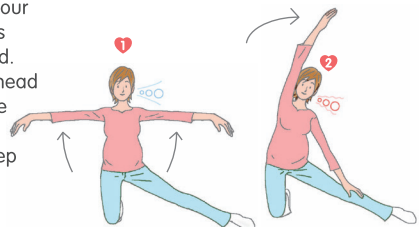
- 1 Kneel on the floor with your knees about 20 cm apart.
- 2 Support your weight by placing your right hand on your left thigh as if you were pushing it from the outside towards your inner thigh. Then wrap your left hand behind you and twist. Repeat for your left side.



Pain below the ribs

Kneeling triangle pose

- 1 Kneel on your right knee, stretch your left leg outward and turn your toes inward. Spread your arms outward.
- 2 Keep your eyes looking straight ahead and lean to your left, stretching the right side of your body. Hold that position and take about 2 or 3 deep breaths. Repeat for your left side.





DURING PREGNANCY

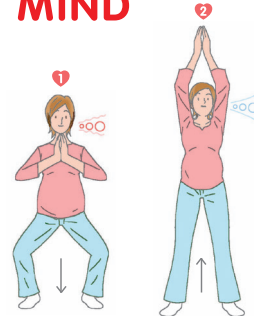
RELAXING THE BODY AND MIND

Maternity Yoga

**Leaking urine,
improving birth
canal function**

Thunder pose

- 1 Open your legs to the width of your hips and bring your hands in front of you as if you were praying. Bend your knees while stretching your back.
- 2 Bring your arms above your head as you straighten your knees. Repeat this pose 3 - 4 times.



**Painful groin,
strengthening
lower back**

Reverse bow pose

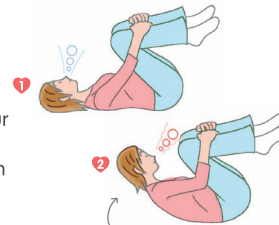
- 1 Lie on your back and raise your knees, bringing your heels to your hips. Open your legs to the width of your shoulders.
- 2 Raise your back at an angle, and, starting with your lower back, press down on the floor with your shoulder blades and bottoms of the feet. Take 2 or 3 deep breaths. When finishing this pose, return to your neutral position slowly, lowering your upper back, lower back and then hips, in that order.



**Constipation,
increasing strength
for delivery**

Baby pose

- 1 Lie on your back and raise your knees.
- 2 Grab your knees and pull them toward your underarms as you raise your head. Repeat this up to 3 times. If this is too much work for your knees, place your hands behind your knees for support.

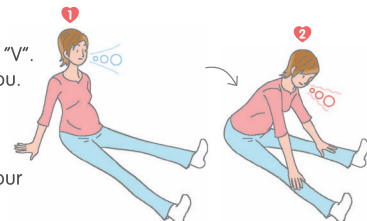


CAUTION: Do not perform this pose when your stomach feels bloated.

**Leg cramps,
swelling**

Forward "V" pose

- 1 Sit down and open your legs to form a "V". Place both hands somewhat behind you.
- 2 Touch your hands to your ankles or big toes, bringing your body forward. Hold this position and take 2 or 3 deep breaths. Breathe and return to your previous position.



CAUTION: You can perform these exercises when you are not feeling bloated. Remove any support garments and dress in comfortable clothing. When you are finished, be sure to drink plenty of water. When you wish to start maternity yoga practically, please consult your gynecologist beforehand.



AFTER PREGNANCY

GETTING BACK INTO SHAPE

How to get back into shape after giving birth

Your body will gradually return to a state close to your pre-pregnancy body, but you need to make some effort such as exercising or paying attention to your diet to tighten your loose and stretched skin.

However, you consume more calories and nutrients than ever before during your breastfeeding period. You must not excessively reduce the amount of food you eat to lose weight. Prepare low-calorie and well-balanced meals.



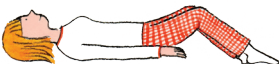
Exercise to recover from fatigue

The purpose of exercising is not only to get back into shape, but also to recover from fatigue caused by childbirth, and to prevent problems such as the leakage of urine. You cannot do intense exercises until the one-month postpartum checkup is completed, but here are some easy exercises you can partially do while lying down. It is more effective to do them a few times a day.

It is recommended that you consult your doctor or midwife before doing these exercises, as physical recovery varies from person to person.

Tightening your anus

This is an exercise to tighten your loose vagina and urinary sphincter in order to prevent the leakage of urine



1. Lie on your back with your knees slightly bent. Place your arms out at your sides.
2. Squeeze your anus and hip muscles tightly.
3. Loosen up and relax, and repeat the same process several times.



AFTER PREGNANCY

GETTING BACK INTO SHAPE

Maternity garments

What you do in the first 6 months after delivery is vital for getting your body back in shape. If you want to tighten your loose and stretched stomach to get your pre-pregnancy body back, it is effective to wear body reforming girdle. The sooner, the better, and therefore you should prepare the type of girdle you can wear immediately after delivery.

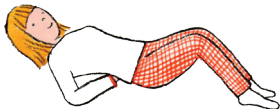
Twisting your pelvis



This is an exercise to improve your waist and prevent backaches

1. Lie on your back with your knees slightly bent. Place your arms out at your sides.
2. Slowly twist your legs over to the right side with your knees together. At this time, turn your face to the left.
3. Do the same for the other side.
4. Slowly repeat the same process several times.

Tightening abdominal (stomach) muscles



Speed up your metabolism by improving your muscle strength

1. Lie on your back with your knees slightly bent.
2. Place your hands under your back to make the gap.
3. Slowly squeeze your stomach.
4. Repeat the process about 5 times.

Building your pectoral (chest) muscles



Strengthen your pectoral (chest) muscles to prevent breast sagging

1. Sit upright and put your palms together in front of your chest.
2. Bring your elbows up while still strongly pressing your palms together.
3. Repeatedly move your elbows up and down 10 times or more.

Your baby may be tiny, but she is working hard to grow fast! Here are some tips on how you can help.



Baby Care

BABY'S GROWTH STAGES

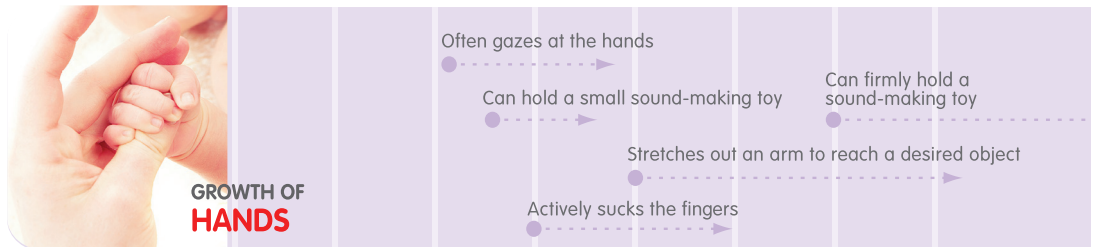
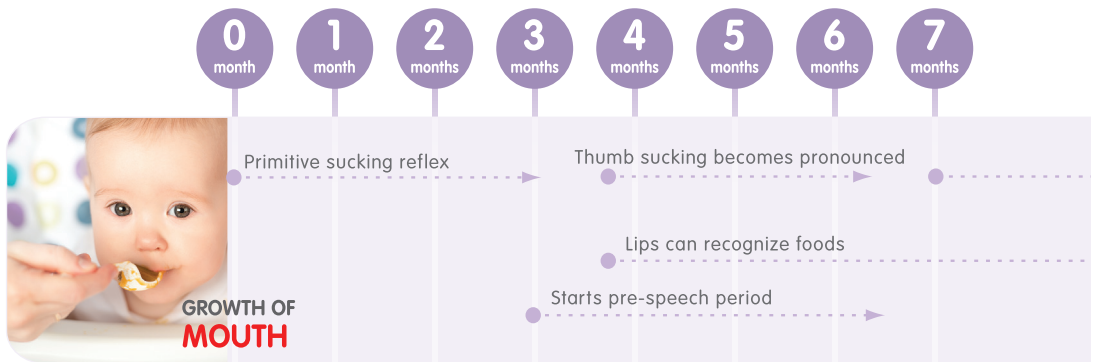
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BABY'S GROWTH STAGES

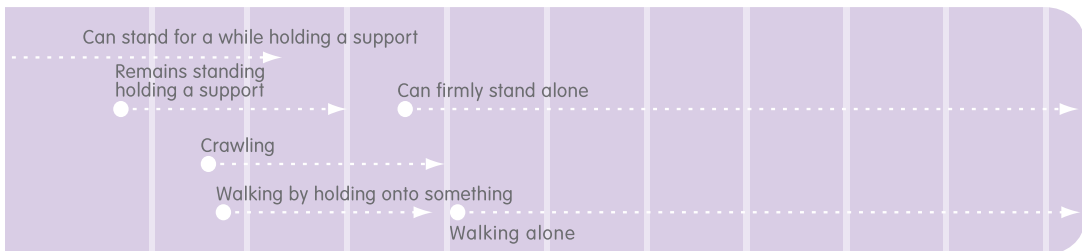
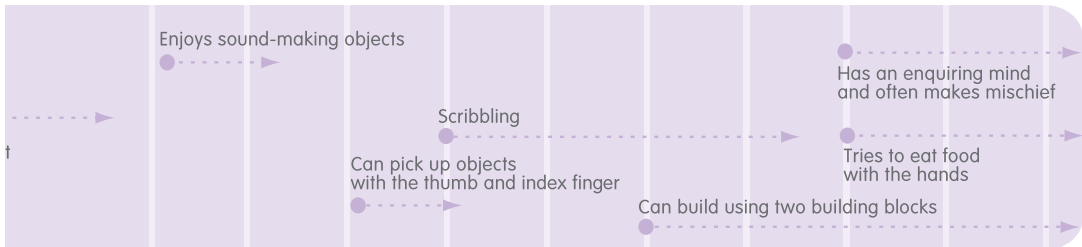
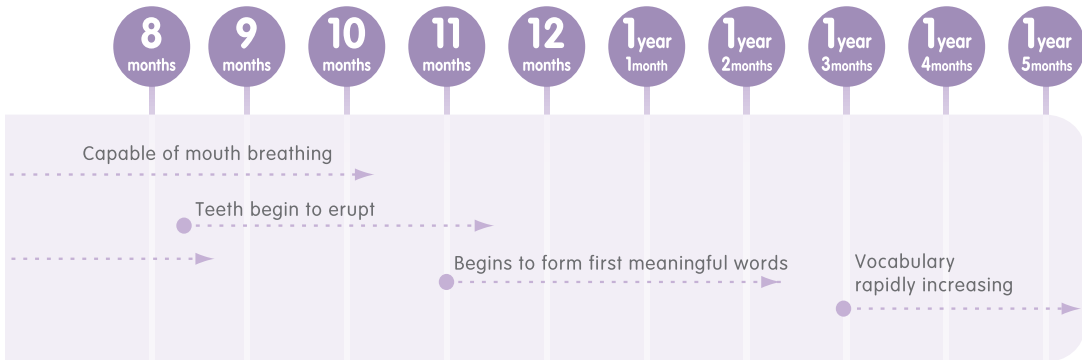
BABY MILESTONE CHART

Development of baby's mouth, hand and foot.





Keep an eye on the development of mouth, hands and feet as your baby grows.



(Ages in months shown here are typical examples. Actual development varies with each individual.)

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Baby Care

BABY'S GROWTH STAGES NEWBORN (0 MONTH)



Growth – Development

During the first month, your baby will wake every 2 to 4 hours and cry for milk. After drinking breast milk, your baby will go back to sleep, and will spend two-thirds of his time sleeping. Your baby can hear your voice and can see things up to 30cm to 40cm away, so look at him gently and speak softly to him as you feed.



Feeding

Your baby's stomach is small and he will feed about once every three hours, or about eight times a day. You are both still "in training" and things may not always go smoothly. During this period, don't be concerned about the number of feeds – just give your baby as much as and whenever he wants.



Caring for Your Baby

During this stage, your baby will soil his diapers frequently, so be sure to change them often. The condition of the stool can give a good clue as to the health of your baby, so don't forget to check color and softness whenever you change diapers!

1st MONTH



Growth – Development

The baby is able to stretch out his arms and legs and wave them about quite vigorously. Slowly but surely the baby's facial expressions develop, so be sure to talk to your baby often. Variations in the way your baby cries will let you know whether he wants to be fed or if his diaper is wet and so on.



Feeding

At this time too, the baby is able to suck strongly and skillfully when he drinks breast milk. The amount of milk the baby drinks during one feed also increases. Your baby's weight may increase by 600g or more since birth.



Caring for Your Baby

Physical contact between mother and baby or "skinship" is an extremely important part of mother-baby bonding. So don't be afraid of spoiling your baby — pick him up and hold him often! As the baby is still unable to support his own head, it is important to hold him sideways close to your body and cradle the head.



BABY'S GROWTH STAGES

About Your Baby

The 3 steps involved when a baby sucks

A baby is born with the ability to drink milk in a completely different way to that of an adult. First, a baby tightly attaches his lips and tongue onto the nipple ("latching on"). He then begins moving his tongue in a wave-like way of motion called "peristaltic movement." This motion squeezes the nipple and extracts milk ("sucking"). Finally the back of the tongue rises, channeling the milk into the esophagus ("swallowing"). These three key steps work together to enable a baby to suck milk smoothly and efficiently. When bottle-feeding your baby, it is important to facilitate these three key steps.

Movement of a baby's mouth when drinking milk



PIGEON was the first in the world to explain the mechanics of the special muscle contraction in infants, using an intra-oral camera.

Q&A FOR BABY

Why is it good to raise my baby on breast milk?

Your breast milk is a feast for your baby, and it provides the ideal nutritional balance. It is filled with every nutrition he needs to protect him from illness, it's easy for him to digest, and it also changes its ingredients as he grows, to suit the nutrition he requires for growing - that's why breast milk is so amazing. When your baby drinks from your breast, he can hear your beating heart. That makes him feel safe and secured. Your baby may have bowel movement frequently in a day.



Message from PIGEON Research Center, Japan

The first thing your baby puts in his mouth is your breast. That's why breast milk is so natural for him, and it provides the necessary nutrition. Breast milk comes from your blood, from which nutrients are squeezed out as it travels through the capillaries throughout your breasts. These nutrients are then transformed into your breast milk. The reason your breast milk comes out so well when your baby suckles on the nipple is because of the stimulation on your breasts caused by peristaltic motion, which causes the release of hormones called prolactin and oxytocin. So, as your baby suckles your breasts, the release of breast milk becomes easier. Don't get frustrated – just continue to breastfeed your baby with patience.

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Baby Care

BABY'S GROWTH STAGES

2nd MONTH



Growth – Development

Your baby is now capable of a wide range of expressions and turns and shows great pleasure when called by name or when you shake a rattle or a toy. When happy he might say "aah" or "ooh" and may be able to move his hands and feet quite freely. More and more babies are able to suck their thumbs or fingers at this age.



Feeding

Feeding becomes more regular and some babies even go through the night without needing a feed, making life easier for you. Some babies start requiring less at this stage too. This is because they have developed the ability to know when they have had enough. As long as the baby is contented, there is no need to make him drink.



Caring for Your Baby

Your baby is just beginning to be able to support his own head. This is a good time to begin holding them vertically and walking with them for ten to fifteen minutes a day. However, as he is not fully able to support his head yet, it is important for you to cradle the head and support the body firmly on your arm and shoulder.

3rd MONTH



Growth – Development

Your baby's expressions become more and more clearly defined during this time. When you call his name and play together, you can see his pleasure in the face and he may giggle. While this will vary from baby to baby, sometimes if he has a good feed before going to sleep at night, he will sleep right through to the morning.



Feeding

Your baby's feeding pattern will be more settled, with feeding during the day taking place every 3 to 4 hours, and with some babies going through the night without a feed. On average babies will be feeding 5 or 6 times a day. Be sure to give your baby all the breast milk that he wants.



Caring for Your Baby

Once the baby is able to support his own head, it is ok to hold him upright for a longer time. With the help of a baby carrier, it should be possible to take the baby out shopping for a short time or for a walk.



BABY'S GROWTH STAGES

About Your Baby

Your baby moves his arms and legs a lot, and cries at even slightly loud noises... This unconscious movement is called a primitive reflex.

The baby looks blankly at his mom's face because he cannot see very well. But, he can hear and recognize his parents' voice clearly. Baby will feel safe to hear mom's voice.

Baby move his arms and legs, clenching a finger when you press on his palm, suckling at anything that touches his lips, are actually unconscious movements, known as primitive reflex of a newborn baby. This movement is inborn skill and helps baby to survive in the world.



In day-to-day life, your baby hears a variety of sounds. Sometimes he will suddenly flinch at a relatively small sound, but this is just a primitive reflex, so it is natural.

Q&A FOR BABY

It's about 2 - 3 months after birth, and my baby is constipated and doesn't have many bowel movements.

As he gets older, the number of times each day your baby's bowels movement will decrease. For a breastfed baby, if he's not in a bad mood, hasn't lost his appetite, doesn't throw up a lot or have a bloated, painful looking stomach, you shouldn't be too concerned, even if he doesn't move his bowels for three or four days. If you are worried, try applying some baby oil to a twisted tissue paper or cotton swab and apply it inside his rectum. This can stimulate his bowel. If he hasn't had a bowel movement for close to a week, consult your doctor.

Baby Care

BABY'S GROWTH STAGES

4th MONTH



Growth – Development

Most babies can support their own heads now and can be held upright steadily. Physical development has also improved, and they will try rolling over by themselves; some babies will even bounce on their feet if they are held under their arms by an adult.



Feeding

By this stage, a feeding schedule will be pretty much decided, with feeding taking place about 5 times a day.



Caring for Your Baby

With baby sleeping through the night, patterns of daily life can be established. You can help to establish this life pattern by taking the baby out with you during the day and providing a quiet environment for him to sleep easily at night. As the baby will start picking up things and putting them in his mouth, make sure you don't forget to put dangerous things out of reach.



5th MONTH



Growth – Development

As a result of continuing mental development, your baby's fine motor skills (dexterity) will increase and you will find him actively picking up things of interest and shaking or banging them. Some more advanced babies may succeed in rolling over.



Feeding

If your baby watches with interest as adults eat and looks like he might like to try it himself, it is probably a good time to consider preparing to wean the baby. Please note that the main form of nutrition a baby acquires is from breast milk.



Caring for Your Baby

Now that your baby is becoming more and more active, particular care must be taken to prevent falling or consuming something he shouldn't. For example, don't forget to fasten safety belts on baby chairs and never carelessly put your baby on sofa unattended. Also, only lay your baby down to sleep in a place where they will be safe even if he manages to roll over.





BABY'S GROWTH STAGES

6th MONTH



Growth – Development

Movement of the arms and legs becomes increasingly active. The baby has become sufficiently skillful and quick to play with small, simple, baby toys. Some babies also grab their own feet and play with them while lying on their backs. Your baby can now distinguish between you and other people and some babies even become afraid of strangers.



Feeding

It is time to start thinking about baby food. Try starting during one of the 5 daily feeding times when your baby is in good condition. Initially just give one spoonful, and limit this to one type of baby food only. Until a baby reaches 7 months, please note that his main form of nutrition will still come from breast milk.



Caring for Your Baby

As the number of opportunities to go out with your baby increases, and the immunity they initially received from your ends, the likelihood of him developing his first illness increases. If your baby develops a temperature but still looks cheerful and active, there is no need to panic; just keep calm and look after him. If necessary, consult a doctor.

7th MONTH



Growth – Development

Your baby's expressions have become rich and varied, and he is starting to experiment with his voice, saying "ah, ah, ah". This is called canonical babbling. Some babies at this age can even sit up by themselves. Your baby's fingers and hands will become more skillful, and he will try to put everything he can into his mouth. Place any dangerous items or choke hazards out of his reach.



Feeding

If your baby is in his first month of weaning, have him eat twice a day. But as your baby's main source of nutrition is still breast milk, you may move at your baby's pace. Do not worry if he does not eat very much at this point.



Caring for Your Baby

When you place his favorite toy away from him, he will search for it. Some babies at this time cry at night. This is because your baby's emotions and knowledge have developed. This will no doubt be difficult on you, but you will get through it if you work together with your partner and get enough rest through such methods as taking naps with your baby.

Baby Care

BABY'S GROWTH STAGES

8th MONTH



Growth – Development

Some babies will have started crawling and their range of activities has increased. When and how a baby starts crawling varies from baby to baby. Some babies just don't like lying on their tummies and won't crawl at all. Some babies will have started baby talk – "goo-goo", "gaa-gaa" and they are fast being able to show or point to what they want.



Feeding

As the amount of baby food consumed increases, the amount of milk declines. There is a large variation in the amount babies eat. Even if they eat very little, there is no reason for concern, provided that they are active and healthy. There is absolutely no need to force-feed them.



Caring for Your Baby

Along with the increased range of activities, comes the increased danger of accidents at home. Check around the house to make sure that there is nothing that would present a danger to your baby. Your baby will react to what is said to him, and if there is something he wants you to do, he will let you know. So talk to your baby often and enjoy this interaction.

9th MONTH



Growth – Development

By this time, some babies are able to stand up by holding on to something. At first, even if you help them hold on to something, they will just lean against it. However, as time goes by, they will be able to hold on to something such as the sofa and stand on their own two feet. They will also be watching adults and copying their behavior, waving bye-bye and starting to utter word-like sounds like "baboo" or "nnnba."



Feeding

Your baby will have entered the later stages of weaning and will be having 3 meals a day. He is becoming skilled at grabbing and holding onto things and will begin holding food and eating or playing with it. This is an important part of development and babies should be encouraged to feed themselves.



Caring for Your Baby

Once your baby has learned to stand up while holding onto things, you must start making sure that there is nothing dangerous in higher places such as table tops. As there is now a danger that your baby might fall over or bang his head on something, it is a good idea to clear a space in the room where he can play safely.



BABY'S GROWTH STAGES

10th MONTH



Growth – Development

Babies can crawl quite fast now and some babies manage to walk while holding onto something. A lot of babies also become worried when separated from their mothers and try to follow them around. This is proof that baby has come to perceive his mother as the person he can trust and depend on the most. When baby cries loudly, be sure to give him a big hug.



Feeding

At this time in his development, you will see "ups and downs" in your baby's appetite. Some days he will want a second helping and then the next day will hardly touch the food. Try to provide a variety of food and a well-balanced menu.



Caring for Your Baby

During this period, babies enjoy playing outside, for example a trip to the park where they can walk holding onto a bench or enjoy the swings or a slide while in their mothers' arms. As babies tend to sweat easily, it is advisable to dress them in easily removable layers and to take off or add clothing as the need arises to control their temperature. In order for babies not to easily catch a cold, it is also a good idea to make a habit of washing hands after coming back from a trip out.

11th MONTH



Growth – Development

Individuality is starting to appear and your baby's likes and interests become clearer. Variation can be seen in daily routines and in physical development and the way in which your baby plays. While a lot of babies are still unable to speak recognizable words, they are able to understand a significant amount of what adults are doing and saying.



Feeding

3 meals a day will have become routine, but babies develop likes and dislikes. There is also a wide variation in the amount and in the way babies eat. Now is a good time to practice drinking from a cup during mealtime.



Caring for Your Baby

A mixture of deep curiosity and significantly stronger arms enable your baby to move about in an ever-widening variety of ways such as crawling up stairs or by holding on and walking as far as the veranda. This new freedom is naturally accompanied by the greater risk of an accident such as falling from a chair or down the stairs. Be sure to consider the dangers of each room to ensure your baby's safety.

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Baby Care

BABY'S GROWTH STAGES

12th MONTH

Growth – Development

At this stage, your baby will be about 1.5 times taller than his birth height and weighs about 3 times heavier than his birth weight. Some babies can stand comfortably by themselves and some are even taking their first steps. But these babies are in the minority. Most babies will not begin walking for up to about another 6 months, so do not rush them and keep calm.



Feeding

Your baby is at the latest stage of weaning. You should be feeding him 3 meals a day and a snack, all centered on good nutrition. Think of the snack as a supplement and use it as an opportunity to make up for nutrients he doesn't get in his main meals.



Caring for Your Baby

It is at this time you should get your baby in the habit of brushing his teeth. It is also a good idea to introduce basic aspects of the daily rhythm of life such as washing his hands before and after meals and after going outside, as well as expressions such as "please" and "thank you".

About Your Baby
FOOT

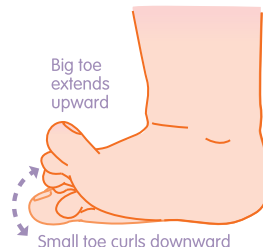
Your baby uses his toes to begin to walk.

Babies move their toes to balance and support themselves. But unlike adults, who put their body weight on their heels, and then shift their weight by moving it across the soles of their feet to their toes, babies cannot yet perform this rolling movement.

When your baby begins to walk, he uses his entire foot like a board, walking in a flat-footed pitter-patter manner. His big toe moves up when he lifts his foot and his little toe moves outward and down. These actions help your baby learn a sense of balance and how to adjust his weight.

When choosing baby shoes, try to choose a pair in which there is room in the toes so he may move them freely. Walking is an important part of your baby's development, so don't be too nervous and watch him at ease.

Baby's toes can move upward, downward, and to either side.





BABY'S GROWTH STAGES

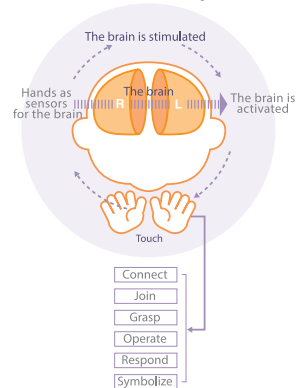
About Your Baby BRAIN

When your baby uses his hands, his brain develops, too.

To your baby, the three most important basic functions of his hands are "grasp," "operate," and "recognize." From grasping at your breast and touching your face, to throwing, pulling or turning toys, he is developing the functions of his hands.

Hand and brain development are closely related: developing hands is a prerequisite for developing the brain.

Ideal leaning toys for babies should constantly stimulate their interest and satisfy their desire to play. They should also be clean. Help to develop your baby's intellect by alternating between having him play with toys by himself and playing hand games with him.



About Your Baby TEETH

Start brushing your baby's teeth even before they start coming in

From 5 or 6 months

(until his baby teeth start coming in)

Care for your baby's teeth using a baby's toothbrush to let him get used to a toothbrush. Massage his gums twice a day—once in the morning and once in the evening—even if he hasn't fed yet. Using a dry baby toothbrush, gently massage the areas on both his upper and lower jaw where his front teeth will be. Brush for about 5 seconds each.

From 6 or 7 months

(front teeth have started coming in)

While continuing to brush his teeth twice a day—once in the morning and once in the evening—start using toothpaste, so he becomes accustomed to it. Brush each of his front teeth, one tooth at a time, up and down. When you are finished, wipe his teeth with a cloth or a wet tissue designed for use on a baby's teeth. Also, show your baby that you enjoy brushing your own teeth so that he can learn that brushing teeth is a fun thing.

18 months

(molars have started coming in)

Cavities develop quickly in molars, so begin brushing them as soon as they start to come in. Using toothpaste, brush his teeth for at least a minute both morning and night. Don't forget to brush before bedtime. Use the tip of the toothbrush to gently remove food and other build up from in between his molars, where it quickly accumulates. If necessary, try doing it over the weekend with your husband.

I love my
Mummy &
Daddy



Baby Care

BABY'S DAILY CARE

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Baby Care

HOLDING YOUR NEWBORN

Babies like to be carried. Babies can feel their moms' and dads' affection and warmth when being carried and gently cradled in their arms. First-time moms and dads may initially get nervous when carrying baby in their arms. However, you will gradually get used to it and you will feel naturally relaxed and carry your baby in a comfortable way. You will feel deeper affection towards your baby when he smiles as his eyes meet yours, when he suddenly stops crying when he sees you or when you watch his peacefully sleeping face. So go ahead and carry your baby in your arms as frequent as you want.

The cradle hold is recommended until your baby can hold his head up



Place one hand underneath your baby's head



Put your hand under your baby's bottom.



Lean close and pull your baby closer

Newborn's body is very soft and will eventually become more firm as his muscles and nervous system develop gradually over time. Baby's neck muscle will be stronger when he is around 3 to 4 months old, however it varies from baby to baby. The cradle hold is the ideal way to hold a baby to prevent neck strain. It is done by supporting your baby's neck and bottom when carrying your baby. You should use cradle hold until your baby is able to hold his head up.

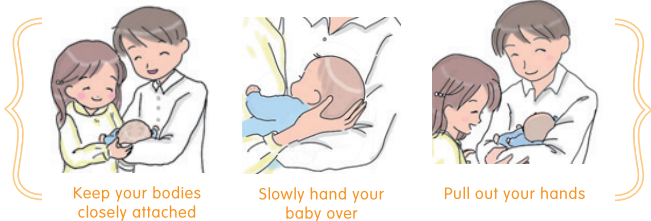


HOLDING YOUR NEWBORN

Place your baby on his bottom first when you lay him down

To lay your baby down from your arms, first you have to lower your baby to the resting place. Slowly let your baby's weight rest on his bottom, followed by the waist, back and lastly the head.

Keep your body close to the person you are handing your baby to or taking from



There will be other people who would want to have the chance of carrying your baby besides you and your spouse. When handing your baby over to or taking from the other person, keep your body close to that person so as not to drop baby by accident.

Burping your baby



Burping does help to get rid of some of the air that babies tend to swallow during feeding. There is no need to pound hard when burping as repeated gentle patting on your baby's back is sufficient.

One of the common burping methods is to place your baby closely to your chest and let baby's chin rest on your shoulder while support your baby with just one hand. Use the other hand to gently pat your baby's back.



BATHING – PREPARATION



It is usually not easy to keep your baby safe and clean at the same time during bath time. However, proper preparation can make each bath time a happy and healthy one. Below are the things to note prior to giving baby a bath:

Water temperature The water in the bath tub should be luke warm between 38°C to 40°C. Put in cold water first followed by hot to avoid scalding a baby. You may use a bath thermometer to help in temperature checking.

Room temperature Room should not be cold as baby can easily catch a cold right after a bath. Leave the room temperature to be around 26°C to 28°C.

Frequency of bath The metabolism of a baby is strong. As such, you may bathe your baby once a day and up to 2-3 times during summer days.

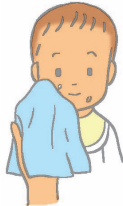
Bath Supplies Get all the bath supplies ready and within reach. Supplies include fresh set of clothing, diaper, bath towel, toiletries, etc. For baby wash, use a mild one for convenience. When choosing a baby wash, look for one that does not contain alcohol, pigment, triclosan or formaldehyde-releasing agents as these substances may weaken your baby's skin resistance and expose them to skin allergies.

Right time to bath a baby It is good to bathe your baby when he is not too hungry. Note that, bathing a baby immediately after feeding may result in your baby spitting up.

BATHING – WASHING THE BABY

Wash your baby as if you are stroking him – but be careful!

Face



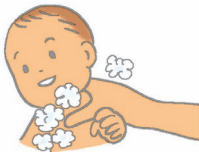
Clean your baby's face well with warm, damp cloth when giving him a bath, making sure to clean his cheeks, which can be dirty with drool and milk. Clean also his forehead, where there may be many secretions from his skin.

Head



The so-called “soft spots” or “fontanelles” on your baby's head will be much smaller and even close when he is about 18 months old, after his skull bones meet and fuse together. Until then, don't press on it – just wash his head by gently stroking it. Lather the baby shampoo well and make sure to clean your baby's head every day.

Body



With all his “baby fat”, your baby has lots of creases and wrinkles. Sweat and dirt can be trapped in these areas, and can even cause your baby to smell! Whenever giving him a bath, make sure to use your fingers to spread open these areas and wash them well.

Bottom



Your baby's bottom is subject to urine and stool all day long in his diapers. This is particularly true in the deep wrinkles around his crotch, which is the dirtiest part of his body. So be sure to wash this area at least once a day.

BABY MASSAGE

Good for your baby's body and his heart as he feels your love

Preparation

- ♥ Set the room temperature to one that is comfortable for your baby
- ♥ Adjust the lights to moderate brightness. You may also want to play some of your baby's favorite music
- ♥ Lay a mat or other cushion on the floor and cover it with a large bath towel. Also prepare a diaper and baby wipes so you can calmly change your baby if he wet himself when he feels good from the massage
- ♥ Prepare some baby oil

Start of Massage

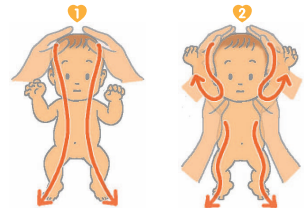
Use plenty of oil, using your palms to gently and slowly rub it all over your baby's body. While you're doing this, relax, make eye contact and talk to your baby to create a pleasant atmosphere.

MASSAGING HIM FACE-UP

Perform each of the massages 2-3 times

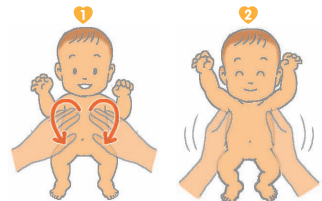
Massaging both sides of your baby's body

- 1 Use your palm to gently massage his body, counting to 3 with each stroke. Make sure to massage all the way to his toes
- 2 Stroke the sides of his face, then move down his arms to his fingers. Next, slide both hands from his underarms down the sides of his body, all the way down to his feet and toes



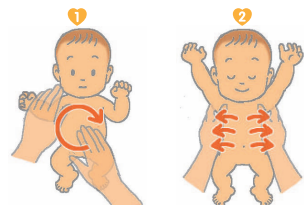
Chest massage

- 1 Gently place both of your hands in the middle of your baby's chest and gently massage, drawing the shape of a heart
- 2 Gently place your hands on both sides of your baby. Use your thumbs to lightly massage from the middle of his chest outward (towards his sides)



Belly Massage

- 1 Place one of your hands on one of your baby's hands. With the other hand, massage his belly in little circles. Try to avoid his bellybutton
- 2 Lightly place your hands on either side of his belly and gently rock it right and left





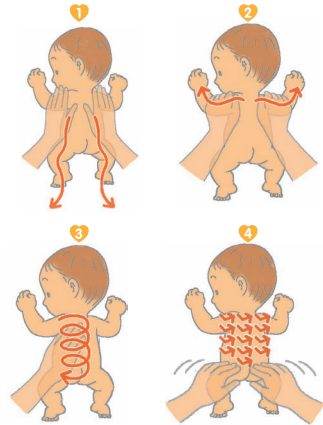
BABY MASSAGE

MASSAGING HIM FACE-DOWN

Perform each of the massages 2-3 times

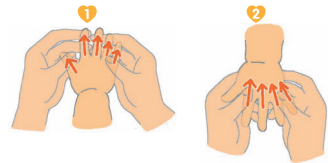
Back Massage

- 1 Use both hands to gently massage your baby's shoulders, back, bottom and legs downward to his toes
- 2 Use both hands to gently massage from his shoulders down his arms and to his fingers
- 3 Place one of your hands gently on your baby's back, and gently draw tiny circles as you massage his shoulders, back and bottom
- 4 Using your fingertips, gently tap your baby's back



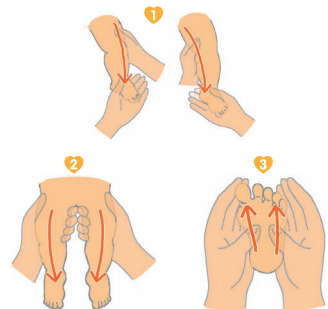
Hand Massage

- 1 Take your baby's hands in your own and use your thumb to gently rub his hands, starting at the back of palm and working your way up his fingers. Follow with a light massage
- 2 Use your thumbs to gently rub from the base of your baby's palm outward to his fingertips



Leg and Foot Massage

- 1 Place a hand on your baby's leg and use your palm to gently massage from his groin to his ankles
- 2 Using both of your hands, lightly hold his thighs and then massage to his ankles using your palm
- 3 Use your thumbs to lightly press on the sole of his foot, from his heel to his toes, gently massaging as you go



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Baby Care

BOTTOM CARE



It is very important to frequently change your baby's diaper in order to protect his soft bottom. Changing diapers also offers you an opportunity to communicate with your baby. In addition, your baby's stool and urine are indicators of his health, so do check them carefully during diaper changing.

BABIES' URINE CHANGES AS THEY GROW

Babies usually urinate very frequently during the early years of life. They have a small bladder capacity and their nervous system's ability to control urination has not yet been developed. Therefore, newborn babies urinate approximately 15 to 20 times a day. As they grow, the frequency of urination gradually decreases as they are able to store urine. Although it varies from baby to baby, the frequency decreases to approximately 10 times a day when they reach the age of one. The number of days they don't urinate through the night also increases.

Normal Urine Colour: Light Yellow

The colour of your baby's urine may become darker during seasons such as summer; however you have nothing to worry about if your baby is in a good mood and has a good appetite.

Abnormal Urine: Consult a paediatrician if any of the following applies to your baby

- ♥ Pink urine
- ♥ Pus on diapers
- ♥ Crying with pain when urinating
- ♥ A significant decrease in the amount and frequency of urination



BOTTOM CARE

BABIES' STOOL CHANGES AS THEY GROW

Babies have greenish black stool (meconium) in the first few days after birth. After that, the color of stool changes to yellow or brown. Babies usually have a high bowel movement frequency and soft stool during in the first few months. Sometimes they have a bowel movement every time they drink breast milk. As they grow, the frequency decreases as the amount of water contained in the stool decreases. When the weaning process begins, the color and odor of baby's stool will become closer to that of an adult.

Normal Stool Colour: **yellow / brown / green**

- ♥ Green - Due to changes as a result of the oxidation of bile contained in stool. This is a condition encountered in infants particularly during the first few months, but it is nothing to worry about
- ♥ White Particles in Stool – These are components of milk solidified in the digestive and absorptive process. This is nothing to worry about
- ♥ Undigested food in stool – This is food high in fiber that has come out without being digested, and is nothing to worry about. As baby's digestive function develops, this problem will naturally disappear

TIPS

WHEN CHANGING DIAPERS

- ♥ Never leave baby unattended on diaper-changing table / mat
- ♥ Have all diapering supplies, including extra diapers, within reach before you begin
- ♥ Don't forcibly pull baby's legs as it can lead to dislocation
- ♥ Talk gently and calmly to baby during diaper-changing to comfort him
- ♥ Different methods are used when wiping baby boy or baby girl. For baby boy, wipe around the penis and testicles thoroughly while for baby girl, be sure to wipe from front to back to prevent germs from stool getting into the urinary tract
- ♥ If baby is cranky, let baby hold a toy to distract him during diaper-changing

BOTTOM CARE

Diaper Rash



Diaper rash is a common infection that can cause a baby's skin in the diaper area to become red. It is caused when baby's damp bottom is rubbed against diaper or when baby's skin is irritated by urine or stool. It is important to prevent diaper rash.

Keep the following in mind

- ♥ Frequently change diapers to keep your baby's bottom clean and dry
- ♥ Gently clean by using baby wipes, etc., whenever you change diapers
- ♥ Dry your baby's bottom well after wiping each time
- ♥ Give your baby a bath to wash her bottom. If he cannot have a bath, at least wash his bottom
- ♥ Rinse cloth diapers well and dry them in the sun

If your baby has diaper rash, pay particular attention to keeping his bottom clean. If the symptoms persist or worsen, your baby may have candida skin infection, which causes symptoms similar to diaper rash. Consult a paediatrician or dermatologist.

Constipation

SYMPTOMS

Your baby may have constipation if any of the following apply:

- Less frequent bowel movements than usual, usually with hard stool
- Having difficulty in passing stool
- Bowel movements every day, but hard lumpy stool

What to do when your baby has constipation?

Even if your baby does not have a bowel movement every day, if he is in a good mood and his stools are smooth, you have nothing to worry about.

When baby has constipation, he will be in a bad mood and will lose his appetite, which may lead to severe constipation. You may try the following to help baby have a smooth bowel movement when he is constipated.



BOTTOM CARE



Diarrhea

- ♥ Try to frequently replace liquids by giving your baby warm water
- ♥ Feed your baby high-fiber weaning foods as dietary fiber absorbs liquid in the intestine and softens stool while increasing the volume
- ♥ Massage your baby's tummy in a clockwise motion to stimulate bowel movements
- ♥ Stimulate your baby's anus – Apply some baby oil to the tip of a cotton bud and insert 1cm into baby's anus while moving it slightly in a circular motion to stimulate bowel movements
- ♥ For severe or prolonged constipation, consult your pediatrician

Diarrhea is the condition where food and liquid consumed come out as loose stool without being absorbed in the intestine.

If your baby only has loose stool, it is not diarrhea. Babies may have loose stool when they start to consume fruit juice or foods they have never tried before in the weaning process.

Even if your baby has a touch of diarrhea, if he is in a good mood and has a good appetite, you can wait and see how things go. Consult with a pediatrician if your baby has symptoms of vomiting or becomes limp.

SYMPTOMS

- ♥ Very watery and loose stool than normal
- ♥ Extremely frequent

What to do when your baby has diarrhea?

- ♥ Give your baby breast milk as usual
- ♥ Frequently change diapers. During diaper change, wipe clean baby's bottom thoroughly or wash your baby's bottom clean whenever it permits
- ♥ Prevent dehydration by frequently replacing liquids by giving your baby warm water. For babies more than 6 months, you may give other drinks such as coarse tea or ion drinks
- ♥ Do not force the weaning process. If you baby has an appetite, give him easy-to-digest foods such as rice cereal
- ♥ For severe or prolonged diarrhea, consult your pediatrician

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Baby Care

ESSENTIALS BABY CARE



Practicing good hygiene care is essential to keep your baby happy, healthy and comfortable. Baby's hygiene care includes care for baby's nose, ears and nails as sebum or dirt can build up on these body parts. Initially, you may feel nervous on practicing hygiene care on your baby but gradually, with more practice, you will be comfortable as you get better at it. Hygiene care also offers you opportunities to bond and communicate with your baby.

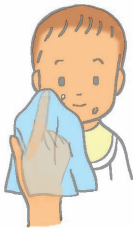
Tips for Practising Basic Baby Care

- ♥ Care for your baby's nose, ears, nails, etc at your own convenient time or whenever you notice a need for it
- ♥ It is recommended to do it after giving your baby a bath as baby's nose and the inside of his ears will be moist and the dirt can easily be removed
- ♥ Assessing and practicing hygiene care in brightly-lit place
- ♥ You should examine your baby's nose, ears or nails first and then determine on the procedures and products to use
- ♥ Use products that are meant for infant or babies as they have the added safety design for babies as compared to the adult version
- ♥ When cleaning, do not use too much strength. Do it gently and calmly as baby may get cranky when your baby senses your anxiety
- ♥ Do not be too excessive in caring for baby's nose, ears, nails, etc as babies do not stay still for a long period. Do little by little and as often as possible. You may do each body part separately on different occasions, not all at one go
- ♥ If your baby keeps moving and makes it difficult for you to do it, don't insist but instead do it while your baby is sleeping
- ♥ Store all related hygiene products such as baby nail clippers / scissors, baby tweezers, cotton buds, baby oil, etc at one place for easy accessibility and convenience



ESSENTIALS BABY CARE

Day-to-Day Care for your Baby



♥ Eyes

When cleaning baby's face, you should also clean baby eyes with clean cloth to remove any discharge as babies are also susceptible to bacterial eye infections.

Firstly, soak cloth in lukewarm water and wring it dry. Let the cloth cover your finger then use it to gently wipe the baby's eyes, moving from inner to outer corner. Repeat for the other eye with a new, clean portion of the cloth.

♥ Ears

Use cotton swabs to remove the dirt. A tiny bit of baby oil will help make the cleaning process even easier. The best time to clean his ears is when his skin is still damp right after a bath.



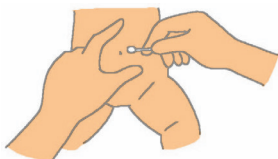
♥ Nose

There is a lot of mucous trapped inside that tiny little nose. However, you have to exercise caution when cleaning as the delicate membranes may be damaged if cleaning gets too deep in. Use a narrow cotton swab for babies or tweezers with rounded tips to remove only the mucous you can see. If your baby does not like having his nose clean, then do it when he is sleeping.



♥ Fingernails and Toenails

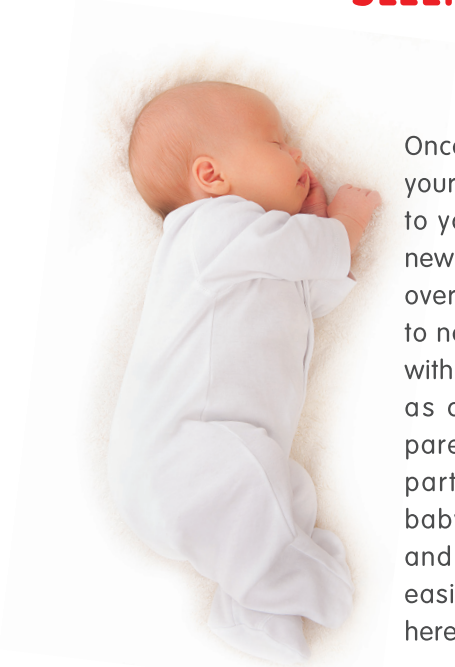
Baby's nails grow quickly and should be trimmed once a week. If not trimmed properly, baby's long fingernails may scratch his face. Firstly, hold a baby's finger securely between your thumb and finger and with the other hand, start trimming around the baby's fingernail. For toenail, lift the toe up with your thumb to safely trim the nail. It is highly recommended to cut the fingernails while baby is sleeping.



♥ Belly Button

Many parents are nervous about changing diapers while the umbilical cord is still attached. Your baby's umbilical cord will fall off naturally, so bear with it for a few days. You should make sure that the umbilical cord does not rub against his diapers. You may want to consider disposable diapers that have the area around the bellybutton cut out or simply fasten the waistband slightly loose and fold it downwards. Once the umbilical cord has fallen off, it is important that you continue cleaning the bellybutton using cotton swab with alcohol for a while and expose it to air as often as possible.

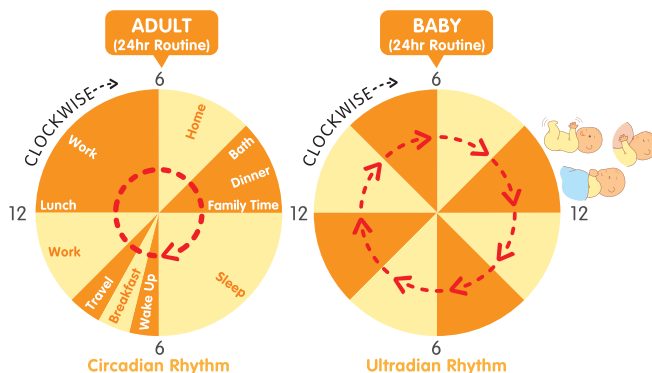
SLEEP FOR BABIES



Once out from hospital, you will start a new life with your baby at home after the hard work of giving birth to your baby. The bonding between you and your newborn can sometimes be quite confusing and even overwhelming as both you and baby learn to adjust to new situations. If you are to look after your baby without help from anyone, it will be more challenging as compared to mothers who have help from parents, relatives or even confinement nannies. In particular, the irregular sleeping pattern of your baby, that could easily push your limit of strength and patience. Hence, if getting your baby to sleep easily would help caring for your baby easier, then here are some secrets to get baby to sleep!

Newborn Babies have different sleep rhythms from adults!

Human adults lead a life on a 24-hour cycle. This is called "circadian rhythm" in technical terms. Though babies are also human, they do not follow a 24-hour cycle like we adults do. Until around the age of four month, babies follow and repeat a 3 to 4 hour cycle in which they feed and sleep, also known as "ultradian rhythm" in technical terms. This cycle of 3 to 4 hours is equivalent to one day for babies.



All life activities including sleep are related to cranial nerves. Newborn babies do not have the same brain structure as adults. In order for babies to lead a life in a 24-hour cycle just like adults, their brain wirings need to be developed first. This is why babies need a lot of sleep during their first month, mainly to develop the necessary wirings in their whole body that are connected to their brains.



SLEEP FOR BABIES

BABY'S SLEEP CYCLE CHANGES

Baby's sleep cycle is getting close to 24-hr cycle around the age of 3 to 4 months

Baby's biological rhythm, which has been irrelevant to the 24-hour cycle, starts to change around the age of 3 to 4 months. After the period of feeding baby every 3 to 4 hours, their patterns of sleeping and waking are gradually set. For instance, there is a pattern in which babies sleep once in the morning and take naps twice in the afternoon. At that stage, babies can sleep longer at night. Some babies can sleep continuously for 6 hours without waking up at night, which makes mother's life much easier.

Baby sleeps much longer at night at the age of 5 to 6 months

As far as sleeping hours are concerned, baby sleeps a total of 12 hours through the night and takes some brief naps during the day. With the development of motor skills, baby moves his body during the day and his rhythm is determined. At this stage, some babies make a set of routine movements such as touching something for a while before sleeping. It is just like baby is telling himself that it is time to go to sleep. So, do not stop baby from making such movements by just regarding them as strange habits, and let them do whatever they want to do if they can fall asleep by doing so.

Some babies start crying at night after the age of 7 months

When baby turns 7 months old, the rhythm of the day has been set, which makes mother's day much easier. However, around this time, we will start to hear some mothers saying their babies "cries at night." In addition, some babies frequently wake up in the middle of the night. Sleepy looking babies suck their fingers or touch their own or their mother's earlobe, or pinch the edge of a soft toy or blanket. All of these are routine behaviors before falling asleep and are known as "rituals for falling asleep". By doing so, baby can naturally be ready to fall asleep. So, do not force him to stop such behaviors. You may think your baby is crying at night because you did not take him out for a walk during the day or that the TV volume was too loud before he went to sleep. You want to know the clear reason why your baby cries at night, but the clear cause remains unknown.



SLEEP FOR BABIES

>> Some babies start crying at night after the age of 7 months

The only thing we can say is that baby's sleep is in a development stage and therefore baby's brain and nerves have not been sufficiently developed to sleep properly. The reason why some babies frequently wake up at night may be the lack of variety in their lives. Even if you cannot take your baby out for a walk due to bad weather, letting him play in the house or having a visitor can bring about a change in his life. It may be good idea to invite grandmother or one of your friends over for a visit. If your baby wakes up despite such efforts, you can just stay by your baby while singing a lullaby or pat his back. Baby feels secure when knowing his mother is there.

After the age of one, babies have a clear daily schedule

After baby's first birthday, when to play, take a nap and go to bed are all determined and accordingly the rhythms of most babies' daily lives are set. However, as the physiological development of baby also begins, he may be affected by the things that happened during the day. After this stage, if baby cries at night, it is more likely linked to psychological problems, which is different from that of babies of aged few months earlier. In many cases, babies stop crying when they are held, spoken to or patted on their backs. So, give it a try.

TIPS TO HELP BABY SLEEP BETTER

1. **Make the room bright when baby is awake and make it dark when baby goes to sleep**

The brain creates rhythm based on brightness detected. So, make the room bright by drawing the curtains or turning on the light when baby wakes up. In contrast, the room should be dark when baby goes to sleep. So close the curtains or turn off the lights to create a comfortable atmosphere.

2. **Create a lively atmosphere when baby is awake and quiet when baby goes to sleep**

It is also important to offer a variation to baby's environment. When baby goes to sleep, the volume and brightness of the TV should be kept at a moderate level. If baby has brothers or sisters and lives in an environment that is lively during the day and suddenly becomes quiet at night because everyone goes to sleep, baby can fall asleep smoothly. Try to offer a variation to the environment by using sounds if baby has no brothers or sisters.



SLEEP FOR BABIES

What about my sleeping hours? Think about sleep for mother too

The rhythm of mother's daily life tends to be disturbed since they have to check on baby while doing housework. In addition, if she is working, a mother's sleeping hours become shorter and she ends up suffering from lack of sleep. In this way, you cannot go through a long child-raising period.

So, why don't you allow yourself to sleep alongside your baby at night? You may feel uncomfortable having an early night, but being a "morning person" who goes to bed and gets up early is one way to get through the period. Some mothers might say, "As I can make good use of my morning, it's like killing two birds with one stone!"

Sleep brings up a child well

Why do we sleep? In fact, large amounts of growth hormones are produced in our bodies during sleep. Adults still need growth hormones, which is an essential hormone for children. Babies grow while they are sleeping. Growth hormones not only promote growth and development, but also work to repair damaged cells. The development of the brain is not the only reason why sleeping is important.

3. Eliminating all discomforts

If baby is hungry or wearing a dirty diaper, he obviously cannot sleep comfortably. Be sure to check these basic matters. In addition, sometimes baby drools on his bib or his neck. In such cases, baby unexpectedly feels the cold against his skin and feels uncomfortable. Also, do not forget to check the clothes baby is wearing.

4. Room temperature should neither be too cold or too hot

Check the room temperature when baby goes to sleep. Check whether your baby's hands and feet are cold or if there is any sweat on your baby's forehead and adjust the temperature accordingly.



BABY'S FIRST FOOD

I DON'T KNOW WHEN TO START!

What are the key signs of weaning?

At first, babies just enjoy drinking breast milk but as they grow, they tend to watch you eat, try to grab at food and drool a lot. At this stage, babies can hold their heads up steadily and can sit up if supported. This is a good time to start weaning your baby. If you observe your baby carefully, you will recognize these changes and the time to start weaning has come.

Should babies get used to fruit juice and a spoon?

Until recent years, it was common to give fruit juice to babies at the early stage of the weaning process. However, recent studies indicate that giving too much fruit juice to babies leads to the reduction of the breast milk intake and babies accordingly become nutritionally unbalanced. Therefore, it is not recommended. The start of the weaning process is defined as "the time when smoothly ground paste of foods (rather than fruit juice), vegetable soup and rice gruel / cereal is given to babies for the first time. These studies also indicate that it matters little whether baby gets used to a spoon. When his sucking reflex is reduced, baby won't push the spoon away with his tongue. Therefore, he will be able to eat weaning foods given by spoon naturally when he is 5 to 6 months old.

Around 5 to 6 months		Recommended Food for Babies
Babies to learn how to swallow food	Staple foods and appropriate texture	Smoothly ground paste of foods
	Amount per day	From one spoon
	Frequency per day	Once a day at the beginning Twice a day after around one month
	Breast milk	Give as much breast milk as baby wants
Around 7 to 8 months		Recommended Food for Babies
Babies to learn how to move their upper and lower jaws to crush foods with their tongue	Staple foods and appropriate texture	100% Rice gruel/cereal To the degree that it can be crushed with their tongue About the same softness as bean curd
	Amount per day	100% Rice gruel/cereal In the first half: 50g In the second half: 80g
	Frequency per day	Twice a day
	Breast milk	Give as much breast milk as baby wants.



BABY'S FIRST FOOD

Around 9 to 11 months

Recommended Food for Babies

Babies to learn how to crush foods that they cannot crush with their upper and lower jaws by using their gums

Staple foods and appropriate texture

In the first half: 100% Rice gruel/cereal
In the second half: Soft rice
To the degree that it can be crushed by baby's gums

Amount per day

In the first half: 90g of 100% rice gruel/cereal
In the second half: 80g of soft rice

Frequency per day

Three times a day

Breast milk

Give as much breast milk as baby wants.

From 12 months onwards

Recommended Food for Babies

Babies to learn the amount of one bit and when putting too much food in their mouths would lead to dropping their food

Staple foods and appropriate texture

In the first half: Soft rice
In the second half: Rice
To the degree that it can be crushed by baby's gums

Amount per day

In the first half: 90g of soft rice
In the second half: 80g of rice

Frequency per day

Three times a day

Breast milk

Give as much as baby wants

Message from PIGEON Research Center, Japan



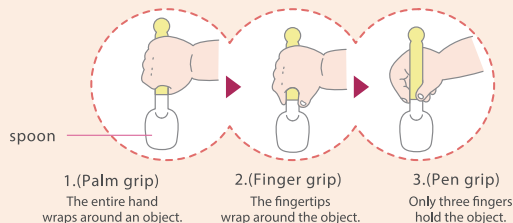
What's important is that your baby puts food into his mouth near his lips, closes his lips and then chews – not just shoving food into his mouth and swallowing. You may become concerned if your baby doesn't show much interest in eating as it is necessary for baby's survival. However, it is fine for your baby to eat greedily. While he's eating, check to see if he wants to feed himself, that he's not being finicky, he eats his meal at a set time each day and that he has no food allergies.

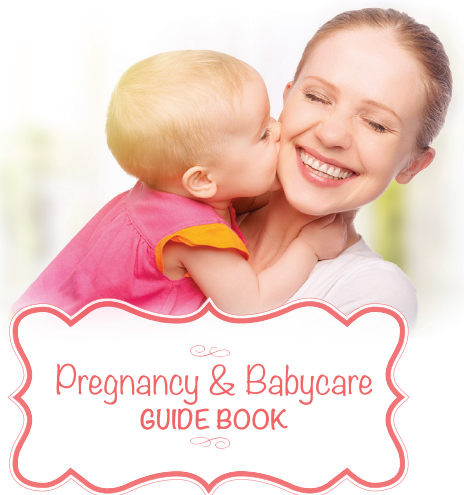
When my baby is eating solid foods, what type of dishes and utensils should I use?

When your baby is getting good at eating with his hands, let him learn to feed himself with a spoon. PIGEON recommends a spoon with width that is about 2/3 wide of your baby's mouth and not very deep. At this point, a fork is still too dangerous. You can let your baby start using a fork from about 18 months. For drinking water, the best cup would probably be one with a narrow rim and handles, so he can hold it and drink from it himself.



Your baby will use his fingers and learn how to eat by himself.





For more information, please visit



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