

# Your adventure starts here

Your guide from pregnancy to infancy



Mitosyl®

EXPERTS IN **HAPPY BUMS**



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## Introduction

**Are you ready for the big adventure?  
Even if you aren't fully prepared, don't worry.  
And even so, if you were, it wouldn't truly be  
an adventure, would it?**

Pregnancy, the birth of a child and its infancy and childhood constitute magical and wonderful moments, which are absolutely unrepeatable.

There's nothing in the world that can compare to it, and the best that mommies and daddies can do is prepare themselves the best way possible to face each stage with lots of common sense and a heart full of love.



**Regarding all the rest,  
Mitosyl is here to support you.**

In addition to our products, which are designed with care in order to ease the many tasks that you have ahead of you, we would like you to count on us to provide you with the maximum of information available about how to have and take care of your baby. And also to take care of yourself. Because a happy mother knows how to make her children happy.

**This guide was made for you. Enjoy it and,  
if you have any doubts or if you need us, just say it.  
Find us on our website [www.mitosyl.com](http://www.mitosyl.com) and  
follow us on Facebook and Instagram.**

**Adventure starts now  
and we are going with you.**



# Pregnancy and childbirth



# The stages of pregnancy

If this is a period of great uncertainty and many new discoveries, it is also by this stage that the baby begins developing a unique bond with you, which will last forever.

Here we provide you with some tips on how to take care of him and yourself, since the growth of the baby depends a lot on how mummies treat their bodies and their minds. This is a path that both of you are already taking.

Get ready for a very special... new life.

## Know your baby

Around 12 weeks of age, the ultrasound will provide you with the first images of your baby. At this point, he can roll up his toes and close his fingers. His skeleton is complete and is now made up of cartilage. During the following months, his bones will start to harden. He is increasingly more active and his tiny heart beats with determination. His reflexes become better and the baby may react when the belly is pressed. Get ready to be delighted.

## The first peak of growth

By 15 weeks of age, the baby doubles his weight and grows a few more centimeters. Around 16 weeks, the ossicles of his ear are in place and he can hear sounds. His first seeking reflex, which will give him the urge to open his mouth and search for his mother's nipple when he's born, is now well established. His kidneys already produce urine, which is released into the amniotic fluid. He begins to develop a thin dark layer of body hair that clothes and protects him from the immersion in the liquid. The chin rises above the chest, his neck becomes long and the baby starts to uncurl.

## In rapid growth

When entering the third trimester, the baby's teeth begin to form. Between the 26th and 30th weeks, his eyes begin to open and he can see. He now kicks vigorously, and his arms and legs begin to rise up to the chest so they can stay in a comfortable position until the end of pregnancy. The brain grows more now, beginning to fold in order to fit inside his skull, forming his characteristic wrinkles and folds. The baby weighs, on average, 1.3 kg by the end of the 7th month, and with the fat he has been gaining, his skin becomes smooth and the wrinkles disappear.

## His favorite hand

Around 23 weeks of age, the baby could have survived outside of the womb. By this time, he begins to contract and relax his muscles, as well as experimenting little touches and taps. He can grab his umbilical cord or fumble the surface of the womb. The "choice" of a favorite hand to do this shows the first indication of handedness. The reflex of suction is developed, and he now presents a different sleep/wake cycle, which makes him move and play when he's awake. When he sleeps, he floats quietly. His hearing becomes more sensible and he can be startled with loud noises.



# Pregnancy timeline

## MONTH 1

The first month constitutes a crucial time for the success of the pregnancy. The "all or nothing" slogan applies here since the fertilization of the egg until the implant of the embryo. Take care of yourself and pay attention to changes. The hormonal peaks during the beginning of pregnancy may result in noticeable effect upon mood, and future parents may have to adapt and adjust to the mood swings. **Avoid provocations!**



## MONTH 2

If you're from 5 to 8 weeks pregnant, you must be going through a lot of changes. It is quite amazing how, within such a short period of pregnancy, you are now ready to produce milk: your breasts are increasing, and forming mammary glands and fat tissues. In addition, with a more accurate sense of smell and a more acidic stomach, nausea may be common and they usually go away in the second trimester..



## MONTH 3

Between the 9th and 12th week of pregnancy, it starts to be difficult to hide your tummy. Your womb will soon be the size of a small melon. Your waist can widen a little bit and your pregnancy begins to be noticed. **Seize the moment and fully enjoy your pregnancy.**



## MONTH 4

And finally the nausea is over! From now on, with more stabilized hormones, you will feel more balanced and full of energy to enjoy your pregnancy to the fullest. In addition, the high levels of progesterone and the increase in the blood volume can be more evident, leading to a more beautiful skin and a thicker, shinier hair.



## MONTH 5

And the long awaited time has come, when you will feel the baby's first movements. He now occupies a wider space, and the walls of the uterus stretch and become thinner. **Enjoy these very special moments to the fullest.**



## MONTH 6

If you are in the stage between the 22nd and the 26th weeks of gestation, you are probably going through several changes. **At this time your tummy is now big enough to change your gravity center,** and this will lead to you being more aware of your posture and fixing it. Enjoy these last months of pregnancy, they will go by quite fast.



## MONTH 7

You can admit it, these 7 months went by really fast... right? But, stay calm: you still have time to take care of everything you consider to be important. The sooner you develop systems that will stop you from worrying later about paperwork, the better, so that afterwards you can be 100% focused in your newborn baby.



## MONTH 8

And the rehearsal contractions have started, the so called Braxton-Hicks contractions! Your womb is preparing for the big moment. In some women, these contractions increase in their frequency; other women will only feel a few. **It is time to begin preparing for the delivery.**



## MONTH 9

We know the last month of pregnancy always goes by more slowly, but it's almost time to meet your baby! This last stage may seem like an emotional rollercoaster, due to the waiting for the big day. **You should begin to prepare everything for his arrival, and don't forget the Mitosyl Protective Cream. ;)**



## Did you know?

The baby's heart starts to beat 22 days after fertilization, before the woman even knows she's pregnant?

By six weeks of age, the uterus has already expanded from the size of a plum into the size of a small orange?

The baby has unique fingerprints by the age of 13 weeks?

That by the end of the first month of pregnancy, the baby is the same size as a grain of rice?

The majority of future mummies feel the baby's first movements around the 20th week of age?

# Healthy pregnancy

## Super foods during pregnancy

Choosing a healthy diet is critical in order to provide the right nutrients to the baby, and also to obtain the necessary energy to face the demands of pregnancy.

During the second and third trimesters of gestation more than 300 calories a day are required, and good smart choices become more important than never. Prioritize broccoli, cheese and eggs, sweet potato and whole grain foods (oatmeal, bread, rice, pasta, quinoa, etc.), salmon and the lean parts of beef, bananas and red fruits.

## He knows what's good for him

During pregnancy, the baby can taste the food you eat. Around 13 weeks of age the taste buds begin to develop, but even earlier, at 11 weeks, he can already swallow and sip the amniotic fluid surrounding him.

Because the flavor of the amniotic fluid changes according to the food you ingest, the baby can taste different flavors. That's the reason why the foods you include in your diet will influence his future taste and food preferences. After he's born, the baby is more willing to eat food with a similar taste to the one he tried inside the womb.

## The "cravings" of pregnancy

Our desires and cravings are influenced by our education and by some common places, and can become more intense during times of increased anxiety, such as pregnancy.

That is why a lot of pregnant women show cravings for comforting foods, or foods that were present in their childhood. Low levels of blood glucose can also trigger cravings, and for that you should eat regularly, many times but little amounts of food. The other side of this phenomena is food aversions which, in general, begin occurring during the first trimester of pregnancy, and usually disappear later on (unlike cravings).



## Frequently asked questions

### Can I start exercising during pregnancy?

Keeping ourselves fit and in a good shape is a good thing. However, you should choose soft and light exercises, so that they don't push you over your limits. Try walking, yoga or swimming; these are ideal for pregnant women.

### Can I continue jogging during pregnancy?

If you already are a jogger, and you have an uncomplicated pregnancy, it is usually considered safe to jog. Nonetheless, avoid jogging when it's too hot outside, and across great distances. You better check with your doctor first. Have a good jog!

### Does it really matter to smoke occasionally during pregnancy?

If you already are a jogger, and you have an uncomplicated pregnancy, it is usually considered safe to jog. Nonetheless, avoid jogging when it's too hot outside, and across great distances. You better check with your doctor first. Have a good jog!

### Does it really matter to smoke occasionally during pregnancy?

Yes. When you smoke, toxic chemicals enter your blood stream, which decrease the oxygen supply to the baby and harm the placenta. The good news? Giving up smoking has immediate benefits for both mother and baby.



### Will I have to give my cat to another person?

Good news: you will not! Just avoid taking care of his litter box and applying his anti-parasites treatments, which contain insecticides. It is very difficult and unlikely to get toxoplasmosis from cats (the probability of contracting the parasite is much bigger if you eat undercooked meat, for example). Have fun with your cat and prepare it for the arrival of the new family member.

### Will nausea last for the entire pregnancy?

No. In general, nausea will disappear after the 12th week of pregnancy, allowing you to enjoy a balanced diet and fully seize the magical time of pregnancy.

### Is it true that the best resting position for pregnant women is lying on the left side?

Yes. At the end of the pregnancy, when the woman lies on her back, the fetus is now heavier and it creates pressure in the caval vein, which can cause uneasiness and discomfort. Put some cushions between your legs so that you can better position yourself onto the left side, and to facilitate blood circulation. You can interchange positions, so that you feel better.

### How much weight can I gain during pregnancy?

The weight gain during pregnancy should be gradual and balanced. Neither too much, nor too little! The ideal weight gain is somewhere between 11 and 16 Kg. Please note: the period of pregnancy is not the time to go on a diet! That is, you're not supposed to loose weight and its progression should never be below 7 Kg. In the first stage, with all the nausea and vomiting, women may not even gain any weight, and that is why an adequate nutrition is fundamental for the well-being of the pregnant woman and for the growth of the baby.

### Ever since I got pregnant, I have constipation. Is it normal?

Yes. During pregnancy, due to the action of the progesterone hormone, the movement of the smooth muscles (those that we cannot control) in our intestine is slowed down. In addition to the fact that the uterus is growing in size, the task that those muscles must perform within the bowel movements becomes more difficult. For that reason, constipation may occur, as well as abdominal bloating, flatulence, harder faeces (and even hemorrhoids). To minimize these problems you can, for example, change your food habits (increasing the intake of fiber), drink more liquids, take probiotics, establish a certain time to evacuate, exercise. In some of the most complicated cases you may need the help of laxatives. There are some laxative products that pregnant women can take, like fiber supplements and osmotic laxative. Nonetheless, you should always check with your physician about what would be the best option for you.



# Healthy pregnancy

## Tips

### Beating nausea during pregnancy

If the normal nausea of pregnancy has already started, eat an oat or ginger biscuit when you wake up in the morning, before getting up. You will feel much better.

### Get off the couch

Is the impatience to get to know your little one starting to increase?! Do some light exercises and take some walks, that will help stimulate the cervix during pregnancy.

### Hydration

If the normal nausea of pregnancy has already started, eat an oat or ginger biscuit when you wake up in the morning, before getting up. You will feel much better.



## Did you know?

A healthy lifestyle and a good nutrition can help fight fatigue during pregnancy.

Just by being pregnant, it is like you are performing a low level aerobic exercise, because your heart rate increases by up to 20%.

# Super foods during pregnancy

## Broccoli

It's not always the favorite food, but we guarantee that it provides a lot of benefits. Bet on them.



## Beef

Provided that you choose the lean part of beef meat, it will bring you many benefits, especially against tiredness. Try it!

## Sweet Potato

There was never a better time to adopt healthy eating habits. Roasted, mashed or sliced in pieces, sweet potato is a great option.

## Salmon

Of all the fish, salmon is the best for you and your baby, if you eat it moderately. If it's not one of your favorites, try putting it inside a sandwich or cooking it in breading style. It will be delicious.

## Eggs

As long as they are well cooked, eggs are a good source of protein. They should be a part of your nutrition during pregnancy, because they have lots of benefits.



## Red Fruits

Strawberries, blueberries, blackberries, raspberries... it's a wide range and their benefits are even bigger. Bet on these fruits.

## Bananas

Because they don't just fight the cramps, you should bet on bananas. In slices, together with cereals at breakfast, in smoothies or natural, they are always good for you and your baby.



## Cheese

During pregnancy not all types of cheese are recommended, but hard pasteurized cheese is not bad for you, on the contrary.

## Whole grain foods

There are so many whole grain foods to choose your preferred ones from, and then distribute them in each meal during the day. They constitute an excellent option...



# Preparation for the arrival of the baby

## Frequently asked questions



### How do I know that my water just broke?

When the amniotic sac breaks, you may feel a warm liquid flowing, that is matte-pearl colored, with a characteristic smell, but practically odorless. Sometimes it can be a large amount, or in other cases just a little bit, the sensation varies. How do you know? You should check if whenever you cough, some fluid comes out, and also that it is not urine (by its the smell and colour).

In addition, you can go to the emergency room to confirm the fluid content through an ultrasound or through other tests. Pay attention: if the fluid is green or brownish, you should go quickly to the emergency room because it can be an indication that the fetus is suffering. If the liquid is light coloured, get ready calmly and prepare everything because it is time to go to the maternity ward.



### Should I go straight to the maternity ward as soon as I lose the mucus plug?

It's not necessary. The mucus plug is only a sign issued by our organism, meaning that it is preparing itself to go into labour. It can happen within days or hours, there is no specific timing. Warning signs are blood or fluid loss, a decrease in the movements of the fetus and regular, painful contractions.



### What are the Braxton-Hicks contractions?

These contractions appear in the end of pregnancy, as a way for the womb to prepare itself to go into labor. They are painless, and usually happen more frequently during the night. Pregnant women feel their tummies firm and hard, with a movement of "prancing", without any pain.

### Should I prepare for childbirth?

Preparations for childbirth include not only the moment of giving birth, but also the cares necessary for the baby and his mother, as well as other tips and extremely important information. If you can probably attend a preparation course, it would always be a value addition for the parents.

### Did you know?

#### What a nice cup of tea

If you want to get ready for giving birth to your baby and be as much prepared as possible, try drinking raspberry leaf tea. When you drink it during the last trimester, it strengthens the muscles of your womb.



# List of names

A large white rectangular area with a wavy top edge, containing 15 horizontal lines for writing. Each line is preceded by a small yellow heart icon.



# Mummies and daddies: get ready

## Play some music that mummy likes

Giving birth to a child is not always a calm moment, and sometimes you can feel some anxiety. The future daddy can help mommy by playing a song that she enjoys. This way, both of you will feel much more relaxed.

## Help with the breathing and relaxation techniques

Due to the fact that giving birth is not an exclusive moment for the mommy, we offer a tip for daddies: help her with the breathing and relaxation techniques, which are a part of this magical moment...

## Be a good source of distraction

Save your good mood for the baby's birth. It is important, during this stage, that the dad becomes a good distraction for the mommy, so talk to each other and use humour to gain motivation. That will make you both happier.

## Meditate together

It is natural that, during the initial stage of childbirth, you feel a great deal of (unnecessary) agitation. To help you relax, meditate together! Both of you will feel much more relaxed.

## Daddy takes care of the food and drink

On the day of giving birth, daddy can help mommy preparing food and drink. She will feel more relaxed and at ease if she is provided with easy-to-eat snacks. The most important aspect is that the future mommy feels super comfortable.



# Post-childbirth

## Massaging the post-childbirth scar

One of the most important things about post-childbirth period that tends to be overlooked is massaging the scar. It is recommended to massage and moisturize the skin in general, and it is not necessary to massage the scar itself. These can be of two types: Cesarean or Episiotomy scars, the latter being a natural cut in the perineum area to facilitate the baby's exit into the birth canal. Both require similar care, but with some differences, to which we should pay attention.

The massage should only be started after everything has healed. In either type of scar, we would like to advise you that if the pain is intense and there is great discomfort or if, in the particular case of episiotomy, the woman is not able to have normal sexual intercourse with her partner, then 3 to 5 months after the childbirth an observation must be requested. This constitutes a warning sign from your body and you should respect it.

## In good shape

Being in good shape is not just about the number that the scale shows. In fact, this is very subjective data. Being in good shape is to feel good about ourselves, in such a way that we enjoy eating well, hydrating our skin, moving our body to feel active and resting well in order to have energy and a good mood.

With childbirth, the body undergoes a fantastic transformation. And, even if it is physically prepared, sometimes, psychologically a woman is not prepared for such a sudden change (in just 9 months!) in her image. Therefore, it is important to live and enjoy this stage with maximum tranquility and find strategies that make you feel less worried about your physical appearance (although health and self-esteem are important, of course).

This is an ideal time to change your lifestyle to something healthier, more holistic and soul-nurturing. It is at this stage that many women make important decisions regarding their health and well-being, such as giving up smoking or changing their eating habits. It is also known that weight gain is inevitable during pregnancy. However, this increase must be progressive and always accompanied by a healthcare professional who will adapt the healthiest strategies to your lifestyle. Exercise is a fantastic strategy to help a woman's well-being throughout pregnancy and post-childbirth recovery.

## Can breast-feeding prevent me from getting back to exercise?

On the contrary, it can even help you. Breastfeeding women lose their extra Kgs of pregnancy faster and safer. Sometimes, they are even in better shape after becoming mothers.

## When should I resume my physical activity after giving birth?

Exercising can and should be carried out in the post-childbirth period, but it should be customised to each woman and to the post-childbirth phase. When it is time to resume exercise, you should choose a location and qualified professionals to prescribe training to women during pregnancy and postpartum.

After the post-childbirth review consultation, when the obstetrician gives the approval, then it is safe to start exercising. In general, in the case of vaginal childbirth, you can start to exercise after 15 days and, in the case of cesarean, 4 to 6 weeks.

## What precautions should be taken when returning to training while still breastfeeding?

First, wear a suitable bra. The bra can't be too tight, as it can cause the clogging of the ducts. You should also opt for comfortable clothes and shoes. In general, they should make the woman feel good and be suitable for her training routine (for example, having sneakers adapted to the type of training) to avoid injuries or falls. If you have to breastfeed, you can interrupt the exercise and then resume it with more intensity: this way you are using up twice as much energy! Do not go training with full breasts, as this will cause discomfort.

Breastfeed the baby before training or drain with your hand/pump just to feel a little bit of relief. Moderation and self-love are essential to live this phase with maximum well-being. There is nothing more powerful and beautiful than a confident and happy woman.



## Macerated nipples

In the early stages of breastfeeding, it is normal for the nipples to become sensitive. However, the nipples can become macerated (and/or cracked, in more extreme situations), usually in the initial phase of adaptation and learning for the baby and the mother. A macerated nipple is a sign of incorrect attachment and it can happen to any mother in the first days of breastfeeding, if she is not paying much attention to the type of mouth grip that her baby is doing.



## How to breastfeed correctly?

You must be aware, as you are not supposed to feel pain during the feed, nor hear a noise similar to a pacifier (the only noise you can possibly hear is the swallowing sound). The main thing is to ensure a good grip: the baby should open his mouth wide, grasp almost the entire areola, keeping it well attached to the breast, with his lips turned (fish mouth) and the chin positioned against the breast. The baby sucks, breathes and swallows in a natural and coordinated way, in slow and deep sucks. The mother's hand should be in a "C" shape, supporting the breast.

Also, it is not necessary to clean the nipple before breastfeeding. A key factor is that, after breastfeeding, the woman puts a few drops of her own milk (it can even be colostrum, which is very nourishing and repairs the skin) and spreads them on her nipple. Then, she can let it dry for 1 to 2 seconds and apply a lanolin-based cream, in a small amount. It doesn't matter if the baby swallows blood at this stage, when the nipples are bleeding. She should, however, see a breastfeeding counselor to help her correct the type of grip the baby is doing.

## Mastitis

Mastitis is a relatively common condition in breastfeeding women, especially in the early stages of breastfeeding. At the time of the diagnosis, mothers may feel discouraged and worried about their baby. Therefore, it is necessary to know the symptoms to be able to act in a timely manner, without giving up breastfeeding. And why does it happen? The severity of symptoms of mastitis may vary, but they manifest when a milk duct is not draining well and becomes inflamed. This pressure, which is due to a blockage, gives rise to inflammation in the surrounding tissues. It usually only happens in one breast. Some women experience symptoms such as a painful, red nodule when the baby breastfeeds; others feel a pain that mothers describe as "shards of glass"; the appearance of the milk changes, becoming thicker and with a fibrous appearance; fever and malaise; pus or blood.



Other symptoms, such as nausea and vomiting, are suggestive of bacterial mastitis. Treatment is based on the following principles: analgesic (prescribed by the doctor); application of hot/cold before breastfeeding; cold after for 5 minutes; frequent manual draining of milk; rest; antibiotics (if necessary and with a doctor's prescription) and probiotics. Check with a healthcare professional who specializes in breastfeeding for help in this situation. Support is critical.

## Did you know?

The molecules present in breast milk stimulate the baby during the day and relax him at night?

That about 75 percent of women produce more milk from their right breast? The breast is made up of glandular tissue where milk is produced? That breast size is not indicative of the amount of milk?

That breastfeeding does not make the breasts sag, on the contrary, it encourages the loss of weight gained during pregnancy and helps the uterus return to normal?

That breast milk is so well digested that it only produces residues to form faeces?

# Post-childbirth



## Frequently asked questions

### Should I stay home with the baby during his first month of life?

The first month of life must be safeguarded and dedicated to taking care of you and getting to know your baby. However, you can take small walks with your baby, depending on the weather conditions.

Remember that you should not leave the baby in the incubator for more than 2 hours in a row. You can opt for slings or baby transport cloths, if you feel comfortable, as the babies love it. Avoid smoky or polluted places and choose quiet, noise-free and air-conditioned places, such as a garden. Avoid going out in periods of extreme heat or extreme cold.

### After childbirth, when can I resume sexual activity with my partner?

It varies greatly, as a post-childbirth woman has many tasks to coordinate and she's totally focused on the baby. We cannot forget about physical recovery, especially if there is a perineal suture (in these cases, the stitches must already be absorbed before penetration begins). Usually, after the obstetric appointment, the woman is sure, from a clinical point of view, that she will be able to resume her sexual life.

Keep in mind that breast-feeding hormones can decrease a woman's lubrication, make her focus more on the baby and cause her libido to be slightly diminished. Of course that each woman is unique and the decision must be adapted to her case and needs. Remember to communicate with your partner and share fears with them. Ask the healthcare professional whom you consult. And remember that sexual intercourse is not just penetration: you can start dating a lot right away, because the love hormone is in the air.



### Is it possible to get pregnant while breast-feeding?

Yes it is. If feedings are not frequent and there are night breaks, the woman may ovulate. When ovulating, if the woman has intercourse, there is a chance of getting pregnant. You can always use the barrier method or another method compatible with breastfeeding and according to your specificities. So always seek advice from a healthcare professional.



### For how long will I lose blood after giving birth?

After giving birth, you will lose some blood. These situations, which we call lochia, are normal. The lochia can last for about 3 to 4 weeks after birth, as they decrease in volume and the color changes from bright red to a brownish color. Lochia is not menstruation, but bleeding from the area where the placenta has been inserted, after it flows out during delivery.

You may notice that lochia increases slightly after breastfeeding, as the hormone that makes milk also causes the uterus to contract and release more blood. Watch for any warning signs, such as clots coming out or when a sanitary pad fills up with live blood in less than 1 hour. Get medical attention immediately. If you also notice a bad odor or other sign of infection, always ask a healthcare professional for advice.

### Whenever my baby cries, my breasts release some milk. Is it normal?

Yes, it's normal. The hormone that activates milk flow, oxytocin, is the love hormone and it will be active whenever you look, touch or smell your baby. In cases where the breast is fuller, some milk may also come out. However, this is a common and normal situation. Did you know that while breastfeeding, you can also pour milk from the other breast? For exactly the same reason: it is a sign that the oxytocin reflex is active.

### When should I start thinking about extracting breast milk so I can return to work?

You should plan to return to work with the help of the medical professional who guides you, as building the milk bank can take some time for some women and be faster for others.

But, if you plan to return to work in a certain month, we advise you to ask for support in the previous month and start experimenting with extraction, offering the baby your extracted milk. Remember that not all women feel comfortable pumping milk, so professional support is recommended at this stage to guide and adapt strategies, case by case.





# The newborn

# Introduction

**A newborn can bring as many joys as new problems that you will have to solve every minute, many of them at the same time.**

**Difficult? No doubt about it, but it's now that you'll know all your strength and discover abilities you never thought you had.**

**You think you're only a mother, but soon you will realise that you are in fact a Super-Mom.**

**Go through each problem in turn and discover here how it is possible to overcome many of them without major drama. Often, the most important thing is to be well informed and to react calmly.**



# The baby's debuts



## Pass the exam

It is important that within the first 72 hours, the doctor performs a complete examination of the baby, in order to see if there is anything that may not be right. This essentially consists of a general observation that involves analyzing the pulse and reflexes, a visual examination of the skin and the traditional counting of the fingers.

There is particular attention to the head, eyes, mouth and ear areas, but also to the abdomen, heart and lungs, hips and back, feet and genitals. At the end of the exam, he's ready to be all yours.

## Discovering the world

The baby's sensory organs started to develop from the 6th week of pregnancy and, now that he knows the outside world, he will only want to discover it. As soon as he's born, he doesn't know how to coordinate vision with hearing, and for that reason he still doesn't look in the direction of noises.

But he recognises familiar voices and Mom's scent. He likes the taste of milk and discovers the different textures, but he still sees poorly. Hearing, touching, moving, pressure and temperature, eyesight, tasting and smelling, all of this gradually improves and gets perfected.

## Seeing is growing

Baby's eyes are extremely sensitive to light and it is natural for them to open more in darkened spaces. He sees best from a distance of 20-30cm because at birth he is very nearsighted. But that's how he can see Mom's face distinctly, for example while he feeds on her breast. His eyes can even see in double, as they don't work together at first. It is in the first 4 months that he develops the ability to perceive colors and, in addition to faces, his preference is for strong colors and high contrast.

## The survival instinct

The baby is already born with many skills that are important to ensure its survival in the outside world. He also comes with the ability to encourage parents to take good care of themselves and do all the work: the big eyes, the cute little hands and that staunch cry that leaves no one indifferent...

They are also born with many primitive reflexes, such as searching and sucking, protecting (or frightening), grabbing and even walking. This is great because it allows him to respond immediately to new stimuli and is a sign that his nervous system is fully functioning.

## And, just like that, he's three months old

After everything has changed, everything changes again. Now, nobody calls him newborn anymore, and he even plays and interacts with his parents. The baby is growing and developing rapidly: he recognizes objects, coordinates his hand and eyes better, and watches his parents carefully, trying to respond when they talk to him (glad to see his father and mother).

He also has more strength in his neck and back and has learned to turn around. The parents breathe a sigh of relief as he begins to sleep through the night, getting into a breastfeeding routine. This also allows them to feel that they are more acclimatised and more confident for the new questions he will not stop asking them.

## Sucking, sucking, sucking...

The sucking instinct or reflex is very important to any baby and it is also the most natural thing in the world. It's a way to feel calm and comforted. The baby has a tendency to find actions that soothe and comfort him in various circumstances, including at bedtime. Therefore, it is very normal for him to like sucking his thumb or any other finger, in addition to looking for a pacifier. Other comforting things for him might be the teddy bear or favorite blanket and, for example, curling his hair with his little finger.

## Your baby sleeps... like a baby

Regarding the sleep of babies, there is no lack of formed opinions and some of them are very contradictory. The rules about sleeping clothes, the temperature of the room, the type of mattress or the clothes to put on the bed, are subjects much discussed and it's up to the parents to decide what the best options are.

Another much debated issue is related to the baby sleeping in the parents' bed up to a certain point, which is a very common phenomena all over the world. Opinions and habits vary widely from country to country and there is no single standard for how your baby should sleep and how it should be viewed. Therefore, what needs to be done is simply whatever seems best for you and for him.

## The baby's debuts



### Did you know?

Just because babies can hold their breath and move their limbs underwater doesn't mean they already know swimming. They are just survival reflexes, and you shouldn't try to do something like that at home.

Older children who still show primitive reflexes may have a lot to gain from physical exercise and may be spending too much time sitting still.

It is now thought that the ideal position for babies to breastfeed is the lying position.

In the 1970s, research showed that premature babies developed better when they had skin-to-skin contact.

Up to the age of 2 and a half, babies use around 6,000 diapers.

Newborns do not cry with tears flowing because the tear ducts have not yet developed.

Babies spend about half of their rest in REM sleep (dreaming).



# The first picture

Date: \_\_\_\_\_ Place: \_\_\_\_\_

# The most important tips

## Why does he cry?

"Those who don't cry don't breastfeed". If a baby cries it's because he needs something, it's his way of communicating. The problem is figuring out what he wants. To find out, the best thing to do is to use the trial-error technique: he wants to eat, is feeling hot, needs to change a diaper, his clothes discomfort him, is in an uncomfortable position, wants to sleep and it's hard for him to fall asleep, is feeling cold (very rarely), wants company (very common)... you have to experiment until you find the right answer. Practice contributes a lot to learning languages.



## Take it in your arms: am I creating a bad habit?

If he stops crying in your arms, it's obvious what he's asking for... if taking him in your arms he'll know that there are those who care about him, which is not a negative way of treating someone who still doesn't quite understand where he is. However, it is true that holding him in your arms can be harmful if you do so just to calm him down, without first realizing why he is crying. If you do this just to shut up, your baby can get used to it and demand this contact whenever he feels restless. Babies are smart.

## When and how to bathe him?

Do not panic or fear. In no time, you will master this art and have great moments of relaxation with your baby. Prepare everything very well, before taking him to the water. Take your time and stay calm. Use a thermometer to control the water temperature (38 °C), keep the space warm and free of winds. Use an age-appropriate bathtub and don't worry about toys. For little babies a daily bath is not necessary, just two or three times a week is sufficient, using mild products.

## Will I know how to breastfeed?

You can breastfeed the baby wherever and however most comfortable. There are several positions, such as crib, rugby or reclining, for example. Try to find the one that allows you to be more relaxed and doesn't give you pain in your arms, neck or back. To help with the process, you can use a nursing pillow, a diaper to cover his head and keep him focused, or lanolin-based nipple creams. Breastfeeding needs training and so things to get better with practice.

## Changing the nappy

The best diaper is the one that is changed in time. You must change the nappy regularly, wash your baby very well and even better is to dry him. Don't wait for the diaper to get dirty with poop, as urine is much more irritating to the skin. As the anal area is more exposed to moisture from faeces and urine, it needs good hydration throughout the day.

Therefore, you can apply a cream multiple times a day. The baby's moisturising, after a diaper change, can be done by applying a moisturiser cream in a small amount (the size of a pea) and a thin layer, only in the anal region (the genitals do not need the cream). Cleaning should be done with gauze (non-sterile) and water (warm). The wipes can be aggressive for more sensitive skin (you can use it occasionally when you go out for a walk or at his grandparents' house). If your baby's bottom turns red and irritated, you should apply an ointment such as Mitosyl Protective Ointment that promotes healing and cell regeneration. Pay attention: if you notice that your baby's bum has white "spots", go to a healthcare professional to make a concrete diagnosis.

## Treating the colic

Colic is a common physiological process that affects most babies, starting from the 1st/2nd week of life until approximately 3/4 months. They are associated with an intestinal discomfort in the baby, which tends to be more prevalent in the late afternoon/early evening. The main cause is due to an immaturity of the baby's digestive system, which causes some intestinal discomfort, generating gas. The baby's way of communicating this discomfort is through intense, inconsolable crying. How can we help the baby? Good eating habits of the breastfeeding mother is important, but it is not the cause, even though it might be balanced and healthy.

Feeding the baby is decisive for improving this process, since a breastfed baby has an easier time evacuating and, therefore, less colic. Heat and massage are excellent tools (they help to expel gas and calm the baby). You can also try gently inserting the cannula of a micro-enema (previously emptied, washed and cut to avoid the vacuum effect) in the baby's anus and, with circular movements, you will be able to promote the escape of gases. This procedure helps a lot, although it is a little more invasive (has very low risk of damaging the baby's anus). Bathing can also be a strategy that helps the baby to relax and expel some gas. Put the baby to burp more often, preventing them from swallowing so much air and later getting gas, especially if the mother uses silicone nipples or teats (they are more favorable for air to enter).



## High fever

A hot forehead is the first sign of fever, but to be sure you should check his temperature with a thermometer. To lower the fever, you can soak a cloth with warm water, starting with the head and then moving on to the rest of the body. If the fever lasts longer than 24 hours or if there are any additional symptoms, contact your doctor. In children under 6 months, temperatures above 38 °C should be taken very seriously.

## Febrile seizures

The rise in temperature that accompanies a viral infection is usually the cause of seizures in children aged between 12 months and 4 years. To lower the temperature, we recommend that you undress the child and make room around him to avoid hurting himself.

As soon as the convulsions stop, the fever must be treated by wiping it with a cloth soaked in warm water. Do not leave the child alone or put anything in his mouth. Once recovered, call your pediatrician. If the seizure returns and lasts longer than 15 minutes, call an ambulance.

## Falls

Closing windows, balconies, and stairs, putting protections in the corners of furniture, fixing rugs to the floor with adhesive or non-slip tape... these are small things that can help you to make your baby's first falls more bearable, often inevitable when he starts walking.

The falls of older babies, which result from the phase of running or crawling, are light and are the most common accidents. However, if you stumble with him in your lap, it will be a fall from a significant height and can cause very serious blows. When it comes to a baby, even when you think it will be quiet, it is advisable never to lose sight of him when he is in high places, such as a diaper changer. Prevention is the best answer to falls.



## Trips

Your child is never too young to travel. The truth is that your baby will spend most of the time being carried around, whether on the lap or in the stroller. The main criteria that should be taken into account are safety, convenience and ease of transport. The baby can go with you anywhere, as long as he is properly prepared, and you have the necessary equipment to transport him.

## What you should take into account

Two important things to keep in mind are feeding and changing your baby's diaper. Therefore, when planning the route of the trip you should consider stopping points for these two purposes. If the baby is very small, long journeys are to be avoided, as you will have to carry a lot of luggage and make many stops. In the first month, the baby must be shielded, but if you go out with him, you must not leave the baby in the incubator for more than 2 hours in a row, you must avoid places with smoke or pollution, choose quiet places, without noise and without air conditioning (for example, a garden) and avoid going out in periods of extreme heat or extreme cold.

## How to choose the means of transport for our child?

While transporting by foot, baby carriers (wearable pouch for babies) are the most popular form of transport to carry a new born, as they are light and comfortable. Furthermore, they allow you to carry the baby very close to the body.

There are several options like this or the backpack to carry them with straps when the baby is heavy, where the child would have an intimate contact with your body. When transporting in vehicles, the stroller or pushchair will likely be the most expensive purchases you will make, so you should decide well. Note that this should be easy to put on the car and/or suitable for public transport. Make sure it's easy to manoeuvre and has a guarantee before you buy it.



# First aid



## Respiratory tract obstruction in a baby

In the case of a conscious baby, you must hold it on its stomach, supporting its chest on your forearm, with the head lower than the body. Give it up to 5 blows on the back, mid-shoulder. If something is visible, remove it. If no, turn the baby on its back, keeping the head at a lower level than the body. Do around 5 mid-chest compressions. Repeat this action until the obstruction is cleared and call 112.

Know more at [www.inem.pt](http://www.inem.pt).

## Protect your child from the heat and danger of drowning

Protect the child from the heat with some simple protective measures: avoid sun exposure between 11:30am and 4:30pm, make use of shadows and appropriate clothing (wear hats, sunglasses and lip balm), apply a sunscreen with index of protection greater than 20, and don't forget that babies under one year of age should not be exposed to the sun.

Be aware even on cloudy days and windy, so the baby doesn't get burned. Be always careful at places of possibility of drowning, something like swimming pools. Remember children are unaware of the danger they can get into when inside the water.



For more information call the Health Line: **808 24 24 24**



## Predictions and warning signals

We can see that a baby is sick through various symptoms and signs that it gives us:

### Vitality

The baby doesn't move, doesn't laugh, doesn't play, and doesn't have a loud cry or is crying for more than 6 hours during the day.

### Appetite

Lack of appetite or refuse to feed, vomiting or nausea, diarrhoea.

### Breathing

It breathes with difficulty or very fast and when does it, you notice the ribs very evidently (breathing draught). It does have persistent cough or green snot. If these symptoms are found, parents should ask observation or opinion of a medical professional to better understand and know what to do next.

### Skin

Yellow or pale, spotty or pimples.

### Diaper

It doesn't pee or poop; it has diaper rash or signs of candida infection (Candidiasis), blood or mucus in faeces, malodorous and very dark colour urine / presence of blood in the urine.

### Body Temperature

We consider that the temperature of 38C in babies is already high. However, the values can vary slightly depending on the spot where we take the measurement. The most recommended method in younger babies is the rectal evaluation (temperature over 38C for babies under the age of 3 months / temperature above 39C, if the baby is between 3 and 6 months).

### Other warning signs

Stiff neck, pain expressions, abnormal drowsiness, abnormal irritation, convulsion, coughing bouts, dark red rash or purple (which doesn't fade) or persistent bruising. Oftentimes, the baby does not manifest signs as evident as those described above, but as parents we know (because we know them) that our baby is not well. If so, don't wait for the signs described above. Trust your instinct and ask medical observation.



## Frequently asked questions



***“Is it normal my son’s umbilical cord turns black? It looks very weird... Is it normal to have this colour?”***

The umbilical cord stump will dry and darken until it falls off. It goes through a dark and yellowish appearance until the fall. This process takes between 5 and 15 days after the birth. You should clean the area with a sterilized gauze and saline solution or water, during the bath or whenever baby’s diaper is changed.

There is no problem in wetting the umbilical cord stump while bathing. After the fall, you should keep cleaning, until the belly button is similar to ours (keeping the normal cleaning and drying during the bath). At this stage, some bleeding might occur during cleaning, which is normal and not an alarm sign.

***“My baby is 3 weeks old and is asking milk more often. When is it sucking it seems “grumpy”. Doesn’t my milk suffice him?”***

At around 15 days of life, the baby has a peak of growth, so there is a very large cellular multiplication. For this reason, the baby will ask more «food», soon you’ll do more feedings throughout the day (with a tendency to shorten the interval between feedings at night). It does not mean that the milk is weak, as there is no weak milk.

Simply, it’s a time when the baby’s nutrition needs increase. Offer «mommy milk» any time and maintain skin-to-skin contact, as it is very important. It is a (excellent) sign that the baby is growing with your milk. Congratulations!

***“I have a wedding to be attended soon, is it wise to take my 1 month old baby?”***

A 1 month old baby can leave the house for short periods, properly protected and dressed, as per the climatic conditions. However, excessive stimulus at events can get them tired, exhausted. These stimuli can also keep them on alert for too long.

The results of this are crying, difficulty falling asleep, intestinal changes or in the feeding pattern. One option might be to go to a part of the ceremony and then leave. See how you baby feels and reacts.

***“My baby is 3 months old and is only on breastfeeding. Is it necessary to give water? I’m afraid that my milk doesn’t hydrate it enough.”***

Babies exclusively breastfed with breast milk do not need water. Breast milk is very rich in proteins, carbohydrates, fats and natural defences that helps our baby to grow healthier! Breast milk is the fullest and the most nutritious food, that’s why exclusive breastfeeding is recommended until 6 months.

Afterwards, you should introduce them to the other types of foods, but continuing breastfeeding. When babies feel thirsty they ask for a breast, the feed has a shorter duration than usual, for hydration effect. Offer the “breast” as always as possible on hot days, as it will hydrate, nourish and caress your baby.

***“My daughter is 4 years old, no longer it’s a baby but it’s hard time to clean her nose. She has a clogged nose and makes a lot of noise when she’s asleep. It feels like an adult snoring, which is not unusual. What should it take?”***

Before falling asleep, you can put a saline solution in its nose. They don’t think it’s very funny, but it’s important to repeat this procedure several times throughout the day. Wet vapours are also a good option. Begin a good hydration (water and teas) to liquefy the secretions and it can expel better, avoiding that typical “whistling” noise in the nose. Protect it during cold days. However, if this problem persists, you should contact an appropriate doctor to prescribe appropriate medication to your child.



***“I would like to know up to what age breastfeeding is advised? should the baby be breastfed until the mother has milk? I heard that after one year, breast milk loses some of its characteristics, is it true?”***

A baby can be breastfed as long as the mother has milk. The weaning age of the human species would be 6 years old, but, due to social constraints, this is infrequent. Thus, exclusive breastfeeding is advised at least until 6 months and from then on with food in complement, until both want it. Breast milk never loses value, on the contrary: it is always the richest for our species.

***“In the case of a baby who, from the 3rd until the 8th month is breastfed every 3 hours, what can be done in order to change its habit at night and not wake up at this time? Or is this normal?”***

It’s normal and each baby has its own pace. In this case, there is nothing alarming. Now, you can try to introduce solid food at night to see how the baby reacts. For example, it can sleep another 1 or 2 hours and this is favourable for its sleep. Try to make the time of night more relaxing for the baby, with less stimulation and you can try your luck with the bath and massage.

***“How can I interrupt the baby’s feeding?”***

When we remove the baby during sucking, the nipple of the mother will be pulled and it can hurt a lot, causing tenderness. So put your finger along with the nipple in the baby’s mouth and when it bites, turn it away slightly. Or touch its cheek and when the baby stops sucking, you can remove the breast.

The baby has reflexes that help it to look for the breast. These can be used to remove the breast, if the finger technique was not so helpful or you haven’t sanitized your hands.

***“Do babies always have to burp?”***

Babies don’t always burp. And there is no problem, because the attachment was well done during breastfeeding, so probably no air came in and there is no need to burp. The suggestion is that, after the feed, you place the baby in a higher position and with gentle back massage wait a few seconds until it burps.



***“How many times a baby pees in a day?”***

The newborn baby pees a lot a day, approximately 6 to 8 times. This is an indirect sign that breastfeeding is going well and the baby is well hydrated. If you are unsure whether or not the baby has peed (because the colour is sometimes very clear), put a folded gauze over the genital organ and check it after some time. If it’s wet or shaded, the baby has peed.

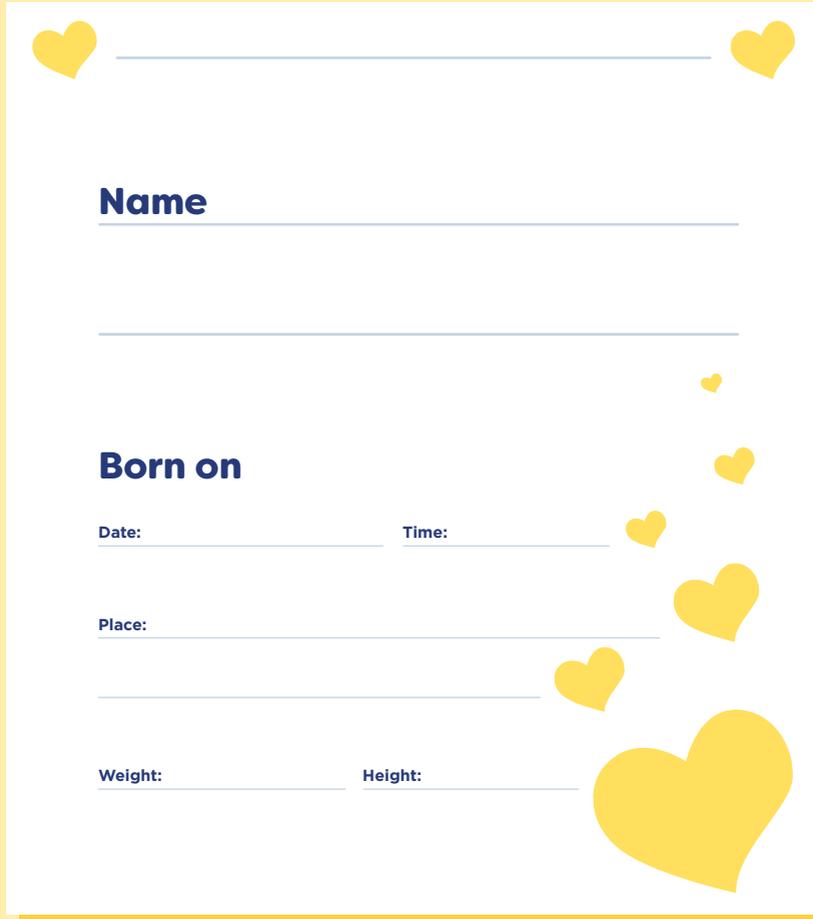
## Did you know?

Identical twins share 100% of the genes, while the other siblings share 50% of the genes.

Parents would have to have another 1,000,000,000,000 babies so there is a chance of another similar baby.

The baby loves the sound of the mother’s voice because it has heard it long before being born.

# Our baby



A form for recording baby information. It features a white background with a yellow border. At the top left and right corners are yellow hearts. Below the top line, the word "Name" is written in bold blue text. Below "Name" are two horizontal lines. Further down, the words "Born on" are written in bold blue text. Below "Born on" are two horizontal lines, one for "Date:" and one for "Time:". Below these are two more horizontal lines, one for "Place:". At the bottom, there are two horizontal lines, one for "Weight:" and one for "Height:". On the right side of the form, there are several yellow hearts of various sizes, including a large one at the bottom right.

\_\_\_\_\_

**Name**

\_\_\_\_\_

\_\_\_\_\_

**Born on**

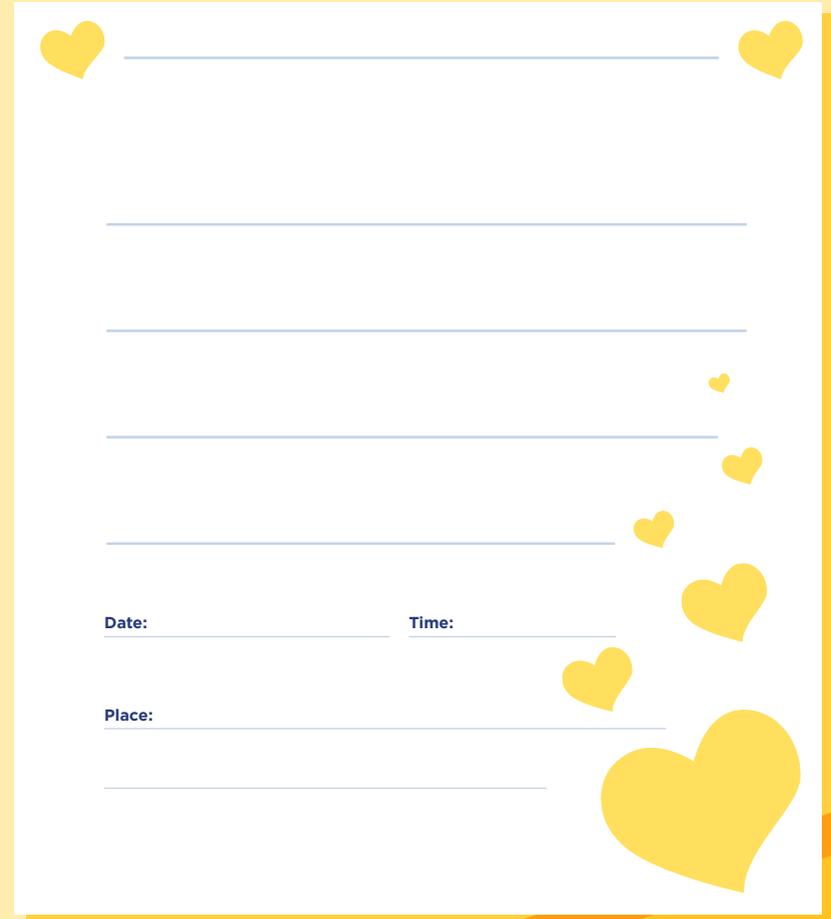
**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Place:** \_\_\_\_\_

\_\_\_\_\_

**Weight:** \_\_\_\_\_ **Height:** \_\_\_\_\_

# The first words



A form for recording the first words. It features a white background with a yellow border. At the top left and right corners are yellow hearts. Below the top line, there are three horizontal lines. Further down, the words "Date:" and "Time:" are written in bold blue text, followed by two horizontal lines. Below these are two more horizontal lines, one for "Place:". At the bottom, there are two horizontal lines. On the right side of the form, there are several yellow hearts of various sizes, including a large one at the bottom right.

\_\_\_\_\_

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\_\_\_\_\_

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

\_\_\_\_\_

**Place:** \_\_\_\_\_

\_\_\_\_\_



# Infancy



# Introduction

When the baby starts to become a child, it seems that every day there is a new surprise. That's what is called growing.

You will see that there are many things your child will do for itself and many others in which it expects something from you that puts you in a fix of what is right. Don't worry about it, all mothers go through this challenge.

First of all, try to understand it and then worry about what to do.

There are many ways to deal with these issues and in this chapter we have good suggestions to give you on the matter.



# helping the little adventurer

## “Let's do it well”

No child is born taught and it is up to adults to help them to integrate into family and social life with security and joy. It can learn both to behave well and bad and even some tantrums will be inevitable.

There are important tips like talking directly to the baby and call it by name, in addition choosing to use a positive language. One should also prefer to praise over criticize and not abusing while ordering. Tell the child in advance so it can get prepared and use the “when” rather than the “if” to relate actions or situations. Finally, it's important to give it a few choices and speak to it with respect because all children are imitators by nature.

## Alert: little teeth to come out!

The permanent teeth have to wait; now it's the turn of the milk ones. Signs that these are coming are usually snapping of one's own fist or the mother's fingers, drooling it all, swollen gums, crying more than usual or waking up at night for no reason apparently. When these signs appear, you can choose to use the First Teeth Balm to protect the gums; this has a calming effect and a pleasant taste.

First tooth can appear around 6 months, although even till the first year there may be no sign of it. Once they appear, it is very important that you wash their teeth at least twice a day with a soft brush. Between 5 and 6 years old, it's time for the child to start to lose the deciduous teeth and replace it with the permanent ones.

## Stop breastfeeding

It is inevitable: one day comes. The end of breastfeeding is a milestone in baby's development and a way to achieve its independence. The guidelines of the World Health Organization are for exclusive breastfeeding in the first 6 months of life and a food diversification for 2 years, but this timing is not deviating. For whatever reason, it's up to the mother to know the best time to stop breastfeeding.

Weaning should happen slowly, through a slow transition to infant milk or transition milk. Start by establishing a new routine adaptive to the moments and reactions and stand strong.

## Sleep time

A good sleep is important, both for the baby and for the parents. Establishing a simple and obvious routine can help a lot. Must keep regular time for showering, getting ready for sleeping, milk and that special cuddling before bedtime. You can get it used to a little massage, a story or a soft music. And if it goes to the crib already sleepy, it's easier to fall asleep alone. Anyway, all babies are different and so are their sleep cycles.

Many get into the habit of waking up at night. So choose the method that seems to work better for you and maintain consistency. And until the end of the first 6 months, it's time for it to stay in its own crib and bedroom.

## Bath time

The first big question is the water temperature. We don't want it to be too hot, of course, but it can't be too cold either for it starts to shiver. It should be close to 38C and, to confirm it, nothing is better than a thermometer.

An alternative to this might be the inner part of your wrist. Then, the space must also be at a pleasant temperature, as the baby will be without clothing. A great way to create a bond between parents and children, is taking a bath with them. This can be a magical experience and it will definitely enjoy a lot being with you in the water.

## Playing a lot

From 3 months onwards, your baby is different and more connected to you. Now it plays a lot, it laughs and smiles when you do something with it. It makes little squeaks, makes little noises and, a few days later it starts with amazing laughs.

It is also able to roll and lean on his legs when it is held standing. Its cries become different, depending on situations and it uses them to express emotions, like hunger or boredom and to ask for pampering. Its curiosity takes it to sharpen the senses it uses to explore the world. Its muscles become stronger and it can coordinate the moves much better.

## Discovering a new world

All your baby does is discovering. Each step means new challenges and the opportunity to learn and evolve. The world is incredibly interesting and physical, emotional and cognitive development shows no signs to fade away.

he arms and legs gain strength and it is ready to crawl; get up and finally to walk. His motor skills develop, as well as comprehension and communication skills. Aware of itself, the baby is able to express emotions and learn to be sociable. Playing is a way to explore the world and find answers to new and interesting things which it comes across continuously.

## “My favourite food”

Stopping breastfeeding is an opportunity to diversify the diet. At a certain point (usually, around 6 months), the digestive and immune system of the baby are more developed and it already produces enzymes to digest new foods. Now it needs more essential nutrients that give it more energy.

Diversification can be done in different ways and the most important is that the new diets are rich and balanced. What you should avoid as much as possible are salt, honey, and sugar and artificial sweeteners, dried fruits (whole), 'Diet / Light food' and foods with a high risk of intoxication, such as blue and soft cheeses, seafood and raw eggs.

# First aid



## Summer prevention

In summer, with the heat, risky situations can occur. You should opt for supervised beaches, use age appropriate child buoys or armbands and respect the flags and indications of lifeguards. You must also eat fresh food and drink liquids to prevent dehydration. Avoid diving in unfamiliar places and expose yourself excessively to the sun, even using sunscreen, especially in the hottest hours.

Learn more at: [www.inem.pt](http://www.inem.pt)

## Exposure to cold

Exposure to cold brings several health risks, especially for children and the elderly. It is important to know how to defend these risks. One must avoid sudden changes of temperature, wear several layers of clothes and protect the extremities of the body, in addition to having hot drinks and soups. One should not practice intense physical activities that require a greater effort of the heart.

## Sunburns

Although most sunburn is caused by excessive exposure to the sun, they can also occur on cloudy days or high altitudes. Therefore, the use of sunscreen is critical. It is important to avoid successive exposures to the sun, especially in the hottest hours. If sunburns occur, you should go to the shade and drink water to hydrate yourself. You can also apply a moisturizing cream.

For more information, go to [www.inem.pt](http://www.inem.pt)

## Animal bite

Animal stings or bites are common risks on the beach and on the ground. In these cases, you must immobilise the affected area and apply cooling cream, except in cases of stings by spider-fish where heating cream must be applied. In any case, don't try to press the affected area, in an attempt to get the animal poison out.

Contact the Anti-Poisons Information Centre of INEM:  
**808 250 143**

For more information, go to [www.inem.pt](http://www.inem.pt)



## Protect yourself from the cold

With low temperatures it's important to keep yourself warm and safe. Although children and the elderly people are particularly vulnerable anyone can be affected. Staying at home can be a suitable measure for various situations, but even there you can encounter many risks. For example, some houses may be cold due to the lack of energy or if the heating system is not working properly. And the use of heaters and fireplaces increase the risk of fire.

Know more at [www.inem.pt](http://www.inem.pt)



## Did you know?

The baby can feel overwhelmed at times? And that a simple toy or even a blanket can help it to establish a connection with what is most familiar to it.

The baby's personality blossoms with the growth of its ability to express

Having a notion that there are things even if he doesn't see them is a huge cognitive leap for him.

When the baby is able to move away or roll out of his play zone it is time to check out the hazards in your home.



# The next challenges

## Always in conversation?

The first "daddy" or "mummy" is always a party. And then? Afterwards, it's a process that doesn't stop and, at its own pace, the baby gets better language skills. At 3 years old, it can already have a vocabulary of 300 words and express itself with simple sentences. Your child wants to communicate. Very much. Learning is constant and it is all about listening to parents for learning new vocabulary and establishing the speech patterns. With the increase of language skills, come some exchanges and mixing that make it funny to talk. This is a part of the process and it is a sign that it is taking risks and wanting to do better.

Do not rush on correcting it and always encourage it to do more and better. Help the baby to develop the muscles of the face, mouth and tongue so it can articulate the words more clearly. Some tricks are: using a straw to eat yogurt or to blow balloons, give him food that requires chewing, teach it to hum, invent games with more difficult consonants (the "S" and the "L", for example) or challenge it to imitate you in certain more complicated words.



## Play and work

For every child, life is a game. But, it is convenient to introduce slowly, in its daily life some of the tasks it can perform like: brush teeth, dress, and tidy things... the child likes to have autonomy and new skills, hence it is a good idea to encourage it in this regard. Give it simple directions, create habits and challenge them to make them feel proud to help. Remember its role model is you so show it how it's done, step by step, no great demands. Use its imagination (and yours) to create games and positive associations that encourage it to do what you are asking.

## Step by step...

Be sure: from day one your child aims to walk like any other person. So all it does is to take steps in this direction, overcoming the difficulties and on its own pace. Sitting alone, throwing itself forward, crawling... these are all steps of a process that involves its muscle and sensory growth. When the child feels stronger and more capable, it understands better what it has to do and it tries new movements. If you can help with these challenges, naturally and without haste, it will give it more confidence to overcome each step by itself. And so, one of these days, from the 9th, 10th month of age, will take his first step to the great joy of all.

However, it is necessary to be aware that it needs 4 more years to reach the level of an adult coordination. It is important that this process is monitored by you with no rush to "get results". Help the baby, praise and encourage small progress so that it feels motivated to continue.



## Snack time

Your child should follow a pattern of 3 very nutritious meals a day. But between the meals, it is natural that it feels some hunger and in this case it is better to have a snack prepared. Choose healthy foods that can provide energy, keep blood glucose levels stable and avoid the famous tantrums of tiredness.

You can, for example, give him a chickpea cream (humus), a low-salt combination of whole grains, dried banana, popcorn, coconut lamella, chocolate cookies or nuts. Other good options are cheeses, fruit and vegetable muffins, crackers, donuts or toast, crispy vegetables, yogurts or smoothies. You can always vary.

## Learning how to use the potty

Opinions are many and doctors' advice has changed with the years, therefore, the decision on when the child stops wearing diapers and use the potty for its needs, is yours. It can be around 12 months, 18 or even 3 years old. It varies a lot.

You should pay attention to the signs and get to know your child very well and how it might react to the need to train their sphincter to become autonomous in this area. In general, there are those who choose a gradual transition, such as not wearing a diaper during the day and only put it on at night. Have patience and persistence and soon it's time to start using the toilet.



## Sweet dream

Sleep is much more than a simple rest of the body; it is a crucial activity for brain development and its ability to function during the day. Few hours of sleep can result in attention problems, bad mood or even obesity (and also parents need to sleep well).

The golden rule is to create daily routines as children give much value to consistency. Adjust the hours to sleep and wake up if need be and create a ritual: bath, pyjamas, teeth brushing, bedtime story, etc. It's essential that the child feels comfortable and can relax, even on the nights it is exhausted and irritated.



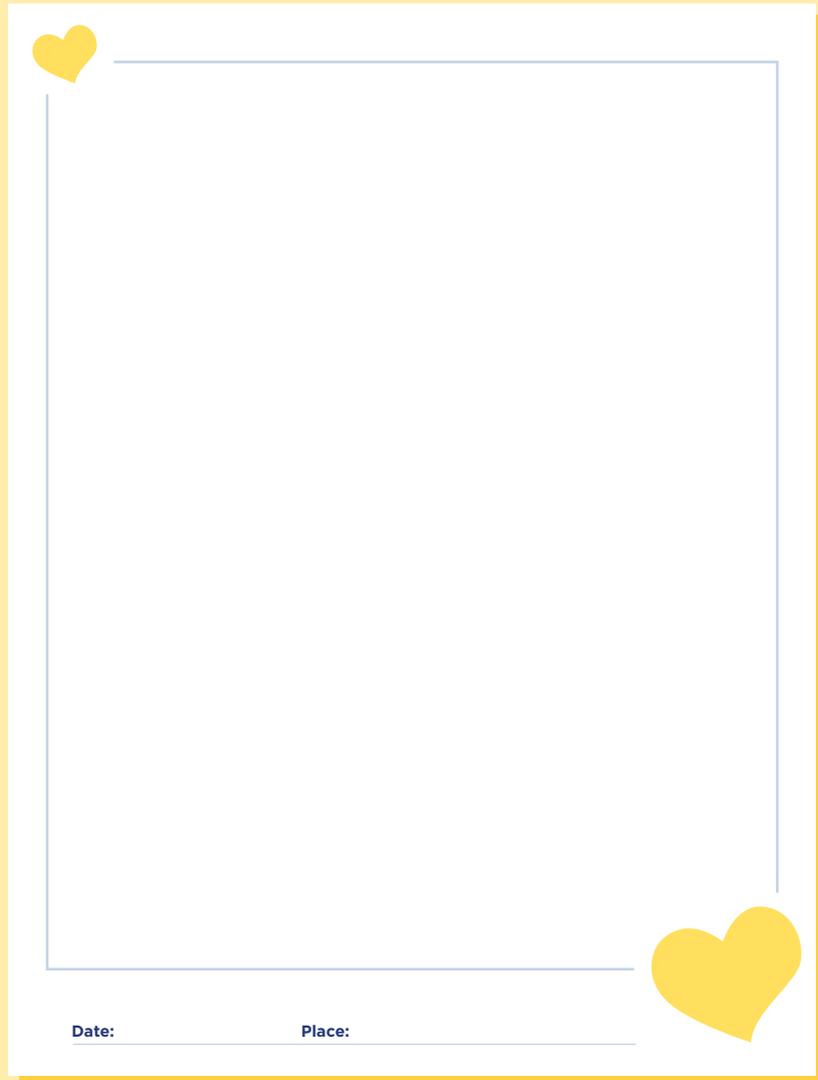
## Did you know?

From the age of 18 months, the child is looking for independence, walking away from parents to explore alone and come back for them if it feels scared?

Curiosity and the desire for independence, at this stage, already overcome the need to always be close to parents?

By the age of 3, the child's willingness to help parents or doing things alone is superior to its skills of coordination and control of the body?

# Family picture



**Date:** \_\_\_\_\_ **Place:** \_\_\_\_\_



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## Conclusion

We hope you enjoyed what we prepared for you on these pages.

Whenever you have any questions or uncertainties, return to this guide and read again the topic that interests you or need information from.

**You can also follow us at [www.mitosyl.pt](http://www.mitosyl.pt) or on our social media pages (Facebook and Instagram) and find out much more about giving your baby the best.**

You already know that he will go through many stages and each one has its mysteries and problems. The path is not easy and that is why we have given this name to our/your guide.

The adventure starts here. Thank you for letting us go with you and best wishes to you and the whole family.

From our side, see you soon!

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