

COUNSEL THE FAMILY ON



**CARE FOR
CHILD DEVELOPMENT**

Counselling Cards





RECOMMENDATIONS FOR CARING FOR YOUR CHILD'S DEVELOPMENT

Newborn,
birth up to
1 week



Your baby learns from birth.

- **Play:** Provide ways for your baby to see, hear, move arms and legs freely, and touch you. Gently soothe, stroke, and hold your child. Skin to skin is good.
- **Communicate:** Look into baby's eyes, and talk to your baby. When you are breastfeeding is a good time. Even a newborn baby sees your face and hears your voice.



1 week
up to
6 months



- **Play:** Provide ways for your child to see, hear, feel, move freely, and touch you. Slowly move colourful things for your child to see and reach for. Sample toys: shaker rattle, ring 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. 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.



- **Communicate:** Tell your child the names of things and people. Show your child how to say things with hands, like "bye bye". Sample toy: doll with face.

12 months
up to
2 years



- **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.



2 years
and
older



- **Play:** Help your child count, name, and compare things. Make simple toys for your child. Sample toys: Objects of different colours and shapes to sort, stick or chalk board, 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.
Be aware of your child's interests and respond to them.
Praise your child for trying to learn new skills.



COUNSEL THE FAMILY ABOUT PROBLEMS IN CARING FOR THE CHILD'S DEVELOPMENT

If the mother does not breastfeed, counsel the mother to: Hold the child close when feeding, look at the child, and talk or sing to the child.

If the caregiver does not know what the child does to play or communicate:

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

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

- Listen to her feelings, and help her identify a key person who can share her feelings and help her with her child.
- Build her confidence by demonstrating her ability to carry out a simple activity.
- Refer her to a local service, if needed and available.

If caregivers feel that they do not have time to play and communicate with the child:

- Encourage them to combine play and communication activities with other care for the child.
- Ask other family members to help care for the child or help with chores.

If caregiver has no toys for her child to play with, counsel her to:

- Use any household objects that are clean and safe.
- Make simple toys.
- Play with her child. The child will learn by playing with her and other people.



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.

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.

- 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".



Checklist

for Counselling on Care for Child Development

(for child from birth up to 5 years)

Date: ___/___/20___

(Day / Month / Year)

Child's name: First ___ Family ___ Age: ___ Years/ ___ Months Boy / Girl

Caregiver's name: ___ Relationship: Mother / Father / Other: ___

Address, Community: _____

Completed by: _____

1. Identify practices to support the child's development and counsel the caregiver

Look	Praise the caregiver if caregiver..	Advise the caregiver and solve problems if caregiver..
How does caregiver show he or she is aware of child's movements?	<input type="checkbox"/> Moves towards and with child, and talks to or makes sounds with child.	<input type="checkbox"/> Does not move with child, or controls child's movements: Ask caregiver to copy child's movements, to follow child's lead.
How does caregiver comfort the child and show love?	<input type="checkbox"/> Looks into child's eyes and talks softly to child, gently touches child or holds child closely.	<input type="checkbox"/> Is not able to comfort child, and child does not look to caregiver for comfort: Help caregiver look into child's eyes; gently talk to child and hold child.
How does caregiver correct the child?	<input type="checkbox"/> Distracts child from unwanted actions with appropriate toy or activity.	<input type="checkbox"/> Scolds child: Help caregiver distract child from unwanted actions by giving alternative toy or activity.
All children		

Ask and listen	Praise the caregiver if caregiver..	Advise the caregiver and solve problems if caregiver..
How do you play with your baby?	<input type="checkbox"/> Moves the baby's arms and legs, or gently strokes the baby. <input type="checkbox"/> Gets baby's attention with a shaker toy or other object.	<input type="checkbox"/> Does not play with baby: Discuss ways to help baby see, hear, feel, and move, appropriate for baby's age.
How do you talk to your baby?	<input type="checkbox"/> Looks into baby's eyes and talks softly to baby.	<input type="checkbox"/> Does not talk to baby: Ask caregiver to look into baby's eyes and talk to baby.
How do you get your baby to smile?	<input type="checkbox"/> Responds to baby's sounds and gestures to get baby to smile.	<input type="checkbox"/> Tries to force smile or is not responsive to baby: Ask caregiver make large gestures and cooing sounds; copy baby's sounds and gestures; and see baby's response.
How do you play with your child?	<input type="checkbox"/> Plays word games or with toy objects, appropriate for age.	<input type="checkbox"/> Does not play with child: Ask caregiver to do play or communication activity, appropriate for age.
How do you talk to your child?	<input type="checkbox"/> Looks into child's eyes and talks softly to child, asks questions.	<input type="checkbox"/> Does not talk to child, or talks harshly to child: Give caregiver and child an activity to do together. Help caregiver interpret what child is doing and thinking, and see child respond and smile.
How do you get your child to smile?	<input type="checkbox"/> Draws smile out from child.	
How do you think your child is learning?	<input type="checkbox"/> Says the child is learning well.	<input type="checkbox"/> Says the child is slow to learn: Encourage more activity with the child, check hearing and seeing. Refer child with difficulties.
Child age 6 months and older		

2. Ask to see child again in one week, if needed (circle day):

Monday Tuesday Wednesday Thursday Friday Weekend