

Counsel the family on **Care for Child Development**

Counselling Cards





Recommendations for Care for Child Development

**NEWBORN,
BIRTH UP TO 1 WEEK**

**1 WEEK UP
TO 6 MONTHS**

**6 MONTHS
UP TO 9 MONTHS**

**9 MONTHS
UP TO 12 MONTHS**

**12 MONTHS
UP TO 2 YEARS**

**2 YEARS
AND OLDER**

**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.



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, big 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.



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

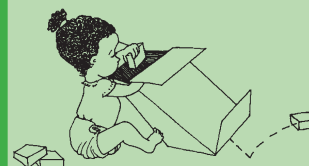


COMMUNICATE

Respond to your child's sounds and interests. Call the child's name, and see your child respond.



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.*



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.



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 Care for Child 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 caregivers do not know what the child does to play or communicate:

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

If caregivers feel too burdened or stressed to play and communicate with the child:

- Listen to the caregivers feelings, and help them identify a key person who can share their feelings and help them with their child.
- Build their confidence by demonstrating their ability to carry out a simple activity.
- Refer caregivers 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 caregivers have no toys for the child to play with, counsel them to:

- Use any household objects that are clean and safe.
- Make simple toys.
- Play with the child. The child will learn by playing with the caregivers 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, as well as through language.

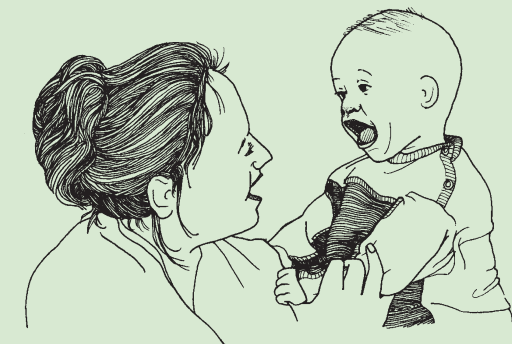
If the mother or father has to leave the child with someone else for a period of time:

- 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.

- 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

Date: ____/____/20____

Completed by _____

(Day / Month / Year)

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

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

Address, Community: _____

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:	
All children	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"/> Looks into child's eyes and talks softly to child, gently touches child or holds child closely.	<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. <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 comfort the child and show love?	<input type="checkbox"/> Looks into child's eyes and talks softly to baby. <input type="checkbox"/> Responds to baby's sounds and gestures to get baby to smile.	<input type="checkbox"/> Does not play with baby: Discuss ways to help baby see, hear, feel, and move, appropriate for baby's age. <input type="checkbox"/> Does not talk to baby: Ask caregiver to look into baby's eyes and talk to baby.
	How does caregiver correct the child?	<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"/> Tries to force smile or is not responsive to baby: Ask caregiver to make large gestures and cooing sounds; copy baby's sounds and gestures, and see baby's response. <input type="checkbox"/> Does not play with child: Ask caregiver to do play or communication activity, appropriate for age.

Ask and listen	Praise the caregiver if caregiver:	And advise the caregiver and solve problems if caregiver:	
Child age less than 6 months	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. <input type="checkbox"/> Does not talk to baby: Ask caregiver to look into baby's eyes and talk to baby.
	How do you talk to your baby?	<input type="checkbox"/> Looks into baby's eyes and talks softly to baby. <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 to make large gestures and cooing sounds; copy baby's sounds and gestures, and see baby's response. <input type="checkbox"/> Does not play with child: Ask caregiver to do play or communication activity, appropriate for age.
	How do you get your baby to smile?	<input type="checkbox"/> Plays word games or with toy objects, appropriate for age. <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.
Child age 6 months and older	How do you play with your child?	<input type="checkbox"/> Draws smile out from child.	<input type="checkbox"/> Says the child is slow to learn: Encourage more activity with the child, check hearing and seeing. Refer child with difficulties.
	How do you talk to your child?	<input type="checkbox"/> Says the child is learning well.	
	How do you get your child to smile?	<input type="checkbox"/> Says the child is learning well.	

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

Monday Tuesday Wednesday Thursday Friday Weekend