

# **PROGRAMME FOR MOTHER-BABY INTERACTIONS CENDIF - UNIMET**

FOLLETO DIRIGIDO A LAS MADRES

**HELPING YOUR CHILD GROW AND DEVELOP**



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Project Funded by  
IDRC-Canada  
In collaboration  
With CONICIT

**UNIVERSIDAD METROPOLITANA**  
**CENTRO DE INVESTIGACIONES PARA LA INFANCIA Y LA FAMILIA**  
**CENDIF-UNIMET**

CENTRO DE INVESTIGACIONES PARA LA INFANCIA Y LA FAMILIA  
CENDIF-UNIMET

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The Center of Child and Family Research (CENDIF) was created in 1981. Its main goal is to develop and disseminate alternative practices to expand and improve their programs and services in the areas of education, health and development of the poorest sectors of society.

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# HELPING YOUR KID GROW AND DEVELOP

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## Pregnancy



You must visit your doctor regularly to always check up on you and your baby's personal health.

Have a **HEALTHY y BALANCED** diet, low on seasoning and salt

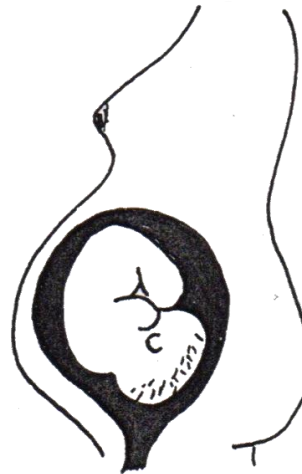
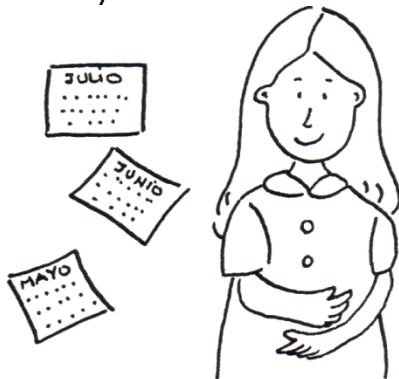


**ALCOHOL,  
DRUGS OR  
CIGARRETTES  
ARE  
ABSOLUTELY  
NOT ALLOWED.**



Exercise in order to strengthen your muscles and be prepared for the process of childbirth.

If you want to have another baby, we recommend waiting at least 2 years.



Pregnancy generally lasts between 39 to 40 weeks, and when due date is near you may get some signs that the baby is coming soon. Said signs could be:

- Labor pangs and contractions
- Back pains and muscles cramps
- Manchas de color rojo oscuro en la ropa interior

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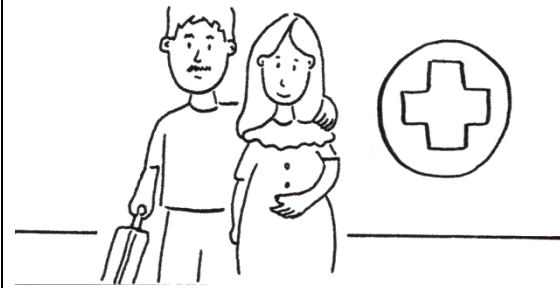
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## Childbirth

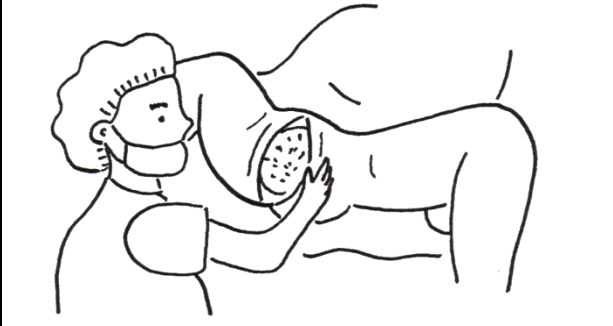
The moment your baby is ready to start living.

Delivering a baby is an arduous process. It usually lasts from 12 to 14 hours, following a certain set of phases:

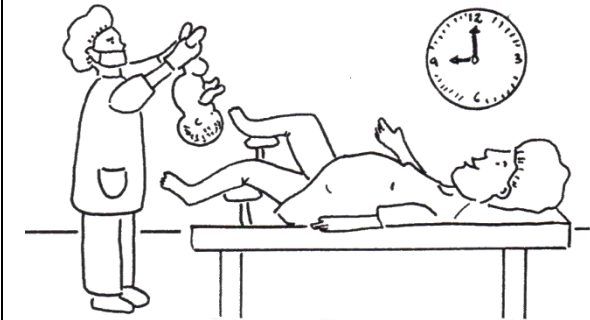
Phase 1: You'll feel some contractions, your cervix will start dilating and your water will break. It's now the moment to go to the hospital.



Phase 2: The mother will begin pushing the baby out. She must be as calm as possible in order to push with relative ease.



Phase 3: The baby is born.



THIS IS THE BABY'S FIRST CONTACT WITH THE WORLD AROUND THEM AND WITH THEIR MOTHER. HUG THEM AND SHOW THEM TONS OF LOVE AND COMFORT, CARESS THEM AND TALK TO THEM.

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## Breastfeeding

Breastfeeding is not only providing food for the baby, it also entails making them feel loved, comforted and protected.



La leche materna tiene todo lo necesario para que el bebé crezca sano y fuerte, a su vez lo protege de infecciones, cólicos y alergias.

Está siempre a temperatura adecuada y se evitan los problemas de hervir el agua.

No cuesta nada. El pote de leche hay que comprarlo.

Al amamantar, el útero vuelve más rápidamente a su lugar y disminuye la posibilidad de salir nuevamente embarazada.

During the first 6 months of their lives, babies only need their mother's milk as a source of nourishment. While breastfeeding shouldn't be stopped completely until your child is about 2 years old, you should also slowly introduce other foods into their diet.



Use these opportunities to talk to your baby and let them hear your voice.

It will take some days before to start producing milk, but do not worry. Babies make due with colostrum during their first few days. The more you nurse and feed your baby, the more milk you will end up producing. Breastfeeding helps you establish a warm and loving relationship with your baby.



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Giving love and affection to your baby is incredibly important.



Softly, speak and sing softly to your baby as you are bathe, feed or playing with them.



They already recognize your voice and scent, they enjoy smiling at you.

What babies need the most:

BREASTMILK

COMMUNICATION

PLAYING

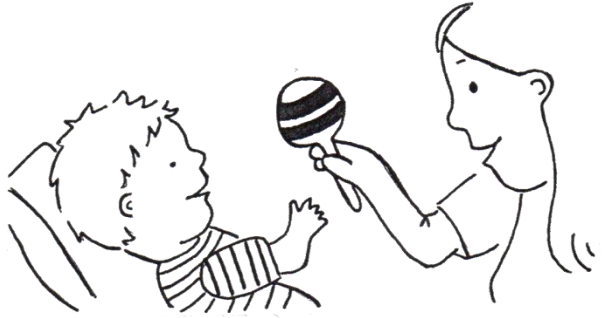
LOVE



Babies are already capable of communication, through their cries, the way they coo and smile or the way they look at things.

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Show your baby different objects and let them focus their attention on them.



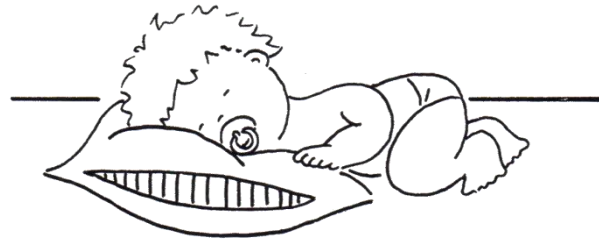
BABIES COMMUNICATE WITH THEIR ENVIRONMENT  
THROUGH PLAYING

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Second trimester  
(Months 4 through 6)

Mother-baby interactions are key for an adequate development.

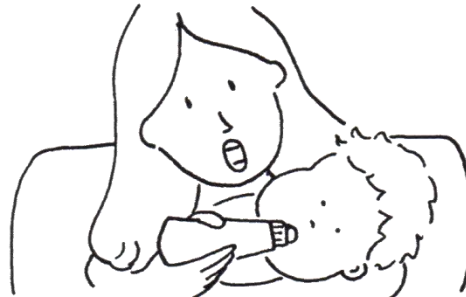


Babies enjoy different positions since through these different angles they get to know their environment.



Let your baby put some safe and appropriate objects in their mouth.

Make the best of any quiet and calm moments you may get, and use them to talk to your baby. As you do this, your baby will learn to differentiate any emotions, like happiness or worry, you may be showing them.



From their sixth month onward, you can feed them things like cereal and oatmeal.



They may start teething at this point. Babies will be a bit irritable when this happens and they might get a fever or even diarrhea. If these symptoms persist, you should take them to the doctor.

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Third trimester  
(Months 7 through 9)

Your child will enjoy making different sounds, sort of imitating a conversation. Mimic the noises they make.



Let your child try to crawl around and grab onto furniture.



All babies are different and grow at different rhythms. Do not fret about this.

They may start eating certain foods like meat, fish, bread and cookies.



Babies love playing: you can cover some of their toys and let them find them.

Toddlers learn to behave properly through love and understanding. Hitting or yelling is never necessary.

Babies prefer being close to people they know, rather than strangers.



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Fourth trimester  
(Months 10 through 12)

Applaud four your baby's accomplishments.



Let them move from one place to another by themselves, while making sure they are safe.

Cook different types of meals and let them share and participate in family reunions.

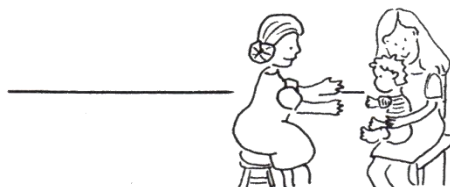


Help them take a few baby steps.

Give them time to get used to new experiences.



Ask family members to participate in different playful activities with the baby.



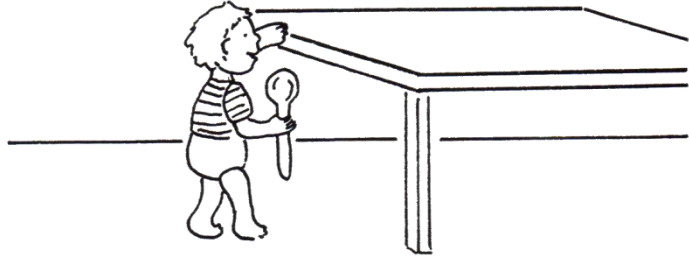
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Their second year  
(Months 13 through 18)

You need to show lots of love to your child, through kisses and caresses.



From this semester on, babies become more independent. They start walking and touching everything.

Talk to them as they play, to enrich their vocabulary

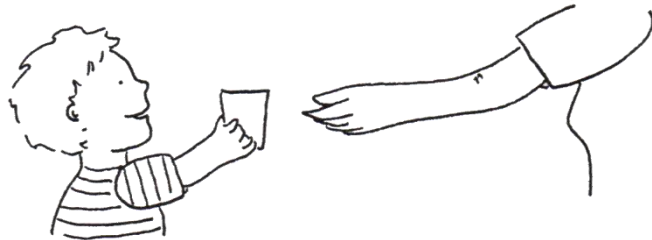
Es el momento para enseñarle hábitos de alimentación de aseo, y comenzar los de eliminación.

Babies are really restless, you have to be patient.



Help them look for things they know in magazines, for example: dogs, cats, etc.

They'll now understand instructions and requests. Make use and encourage them in a respectful and loving way.



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Second year of their lives  
(Months 19 through 24)

Any physical and emotional care you give your child is  
integral to their development.

Your child is now growing more and more independent regarding their motor skills. They can now put their clothes on by themselves and make their own fun.



At this point, your child may be able to control their bladder. If they aren't, do not worry, just continue teaching them and remember that children all grow up at their own pace. If they are unable to do this when they are 4 years old, however, you should \_\_\_\_\_ take them to a professional.



Children will understand the existence of different colors even if they do not know the names of said colors. You should teach them their names, starting with yellow, red, blue, green, black and white.



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## Playing

Babies start using different parts of their bodies for different activities.



Exercising their mind and imagination.

Learning to share and interact with others.



BABIES NEED STIMULATION AS MUCH AS THEY NEED LOVE AND NOURISHMENT.



Choose toys according to the child's age.

Kids enjoy playing around their parents.



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Family Planning:  
A way of living

You and your partner get to choose how many children you want and when.  
It's your responsibility as a couple to avoid getting an unwanted pregnancy.

Not all methods for birth control are equally safe. Your doctor should determine which method is most appropriate for you.

Never believe:

"That won't happen to me"

"I'm feeling lucky today"

"Not today"

"Nothing will happen if I do it just once."

There's several ways to prevent unwanted pregnancies. Through medical consultation, you and your partner should choose methods that fit your life the best. Some of these methods are:

- Calendar-based contraceptive methods
- Birth control pills
- Diaphragms
- IUD
- Condoms
- Tubal Ligation
- Vasectomies.



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# AYUDA AL CRECIMIENTO Y DESARROLLO DE TU HIJO

## PROGRAMA DE INTERACCIÓN MADRE-BEBÉ CENDIF-UNIMET

### The baby's safety

Un ambiente seguro, le brinda a tu hijo el espacio adecuado para su desarrollo físico intelectual, social y emocional.

#### *Some safety recommendations:*

- Babies shouldn't be near the kitchen while you are cooking.
- Do not drink or eat warm foods while holding the baby.
- Both cleaning products and medicine should be kept in places the baby can't reach.
- Never leave your baby alone in a tub.
- Cover any outlets with insulating tape.
- Unplug any unused electronic devices.
- Toys shouldn't be placed in high places.
- If your baby uses a pacifier, make sure to get ones without long clips, as they are dangerous.
- You must be aware of your limitations and ask for help when it's required.
- Make sure to never leave your baby alone with siblings if they are too young, as they may get distracted.

Whenever your child deals with new experiences, ask yourself: Is this safe for them? If it is, let them go ahead with them. If not, make sure to change some aspects until it is safe.



With every new skill your baby develops, there will be new risks. It's important to stay ahead of this and do what's necessary and avoid them.

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# AYUDA AL CRECIMIENTO Y DESARROLLO DE TU HIJO

PROGRAMA DE INTERACCIÓN MADRE-BEBÉ  
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Most common childhood  
illnesses

Cuanto tu hijo está enfermo, tú y tus familiares se ponen nerviosos y ansiosos, ésto es captado por el bebé y hace que se ponga más lloroso e intranquilo. Procura demostrarle tranquilidad y calma con cariño y paciencia.

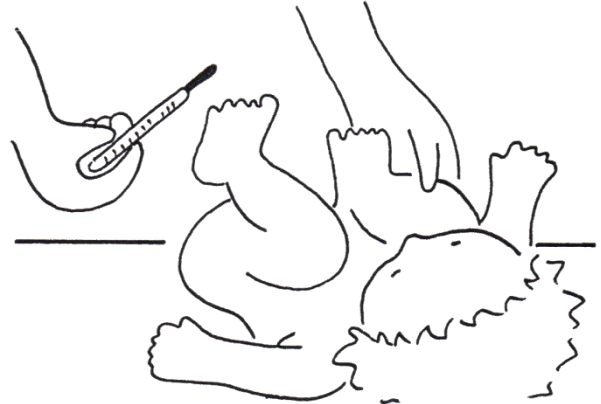
The most frequent symptoms of sickness in children are the following:

- Fever (body temperature of or higher than 100 °F )
- They cry frequently or are cranky.
- They won't eat or drink.
- Vomiting and diarrhea.
- A sore throat.
- Red dots on their skin.

Never give your baby medicine that hasn't been prescribed by doctors, since this could lead to serious consequences such as death. Visit your doctor for professional advice.



Use a thermometer (in their mouth, under their armpits or rectally) to determine whether your baby has a fever. Sterilize said thermometer with alcohol and slip the thermometer's bulb into the baby's armpit, wait a minute and read their temperature. Any temperature above 100 .4 F should be considered a fever.



Whenever your baby is sick they require more attention: BE PATIENT.

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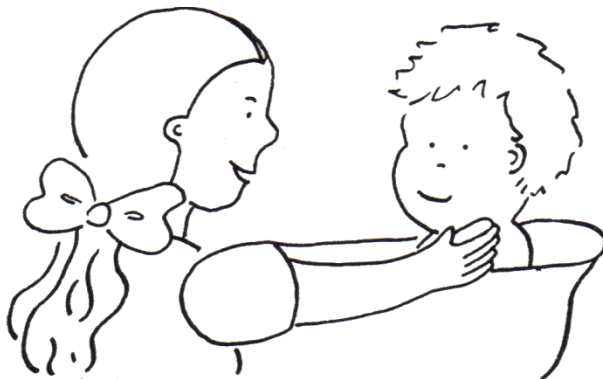
PROGRAMA DE INTERACCIÓN MADRE-BEBÉ  
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## Family communication



Kids feel part of their family early on.  
Give them a ton of love, respect, protection  
and acceptance.

Whenever your baby does something, tell them what they are doing, tell them about the objects that surround them, their colors, etc.



Talk to your baby when you bathe them, breastfeed them or dress them. It's a good way to help them grow and develop.

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Communication is never just verbal. There are plenty of other ways, such as hugs, kisses, winks and others.

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## Discipline



Discipline is how we teach and guide our children to behave.

Any rules you set must be clear and understandable and consistently enforced, so your baby will learn what they can and can't do.



Babies learn to behave through love, respect and understanding. Never depend on hitting or yelling.

Whenever you say no to your baby about something, they may get angry or cranky. You must remain steadfast and establish some rules with love and a good disposition.

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Even if you have to set some rules, your baby will know you love them very much.

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## Vaccines

VACCINES OFFER LIFELONG PROTECTION TO YOUR KIDS AGAINST POTENTIALLY SERIOUS AND FATAL DISEASES.



IT'S IMPORTANT TO TAKE YOUR BABY TO THE DOCTOR AND STAY UP TO DATE WITH ANY NECESSARY VACCINES.

VACCINE	DOSAGE	AGE	BOOSTER SHOTS	PROTECTS AGAINST:
B.C.G	SINGLE DOSE	NEWBORN	FOR 7 TO 14 YEAR-OLDS	TUBERCULOSIS
POLIO	1	NEWBORN	18 MONTHS	POLIO/POLIOMYELITIS
	2	2 MONTHS		
	3	4 MONTHS		
	4	6 MONTHS		
MEASLES	SINGLE DOSE	9 MONTHS	NO NEED	MEASLES
RUBELLA	SINGLE DOSE	12 TO 35 MONTHS OF AGE	NO NEED	RUBÉLLA
PAROTITIS	SINGLE DOSE	12 TO 35 MONTHS OF AGE	NO NEED	MUMPS
DPT	1	2 MONTHS	18 MONTHS	DIPHTERIA
	2	4 MONTHS		TETANUS
	3	6 MONTHS		WHOOPIING COUGH

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SOMETIMES, VACCINES MAY CAUSE FEVER. THIS IS, HOWEVER, JUST A SIGNAL OF YOUR BABY'S BODY GETTING READY TO FIGHT ANY SICKNESSES

DO NOT WORRY!

AVOIDING VACCINATION MAY RESULT IN DISEASES GETTING WORSE OR EVEN IN DEATH.

A VACCINATED CHILD GROWS UP HEALTHY AND HAPPY.

# HELPING YOUR CHILD GROW AND DEVELOP

## PROGRAMA DE INTERACCIÓN MADRE-BEBÉ CENDIF-UNIMET

### Diarrhea

An increase in the number of bowel movements.  
The baby's feces are looser and have a particularly  
strong smell.  
IT'S A SERIOUS AND DANGEROUS DISEASE.

When your baby has diarrhea, they are susceptible to losing lots of liquid and may vomit as a result, which is why you must aim to keep them really hydrated at all times.

YOU MUST ACT QUICKLY AND NOT WAIT UNTIL  
THE BABY HAS LOST TOO MUCH LIQUID.

There may be different causes:

1. Drinking unfiltered or non-boiled water.
2. Insufficient cleaning of the baby's bottle.
3. Leaving trash inside the house.
4. The baby putting dirty things in their mouth.
5. Rotten food or eating in excess.

#### HOW TO PREVENT DIARRHEA:

- Boil water and clean any objects they may put inside their mouths.
- Always wash your hands before handling the baby's food.
- Keep the house always clean.
- Wash your toddler's hands after playing.

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Legal counsel  
1. Registry

YOU MUST REGISTER YOUR BABY AT A CIVIL REGISTRY OFFICE, TO OBTAIN A BIRTH CERTIFICATE.



You will need:

- The parents' ID cards.
- Hospital discharge papers
- Marriage certificate (if the baby's parents are married)
- 2 witnesses.
- Revenue stamps.

THE SOONER YOU REGISTER YOUR CHILD, THE MORE ISSUES YOU'LL AVOID IN THE FUTURE.

IT'S ADVISEABLE TO GO THROUGH THIS PROCESS AS SOON AS POSSIBLE, PREFERABLY WHEN THE BABY IS A MONTH OLD.



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# HELPING YOUR CHILD GROW AND DEVELOP

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Legal counsel  
2. Alimony

ALIMONY IS A MINOR'S RIGHT  
AND THE FATHER'S  
RESPONSIBILITY.

Necessary when couples separate or get divorced.

ALIMONY IS NECESSARY TO PAY NOT JUST THE COST OF FOOD, BUT  
EDUCATION, CLOTHING AND HOUSING AS WELL.

## Requirements:

- Birth certificate.
- Marriage certificate (if the baby's parents are married)
- Divorce settlement papers, if applicable.
- Father's ID papers.



If you ever need more information, consult any appropriate organizations.