

WELCOME

TO THE

WORLD!

Tips and cuddles for parents and children

Progetto grafico e illustrazioni: B-side Studio, Roma

I edizione giugno 2019

Con il patrocinio di :

UPPA – Un Pediatra Per Amico - www.uppa.it

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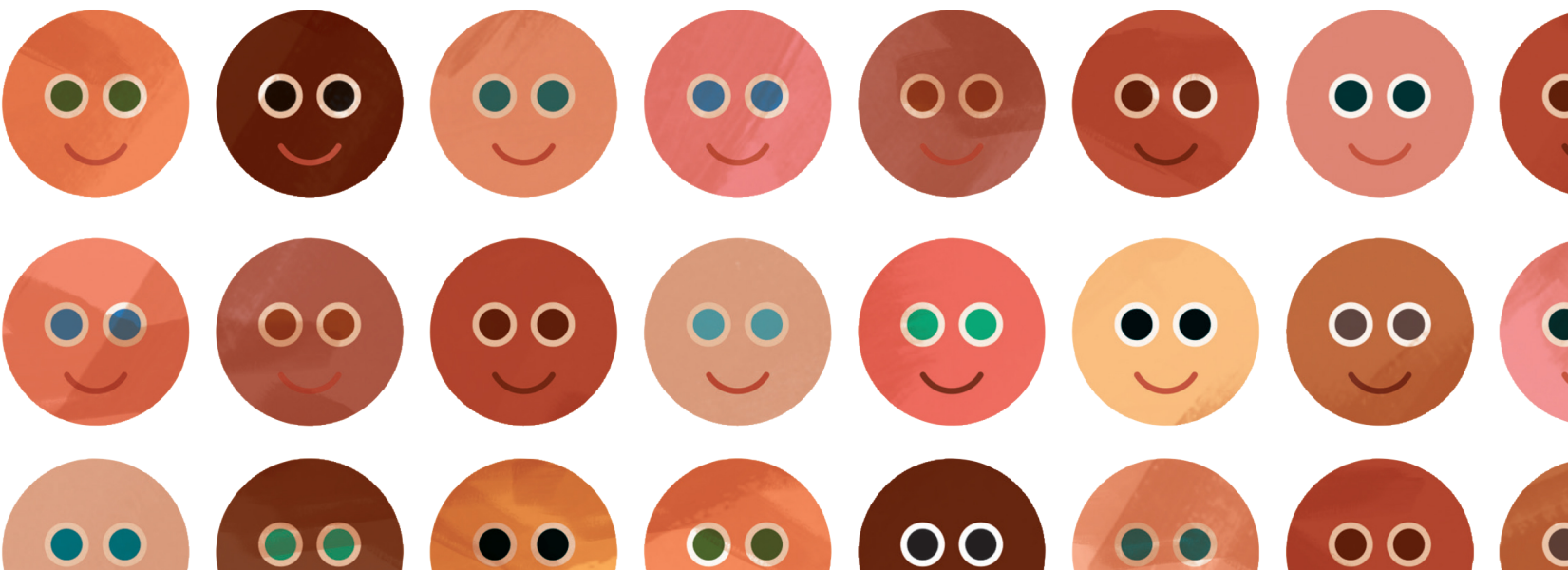
Centro Nascita Montessori - www.centronascitamontessori.it/centro/

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Traduzione in lingua inglese a cura del Comitato provinciale di Torino per l'UNICEF

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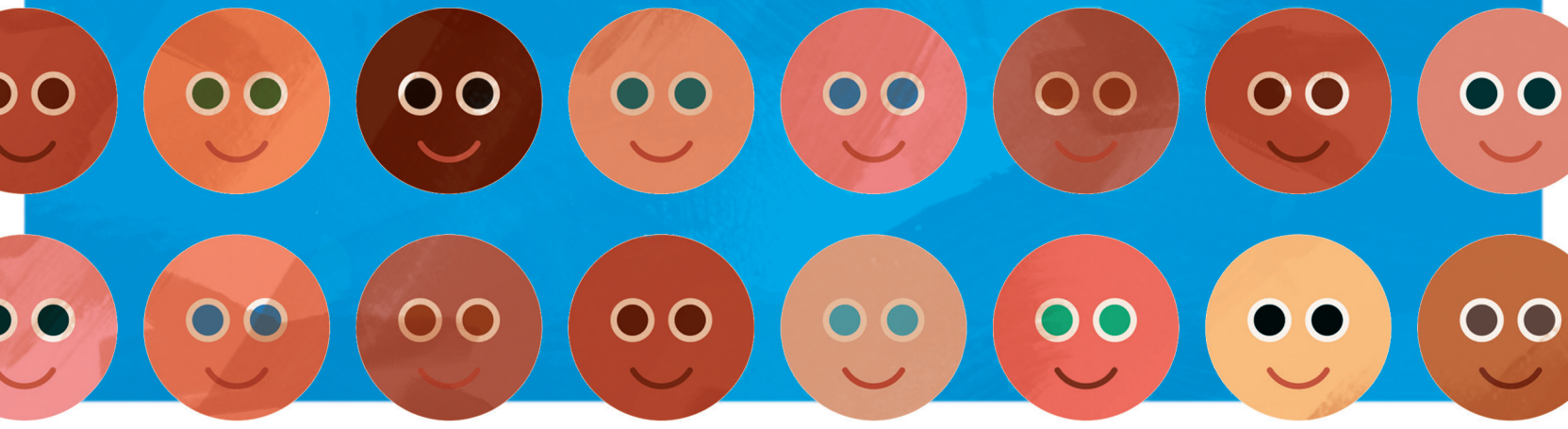
Tips and cuddles for parents and children

Learning is a lifelong process. The early years are key to laying the foundation for healthy, harmonious development and helping children develop to their full potential. Young children's brains can form a million new connections every single second. That's why those first moments together are important! Proper feeding, stimulation and care are critical, especially in the first 1,000 days of life.

Loving care and empathy are the key ingredients. Appropriate stimuli for interaction and experience of oneself, others and the world complete the recipe for development.

UNICEF, in Italy and throughout the world, promotes the Convention on the Rights of the Child and Adolescent. Among other things, the Convention provides that every boy and girl should have the right to harmonious and healthy development and that adults caring for them should receive all necessary assistance to ensure that children enjoy this right. In addition, UNICEF promotes the Child-Friendly Hospitals and Communities Programme in Italy to ensure best practices in childbirth and birth care and the initiation of breastfeeding.

For this reason, we offer some simple advice for new parents and for all those who care for young children. These are not exhaustive indications, but they are intended to stimulate interest and curiosity about responsible care for early childhood development and at the same time to reassure that, together with love, a few simple gestures can help stimulate the brains of young children and help them, step by step, to enjoy their childhood and become serene children and adults.

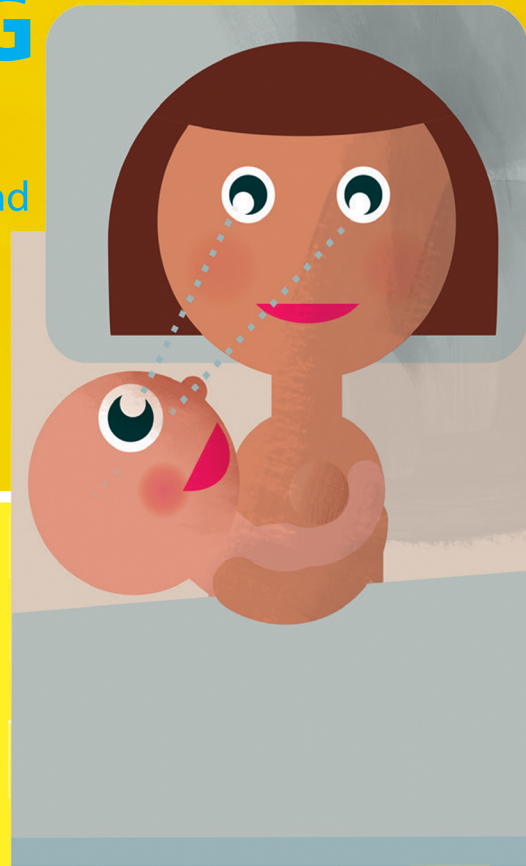


IN THE FIRST WEEK OF LIFE

COMMUNICATING

Look your baby in the eye and talk to him/her as often as you can. By keeping him or her in skin-to-skin contact immediately after birth and afterwards: the baby gains serenity, regularizes his or her breathing and stays warm.

HOW EXCITING TO LISTEN TO MUSIC!



FEEDING

Breastfeeding helps you and your baby become closer, physically and emotionally. Even if you're not breastfeeding, you can facilitate bonding with your baby by offering comfort, body contact and peace of mind.

AT FULL MILK!

PLAYING

Try to encourage situations where your newborn can make eye contact with you, hear your voice, move freely and make physical contact. Hold him/her in your arms (because in this period he/she needs it), rock him/her gently.

**CUDDLE HIM/HER:
YOU ARE HIS/HER TOY**



FROM 1 TO 6 MONTHS

COMMUNICATING

Smiles and looks are a form of communication!

Talk calmly to your baby, you can have a real conversation with him/her by responding to his/her cries and gestures!

Respond to his/her crying: check if he/she wants to be changed or accompanied to sleep...or if he/she simply wants your attention and cuddles or if he/she is hungry!



HE/SHE NEEDS YOUR HUG

FEEDING

Milk comes from breastfeeding: the more you breastfeed your baby, the more milk you produce. Breastfeeding on demand promotes adequate milk production for your baby.



COME ON, STILL AT FULL MILK!

PLAYING

During these months, physical or eye contact is your baby's first form of play. Create safe situations where your baby is free to move around. Gently offer him/her safe objects that he/she can touch, grasp and explore. Remember that in this period his/her way of getting to know things is by bringing them to his/her mouth!

**IT IS GOOD THAT HE/SHE PUTS
HIS/HER HANDS IN HIS/HER MOUTH**



FROM 6 TO 9 MONTHS

COMMUNICATING

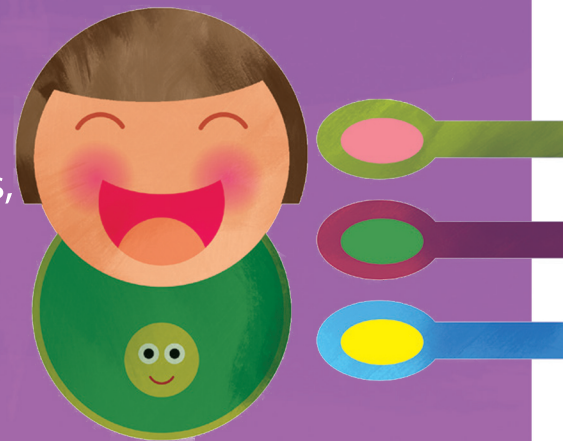
Respond to baby's cries and show interest, it will be your way of preparing him/her for conversation. During these months he/she will begin to recognize his/her name, call him/her and observe his/her reactions

READ BOOKS AND LISTEN TO MUSIC WITH YOUR BABY



FEEDING

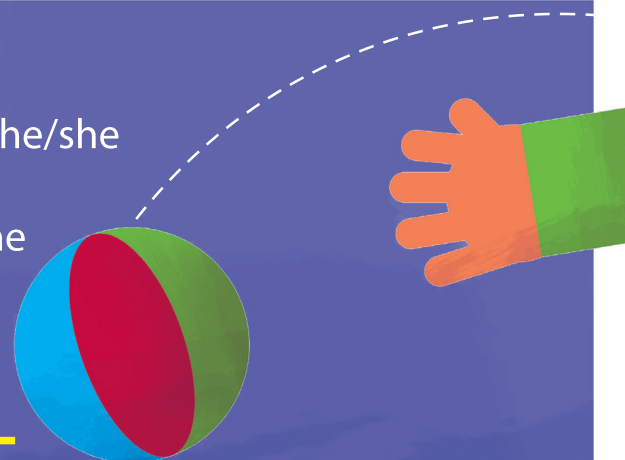
Sit in front of your baby to watch him/her and offer a wide variety of healthy, fresh foods, as well as your milk. Give him/her time to eat, even on his/her own with appropriate foods, and don't force it.



COMPLEMENTARY FEEDING ON DEMAND

PLAYING

Offer your child age-appropriate toys that he/she can handle, bang and...drop on the floor! Prepare a safe environment in which he/she can practice his/her first explorations



A LADLE AND A SALAD BOWL ARE HIS/HER FAVORITE TOYS

FROM 9 TO 12 MONTHS

COMMUNICATING

Always repeat the names of things to the child by pointing at them, gestures also help the formation of language: for example, mime and observe his/her reactions. Continue to read him/her age-appropriate books and listen to music.



TALK TO HIM/HER

FEEDING

Let your baby eat on his/her own and try foods with different flavors and textures. Breast milk continues to be a valuable source of nutrients even after solid foods have been introduced. Offer fresh, seasonal fruits and vegetables as much as possible.



HOW MANY NEW FLAVORS!

PLAYING

Play hide and seek games together! Or "one...two..three...peeckaboo!" Through this game your child will begin to understand that you are always there, even when they can't see you.

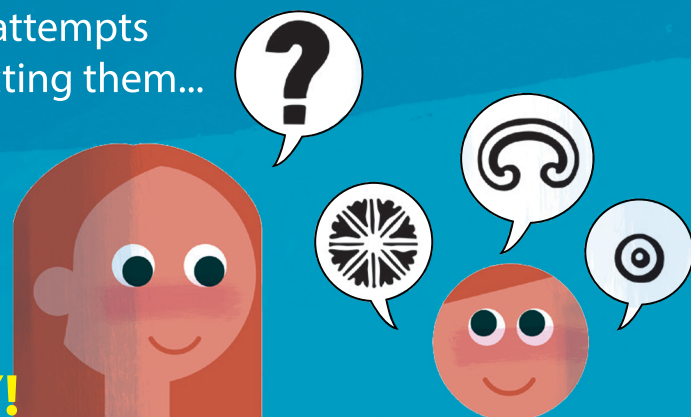
**ONE...TWO...THREE...
PEECKABOO!**



FROM 12 MONTHS TO 2 YEARS

COMMUNICATING

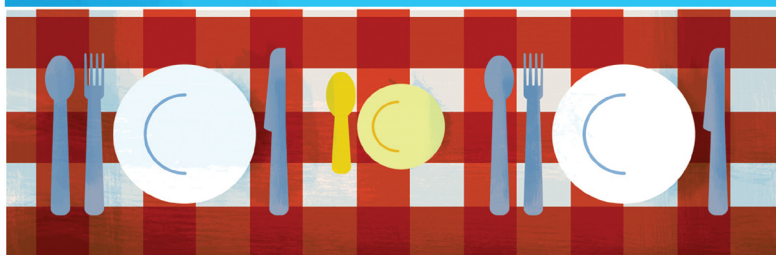
Always show interest in your child's attempts to talk, indulge them, without correcting them... They will learn with experience!



SO MANY THINGS TO SAY!

FEEDING

Make sure that the child shares mealtimes with the family and that they are happy, shared moments. Do not insist on food if he/she is not hungry.



EVERYONE TO THE TABLE

PLAYING

At this stage, children generally show interest in stacking or interlocking toys; he/she will enjoy exploring environments during this time. Indulge him/her and make sure he/she can do so safely. Spending time in contact with nature will help his/her harmonious development.



BUILD CREATIVITY

FROM 2 YEARS ONWARDS

COMMUNICATING

Encourage your child to express him/herself, always answer his/her questions and "why?" Help him/her name his/her emotions, it will make him/her feel reassured and welcomed! Don't belittle his/her fears, gently help him/her to face them.

Self-esteem is developed from an early age!

**LISTEN TO HIM AND EDUCATE HIM/HER:
IT IS HIS/HER RIGHT**



FEEDING

It is much easier to maintain good habits than to correct them later. To stay fit: healthy and fresh foods within a balanced and varied diet for the whole family.

Avoid using food as a reward.

**EATING HEALTHY IS
HIS/HER RIGHT**



PLAYING

Shapes, colors, materials...propose to the child stimuli suitable for his/her age. And remember that play is the first form of experimentation in the world!

**THE APPROPRIATE GAME ACTIVATES
THE BRAIN: IT IS HIS/HER RIGHT**



FURTHERMORE...

PROTECT HIM/HER INSIDE AND OUTSIDE THE HOME!

Make sure that spaces are safe, in the car - even for short journeys - always use car seats approved by law. Secondhand smoke is always harmful, never expose your child to this risk.

"Handle with care": avoid sudden movements, children can suffer serious consequences.

GROW WITH HIM/HER!

Read aloud, musical stimuli, nursery rhymes and lullabies are good for any age ... even during pregnancy.

PHYSICAL ACTIVITY!

According to the new guidelines of the World Health Organization (WHO) even children aged 0-5 years should have more time to move and play, get enough sleep according to their needs and spend as little time as possible sitting in front of screens!

RESPECT HIS/HER TIME!

Every child has their own time. Don't force things, don't make comparisons. If you have any doubts or curiosity, ask your pediatrician.

RESPECT YOUR OWN TIME!

Taking care of a small child is a wonderful adventure, so it requires strength and energy. If at times you think you can't do it, ask for help: your partner, your family, your friends, your pediatrician. It has happened and happens to millions of parents all over the world that they don't feel adequate - talking about it and confronting it will help you feel better. Many consultants offer free courses to accompany the birth and spaces dedicated to new parents, contact the one closest to you!

www.unicef.org/parenting



FOR FURTHER DETAILS

Genitori Più - www.genitoripiu.it

Ministero della Salute - www.salute.gov.it/portale/allattamento/homeAllattamento.jsp

Organizzazione Mondiale della Sanità - www.who.int/topics/breastfeeding/en/

UNICEF - www.unicef.org/parenting

UNICEF Italia - www.unicef.it/vaccinazioni

UNICEF Italia - www.unicef.it/allattamento

