

Growth and development of the baby

(Including vaccination)

Preface

Presently, since the joint family system is declining, new parents have little knowledge of how to bring up their children. To expand their understanding with increased knowledge, parents will find the two Texts in this series helpful.

In this Text, the effect of the mother's hormones on the child, the temperature of the body of a new-born, serious ailments in the new-born, jaundice, etc. Detailed information has been provided in this Text about premature babies, twins and triplets.

In this Text, detailed analysis has been given on - What is meant by immunity to diseases, Which vaccines during the present times are used to prevent various diseases ?, Do they have any adverse effects ? When should these vaccines be taken ? Also, answers to what should be done to make the baby clever and healthy, What are the initial stages of baby's growth & development ?, have also been provided.

This Text should be read to obtain detailed guidance on how to take care of the mother and baby from the time of delivery until the baby is 1 year old. Answers to many questions can be obtained from these Texts.

Our earnest prayer to the Supreme God is that on the basis of information given in these Texts, may the parents be able to bring up their children in a better manner and may the physical, mental and spiritual development of the child take place and may the child become an ideal citizen. - **Authors**

Contents

• Preface	15
Chapter 1 : Effect of mother's hormones on the baby	16
1. Why are baby's breasts prominent at the time of birth ?	16
2. Why is the white discharge from vagina so commonly seen in new-born girls ?	16
3. Why do some new-born babies have spotting of blood from the vagina on the fourth or fifth day after birth ?	17
4. Why is the scrotum large in size in the new-born boys ?	17
5. Why are testes absent in scrotum of some new-born boys ?	17
Chapter 2 : Body temperature	19
1. What are the environmental temperatures at which an adult and a new-born baby are comfortable?	19
2. How do young babies maintain their body temperature ?	19
3. Why is a new-born baby wrapped in clothes ?	20
4. How can we help baby maintain its body temperature ?	20

5. Should every infant be dressed in a sweater, head cap covering both the ears, gloves and stockings throughout the year ?	20
6. Why do some babies remove their blanket at night even when parents are feeling slightly chilly ?	21
7. Why is the head warmer than the rest of the body in infancy ?	21
8. Why is the sweating on the head so obvious in many babies ?	21
Chapter 3 : Jaundice in a new-born baby	22
1. Many new-born babies suffer from jaundice in a few days after birth, what is the reason for this ?	22
2. What are the causes of intense jaundice in the first few days after the birth ?	23
3. What are the various types of blood groups ?	23
4. Why do some 'A' group babies born to 'O' group mother or Rh +ve babies born to Rh -ve mother develop intense jaundice ?	24
5. What is the danger of intense jaundice in the first few days of life ?	25
6. Can a baby with severe jaundice be saved ?	26
7. Why is Anti-D injection given to an Rh-negative mother immediately after delivery ?	26
Chapter 4 : Premature baby	27
1. When is a baby called a premature baby ?	27
2. What are the causes of premature birth ?	27
3. What are the characteristics of a premature baby ?	28
4. What are the problems of premature babies ?	29
5. What special care is necessary for premature babies ?	30
6. How does prematurity affect the growth and development of a baby ?	31
7. What are the chances of survival of a premature baby ?	31
8. Is it true that the babies born during the 7th month of pregnancy have a better chance of survival than those born during the 8th month ?	32
9. Which youngest premature baby has survived so far ?	32
10. When is a baby viable ?	32
11. What special care is necessary for feeding a premature baby ?	32
12. When is the feeding in a premature baby started ?	33
13. Why does temperature in premature babies fluctuate ?	34
14. What sort of clothes is suitable for a premature baby ?	34
15. How can you recognise that a premature baby is sick ?	35
16. What are the problems faced by a post-mature baby ?	35

Chapter 5 : Overweight & underweight new-born babies	37
1. When is a new-born baby called an overweight baby ?	37
2. Why are babies born to diabetic mothers overweight ?	37
3. When is a new-born baby considered underweight ?	37
Chapter 6 : Twins and triplets	39
1. How do we get twins or triplets ?	39
2. If one twin suffers from a disease, does the other twin also suffer from the same disease ?	40
3. If one twin dies, does the other twin also die soon ?	40
4. What is the maximum number of children a mother has given birth to during her childbearing age and the maximum number of babies born following a single pregnancy ?	41
5. What is the shortest and longest duration of pregnancy recorded up till now ?	41
6. What is the maximum and minimum weight of a new-born baby ?	41
7. What is a test-tube baby & when was it first produced ?	42
Chapter 7 : Sudden death	43
1. What is a crib death ?	43
2. How is it that these babies are found dead without any signal, not even a cry ?	43
3. How to know that the young infant is sick and needs medical attention ?	43
4. When should the infant be taken to a child specialist ?	44
Chapter 8 : Immunity	48
1. What is immunity ? 2. Types of vaccinations	48
3. Why are infants and young children more susceptible to develop an infection ?	51
4. What is the difference between infections in children and adults ?	52
5. How can we prevent infections in young infants ?	54
6. What is the recommended immunization schedule for every child ?	55
7. Is it necessary to modify the immunisation schedule during the polio season ?	58
8. What vaccines are contraindicated during pregnancy ?	59
9. What are the contraindications for vaccinations ?	59
10. In what form is the polio vaccine available ? How should it be administered ?	60
11. How is it that diseases such as Polio and TB can occur in immunised children ?	61

12. What is DPT i.e. Triple vaccine ?	62
13. How is a person protected against tetanus ?	63
14. What is the anti-tetanus serum (ATS) ?	64
15. What is the MMR vaccine ?	64
16. Why are diseases such as measles rarely seen in very young infants ?	65
17. Is it necessary to immunise the child against measles ?	65
18. What is BCG ?	66
19. What is the tuberculin test or Mantoux test ?	67
20. What is Rabies vaccine ?	68
21. Why is smallpox vaccine not given these days ?	69
22. When should we get immunised against infections ?	70
23. Hib (Haemophilus influenzae type b) vaccine	70
24. Hepatitis B (Jaundice caused by a virus of Hepatitis B)	71
25. Hepatitis A vaccine 26. Measles	72
27. Typhoid 28. Meningococcal vaccine	73
29. Pneumococcal vaccine 30. Cholera	73
31. Combined vaccines	74
32. Are there any side effects of vaccination ?	74
33. Is vaccination safe when a child is suffering from some sickness ?	75
34. When to avoid vaccination in a child ?	75
35. When can a vaccine be given after blood transfusion ?	76
36. Role of Antibodies (Injection) in case of disease or its prevention	77
37. What is to be kept in mind by parents while giving vaccinations to children ?	78
Chapter 9 : Growth and development	80
1. How much weight does a new-born baby put on in the first month ?	80
2. What are the average growth and development parameters of a one-year-old child ?	80
3. How does the baby adjust to the phase of rapid growth in the first year ?	81
4. What are the manifestations of immaturity of various organs in young infants ?	83
5. What are the normal, daily requirements of essential nutrients for optimum growth of an infant ?	85

6. Should tonics be routinely given to growing children ?	85	
7. Should gripe water be given routinely to the baby ?	86	
8. How does 'balkadu (An Ayurvedic multipurpose medicine)' help children ?	87	
9. Reflex actions	87	
10. Is learning possible in a newborn infant ? What are the methods of teaching a newborn ?	88	
11. Listening	90	
12. How to recognise that the baby cannot hear or has a hearing impairment ?	90	
13. How can parents promote learning in the new-born baby through its sense of hearing ?	91	
14. Vision	92	
15. How can we recognise vision impairment in a baby ?	93	
16. How can parents encourage new-born infants to learn through vision ?	94	
17. Smell and taste	94	
18. How does a baby learn with help of the sense of smell ?	95	
19. How does the sense of taste help the learning process of the baby ?	20. Touch	95
21. How does a baby learn through the sense of touch ?	96	
22. Babies' toys	23. Toilet training	97
24. Discipline	99	
25. How can we explain the fact that infants have a better grasping power and learning capacity than adults ?	100	
26. How can parents promote the health of their baby ?	102	
27. Love and duty	102	
Chapter 10 : Ideal parents	104	