

WEEK: 3

TOPIC: CHILD CARE 1

SUBJECT: HOME ECONOMICS

INTRODUCTION: When a child arrives in a home, the mother is entrusted with the child's care. Every child requires the greatest care by people around him or her to ensure a smooth and healthy development. In other words, the special care given to a child starts from the onset of pregnancy, bathing, clothing, protection from ailments and regular immunization.

MEANING OF CHILD CARE

Child care is the act of caring for a child and the close supervision of that child usually from birth to about the age of twenty-four months (2 yrs).

PREGNANCY: pregnancy is the result of the fertilization of the female ovum or egg by the male cell or sperm.

ANTE-NATAL CARE: ante-natal care or pre-natal care is the care required by a pregnant woman before the birth of her child. At the ante-natal clinic, the woman learns about child care and how to care for herself.

The pregnant woman has to provide for her own nutritional needs and that of the foetus. Therefore, she needs extra nutrients in addition to what she requires as an adult.

POSSIBLE EFFECT OF POOR NUTRITION DURING PREGNANCY

1. Low birth weight :
2. Mother's health might be affected
3. Different forms of malformation in the child.

POST-NATAL CARE

Post-natal care is the care required by a mother after child birth.

DIFFERENT TYPES OF CARE REQUIRED BY A CHILD

- A. Feeding the baby
- B. Bathing a baby
- C. Clothing the baby
- D. Weaning a baby

A .Feeding the baby: During the first few months of life, the baby takes breast milk. There are two methods of feeding a baby, i.e, the natural (breast) feeding and artificial feeding. Sometimes the two methods are combined.

- **Breast feeding:** Breast feeding is the process whereby the baby is placed close to the mother's breast to suck milk from it as food.

Advantages of breast feeding

1. It is sterile and free from diseases and germs.
2. Breast milk contains anti bodies which protects the child against diseases and infections.
3. It is easily digested.
4. Breast fed babies don't easily suffer from constipation.
5. It delays the onset of menstruation.
6. It does not require elaborate preparation.
7. It saves time and energy.
8. It bonds mother and child.
9. The milk that is produced in the first few days after child birth is called colostrum. It helps to clear out baby's first sticky stool called meconium.
10. Breast feeding helps the womb to return to its normal position after birth.

HOME WORK

- 1 Explain why B.C.G vaccine is given to children at birth?

