

Counsel the family on Care for Child Development

Counselling Cards










Adapted by PATH, 2014





Key milestones in **Child Development**

NOTE: Milestones marked in **Bold** are adapted from Road to Health Booklet and can be used to screen for developmental delays.

YOUR NEWBORN ...	BY 3 MONTHS...	BY 9 MONTHS...	BY 12 MONTHS...	BY 18 MONTHS...	BY 2 YEARS...
<ul style="list-style-type: none"> ❖ Sees your face ❖ Sees objects that move ❖ Hears your voice ❖ Can smell you ❖ Breastfeeds 	<ul style="list-style-type: none"> ❖ Follows objects as they move ❖ Turns head in direction of sound ❖ Holds head ❖ Reaches for toy ❖ Pushes up on tummy ❖ Begins to babble, copies sounds 	<ul style="list-style-type: none"> ❖ Turns when called ❖ Sits and plays without support ❖ Crawls ❖ Stands while holding ❖ Points at things ❖ Understands 'no' ❖ Picks objects with 2 fingers ❖ Makes a lot of different sounds ❖ Copies sounds and gestures 	<ul style="list-style-type: none"> ❖ Stands alone ❖ Walks holding on ❖ Drinks from a cup ❖ Says first words ❖ Follows simple requests ❖ May point to body parts ❖ Waves 'bye-bye' ❖ Finds toy that is hidden ❖ Plays peek-a-boo ❖ Claps hands 	<ul style="list-style-type: none"> ❖ Walks well ❖ Uses fingers to feed; may eat with a spoon ❖ Points to body parts & simple objects ❖ Uses at least 3 words other than names ❖ Understands simple commands ❖ May respond to simple questions ❖ Puts things in containers and takes them out ❖ Pretends to feed a doll ❖ Scribbles 	<ul style="list-style-type: none"> ❖ Kicks and throws ball ❖ Puts 4 blocks in a tower ❖ Plays with others
<p>BY 2 MONTHS...</p> <ul style="list-style-type: none"> ❖ Smiles at person ❖ Coos, makes gurgling sounds 	 <p>BY 6 MONTHS...</p> <ul style="list-style-type: none"> ❖ Holds a toy in each hand ❖ Babbles, takes turns 'talking' ❖ Responds to caregiver emotions ❖ May respond to his name ❖ Rolls to sides ❖ Begins to sit ❖ Gets toy out of reach 				 <p>BY 3 YEARS...</p> <ul style="list-style-type: none"> ❖ Runs well and climbs on things ❖ Speaks in simple 2-4 word sentences ❖ Draws lines & circles ❖ Sorts objects by shape, color and size ❖ Undresses and starts to dress herself ❖ Takes turns ❖ Understands 'mine' and 'yours' ❖ Understands '1' and '2'



Recommendations for Care for Child Development

**NEWBORN
UP TO 3 MONTHS**

**Your baby learns
from birth**



PLAY Provide ways for your baby to see, hear, move arms and legs freely, and touch you. Gently soothe, rock, stroke and massage your child. Skin to skin is good.



COMMUNICATE Look into baby's eyes and talk to your baby. When you are breastfeeding or bathing your child is a good time. Respond to your baby's sounds.

**3 MONTHS
UP TO 6 MONTHS**



PLAY Provide ways for your child to see, hear, feel, move freely, and touch you. Hang or slowly move colourful things for your child to see and reach for. *Sample toys: shaker rattle, big rings on a string.*



COMMUNICATE Smile and laugh with your child. Talk to your child. Get a conversation going by copying your child's sounds or gestures.

**6 MONTHS
UP TO 9 MONTHS**



PLAY Give your child clean, safe household things to handle, bang, and drop. *Sample toys: containers with lids, metal pot and spoon.*



COMMUNICATE Respond to your child's sounds and interests. Name the things the child is looking at. Call the child's name, and see your child respond.

**9 MONTHS
UP TO 12 MONTHS**



PLAY Hide a child's favourite toy under a cloth or box. See if the child can find it. Play peek-a-boo. Hold an interesting object for a child to crawl or walk to. *Sample toy: doll with face.*



COMMUNICATE Tell your child the names of things and people. Show your child how to say things with hands, like "bye bye". Ask your child where something is or give simple requests.

**12 MONTHS
UP TO 18 MONTHS**

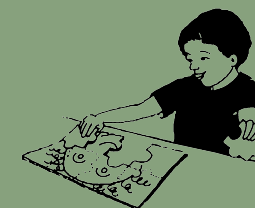


PLAY Give your child things to stack up, and to put into containers and take out. *Sample toys: Nesting and stacking objects, container and clothes clips.*



COMMUNICATE Ask your child simple questions. Respond to your child's attempts to talk. Show and talk about nature, pictures and things.

**18 MONTHS
UP TO 3 YEARS**



PLAY Help your child count, name and compare things. Show your child how to draw. *Sample toys: Objects of different colours and shapes to sort, stick for drawing on sand, puzzle.*



COMMUNICATE Encourage your child to talk and answer your child's questions. Teach your child stories, songs and games. Talk about pictures or books. *Sample toy: book with pictures*

• Give your child affection and show your love • Notice your child's interests and respond to them • Praise your child for trying to learn new skills



Counsel the Family about Problems in Care for Child Development

If the mother does not breastfeed:

- Counsel the mother in benefits of breast milk & coach her in good breastfeeding practices.
- Counsel the mother to hold the child close when feeding, look at the child, and talk or sing to the child. Help the mother follow the child's pace and let the child participate in feeding.

If the caregiver does not know how the baby plays or communicates:

- Remind the caregiver that children play and communicate from birth.
- Show how the child responds to activities.

If the caregiver feels too burdened or stressed to play and communicate with the child:

- Listen to the caregiver's feelings
- Help her identify a key person who can share her feelings and help her with their child.
- Build her confidence by helping her carry out a simple activity with a child.
- Refer the caregiver to a local service, if needed and available.



If the caregiver feels that he does not have time to play and communicate with the child:

- Encourage him to combine play and communication activities with feeding, bathing, cooking, and other daily chores.
- Ask other family members to help care for the child or help with chores.

If the caregiver has no toys for the child to play with:

- Ask her to use any household objects that are clean and safe.
- Teach her to make simple toys.
- Show her how to play body and finger games, and how to talk, sing, tell stories, and play word games with the child.

If the child is not responding, or seems slow:

- Encourage the family to do extra play and communication activities with the child.
- Check to see whether the child is able to see and to hear.
- Refer the child with difficulties to special services.
- Encourage the family to play and communicate with the child through touch and movement, as well as through language.

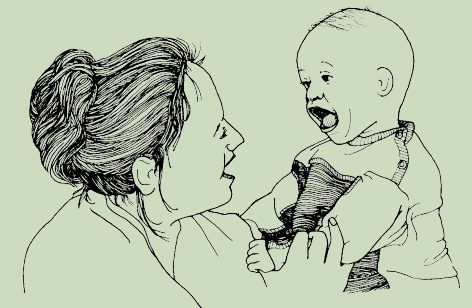
If the mother or father has to leave the child with someone else for a period of time:

- Identify at least one person who can care for the child regularly, and give the child love and attention.
- Get the child used to being with the new person gradually.
- Encourage the mother and father to spend time with the child when possible.

If it seems that the child is being treated harshly:

Recommend better ways of dealing with the child.

- Distract the child from undesirable actions; always carry some object with which the child likes to play
- Encourage the family to look for opportunities to praise the child for good behaviour.
- Respect the child's feelings. Try to understand why the child is sad or angry.
- Give the child choices about what to do, instead of saying "don't".



PRACTICE RESPONSIVE FEEDING

WHEN BREASTFEEDING, FEEDING,
OR SHARING A MEAL WITH YOUR BABY...

- Create a routine
- Give complete attention to the baby
- Hold the baby in a caring and gentle way. Look at the baby
- Talk to the baby. Describe what you or the baby is doing
- Don't pressure the baby to eat quickly
- Respond to the baby's signals:
 - ❖ *Does the baby want more?*
 - ❖ *Does he want to wait?*
 - ❖ *Does she want to change position?*
- Allow the baby to participate:
 - ❖ *Hold a spoon*
 - ❖ *Pick up food with fingers*
 - ❖ *Wipe herself after eating*
- Permit the baby to move freely during meal
- Try to offer other foods if the baby does not want to eat, but accept if the baby is full
- Serve the child's meal in his or her own plate



CHECK THE CHILD'S HEARING AND VISION

IF YOU SUSPECT HEARING OR VISION PROBLEMS IN
A CHILD 3 MONTHS OR OLDER, ASK THE CAREGIVER:

Hearing

- Does your child turn his head to see someone behind him when the person speaks?
- Does your child show any reactions to strong or loud sounds?
- Does your child make a lot of different sounds (tata, dada, and baba)?



Vision

- Does your child look at your eyes?
- Does your child follow a moving object with the head and eyes?
- Does your child recognize familiar people (like mother, father, brother, or sister)?
- Is your child able to grab an object?

If the caregiver does not know an answer, help her to find out. For example, she can make a noise behind the child's head. She can see if the child's head and eyes will follow a moving pencil. To check the child's hearing and seeing, the child should be calm and not very sick.

If the answer to any of these questions is 'no', refer the caregiver.