

This Growth Guide is for:

Name: _____

Born: _____

Ages 0-4

Dear parents,

This is part 5 of the Growth Guide series, which consists of seven booklets* full of useful information:

- Planning for Parenthood
- Pregnancy
- Post-natal period
- Breastfeeding
- Ages 0-4
- Ages 4-12 (in Dutch only)
- Adolescence (in Dutch only)

The guide will provide you with a lot of information on pregnancy, parenting in the different stages of your child's life and also his or her development and health. You will find advice that may be of use to you in the difficult and challenging moments of raising your child. Parents with practical questions or concerns can use it as a guidebook. The index at the end of the book will lead you to the topic you want to find out more about. Many websites are included for extra information, even though most are in Dutch. The sites in English are specified as such.

Starting in 2012, every municipality will have its own Youth and Family Centre (CJG). Depending on where you live, it may have a different name, like Jong-in, Oké-punt etcetera. (Foster) parents and future parents are welcome at the CJG with all their questions concerning their children's health, parenting and development. Usually, the CJG will have a website with information on training courses, opening hours and local news. Look for: www.cjg <your municipality>

* If you wish to buy one of the other booklets in English or in Dutch, go to www.groeigids/boekenbestellen.html

Child health care centre (consultatiebureau) stamp:

Telephone/regular visit/weight check: yes / no

Date

from

till

Our Child health care nurse:

Our Child health care doctor:

Our assistant in the Child health care centre:

Appointments

date	time	notes
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If for any reason you are unable to make your appointment, please let the Child health care centre know as soon as possible.



Our general practitioner (GP):

Parenting support centre (Opvoedsteunpunt):

Toy library (Speel-o-theek):

Child day care centre (Kinderdagverblijf):

Nursery school/pre-school:

Group leader:

Heel prick date:	number:
Name of screener:	organisation:
Hearing test / / /	result ri: le:
Second hearing test / / /	result ri: le:
Name of screener:	organisation:

Appointments

date	time	notes
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Your own notes and photographs

Each booklet allows you to make notes, to store vaccination documents and messages and also notes or reports from other institutions involved with your child. There is room to add your own photographs. In this way, you will be able to keep a complete record of your child's development, right from the start.

To make sure that the Growth Guide is easy to read we have decided not to use 'he' and 'she' continually in the text. We will therefore consistently refer to a child as 'he' and 'him' whether it is a boy or a girl.

Happy reading!

The Child health care centre and the School health care service together make up the Youth health care services (Jeugdgezondheidszorg – JGZ). The Child health care centre is where you go with your child until the age of 4 and where his health and development are monitored. This Growth Guide uses the term Youth health care services (Jeugdgezondheidszorg) for the organisation running and coordinating all activities for this type of health care. The term Child health care centre (consultatiebureau) is used to denote the place where you visit for advice, checks, and vaccinations etcetera. At the age of 4, care is transferred to the School health care service (schoolgezondheidszorg), which covers the ages 4 to 19.

Mother

height

weight

color of hair

color of eyes

photo

Immediate ancestors of

photo

Father

height

weight

color of hair

color of eyes

photo

14

AGES 0 - 4

Grandmother

height

weight

color of hair

color of eyes

photo

Grandfather

height

weight

color of hair

color of eyes

photo

Grandmother

height

weight

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color of eyes

photo

Grandfather

height

weight

color of hair

color of eyes

photo



Baby, infant, toddler, child

Your baby has arrived! Since the birth you and your child have probably become used to each other. As the baby grows, you will get to know each other better and better. The little sounds he makes and the way he behaves will indicate his moods and his needs, although a baby cannot yet use words to express his feelings. Even if everything is going well, every parent worries sometimes. Why is my child crying? Is he in pain? Is he growing enough? Is he developing normally? In this section of the Growth Guide we provide you with an answer to many questions and give you advice on how to communicate with your child in a pleasant and responsible way.

From time to time, this booklet will mention the partner as a source of support. However, many children are raised by single parents and these children can develop just as well as those who are being reared in traditional two-parent families. For a single parent, the job of raising a child may be more difficult because there is no partner to shoulder the responsibilities. It can be important to have family or friends to fall back on for support.

Together with you

At the Child health care centre, staff from the Youth health care services will check your child's growth and development. This is recorded in the back section of this Growth Guide. At the Child health care centre, there is nothing you cannot ask concerning your baby or toddler, including parenting issues. The Child health care centre can inform you about parenting courses. Should you have a problem in between appointments, please phone for advice. You can make a note of phone numbers and opening hours at the front of this Growth Guide.



Tip

Make sure you write down your questions, so you do not forget anything.



Your baby: the first three months

Your child is growing fast and learning rapidly

Your whole life changes with your first child

The arrival of a new baby changes your whole life. You have quite a responsibility, which may weigh heavily on you. Raising a child, however small, may be challenging. You may need certain qualities, which, until now, you have not fully developed. When you see that you are up to that challenge, parenting will be a very positive experience. A small child requiring attention and care changes the dynamics between couples. A baby's rhythm is calmer and slower than that of its parents. You will have to adapt your busy lives to the needs of your child.

Caring for a baby is very hard work and at times it will seem as if you don't have any time left for your partner or yourself. You may be so tired that you do not feel up to anything. Of course, you do not have to give up everything you enjoy. Sharing the care and responsibility for the baby is a good idea. Save some time for each other, but remember: it is quite normal to go through a lengthy period of adaptation, with ups and downs in your relationship. If you have sole responsibility for your baby, it may be even more important to find some time for yourself. Do not hesitate to ask your family and friends to baby-sit from time to time, so that you can find a few hours for yourself. Afterwards, you will return home with fresh energy and vigour.

Back to work or studies

After the parental leave period, many parents go back to work or studies. Often they will share the work involved in caring for the baby. It is important that both parents should have the opportunity to do so. Partners who were actively involved in the pregnancy and birth, have a better than

average chance of feeling involved in their child's life as he grows up. Working or studying parents will have to arrange child care: a nursery, childminder or a babysitter. It is vital to find a stable situation for the child, where he feels safe and secure. Make sure that you are in constant touch with the babysitter or the day care group leader. Keeping notes on sleeping, eating, and moods etcetera may be useful.



Tip

Until the age of 8, both parents have the right to take a period of parental leave. For more information visit the website of the Ministry of Social Affairs and Employment: www.szw.nl

Getting used to the nursery or the babysitter

Well before you (both) return to work, you should start the process of helping the baby to get accustomed to the Child day care centre or the babysitter. Child day care centres usually have a protocol for this. First you and your child visit the centre for an hour, then you leave the child there for a few hours while you go out. Next, the child will stay at the centre for (part of) the day, at which stage you have not yet returned to work, but are available. For a childminder or a babysitter the same sort of plan can be used.

A new brother or sister

If you have other children, they too will have to get used to a new sibling, especially when they are young and do not entirely understand what is happening. They may be jealous of all the attention being lavished on the newcomer. It is unfortunate, but it will quickly improve if they receive your undivided attention from time to time. For instance, play a game together, go shopping, buy clothes or just eat an ice cream together without the new baby. It will do miracles for their self-confidence. After all, they are much older, much bigger and can do a lot more than a