

SUBJECT: HOME ECONOMICS

TOPIC: CHILD CARE (2)

WEEK: 4

EXCLUSIVE BREAST FEEDING:

This is the practice of exclusive breast feeding, that is, placing the baby on breast milk from birth to between four to six months. It is also called baby friendly.

ARTIFICIAL FEEDING:

This is the practice of feeding the baby with processed animal milk. E.g. goat milk, cow milk, buffalo milk etc. To obtain a good result, it is very important to adhere to the manufacturer's instruction. This is to ensure that the right concentration of milk is given to the infant. A cup and spoon or feeding bottle is usually used in feeding the baby.

ADVANTAGES OF ARTIFICIAL FEEDING

Artificial feeding has the following advantages; it is needed;

1. If the breast feeding mother dies.
2. When working mothers who go out to work are unable to have their babies fed or when they are not there.
3. When a mother has multiple births, and her milk may not be sufficient for the babies.
4. When the mother's breast cannot produce enough milk for the baby.
5. If the breast milk is not suitable for the baby's stomach or the baby may reject the breast milk.
6. When the mother is sick and cannot breast feed her baby.

BATHING A BABY

It is always advisable to bath a baby at least twice a day. Considering the delicate and tender skin of a baby, one should not allow them to get dirty.

THINGS NEEDED FOR A BABY'S BATH

- A bath tub made of rubber or plastic.
- A soft sponge.
- A face towel.
- Baby's comb and soft brush.
- Diapers.
- A soft tower ;large enough to cover the baby
- Clean clothes for dressing the baby up after bath.

- A small soft towel for drying the baby.

CLOTHING THE BABY

Adequate clothing of the baby is absolutely necessary for protection, warmth, and beauty. The complete outfit for a newborn baby is called *LAYETTE*. The layette should be provided before the arrival of the baby.

IMPORTANCE OF BABY'S LAYETTE

- They make a baby look beautiful.
- They protect them from harsh weather condition.
- They protect the baby's skin from insect bite.
- They protect the baby from diseases and infections.

WEANING THE BABY

Weaning is a process of helping a baby get use to foods other than its mother's breast milk. Weaning can be achieved through the following changes;

- From breast feeding to artificial feeding.
- From breast feeding and artificial feeding to semi-solid food.
- From breast feeding to solid food.
- From artificial feeding to solid food.

Recommended weaning diets

- Pap with milk, soft boiled egg, fruit juice.
- Orange drink, moin-moin
- Bean porridge, glass of milk.
- Mashed yam with egg.
- Rice, fish and vegetable.
- Tea prepared with soya milk.

TOYS FOR CHILDREN

A child begins to play early at the infancy stage when he or she becomes aware of people and objects around him or her. The infant is happy and excited when he sees bright colors like red, yellow, orange, etc, as well as shape and sizes of the toys. As soon as the baby start playing and recognizing objects, it is important to provide him or her with simple toys, which should suit his or her age.

USES OF TOYS

- They help to keep baby busy and happy.
- They aid learning especially educative toys.

- The movement help baby to exercise the muscles.
- Children express themselves better when they play with toys.
- It als help them to interact with each other.

GUIDELINES FOR CHOOSING TOYS FOR CHILDREN

- Buy strong, simple and durable toys.
- Buy toys that are interesting to the child.
- Buy toys that are easy to clean.
- Make sure they have no metal or sharp edges that can injure the child.

HOME WORK

- 1. State any four effects of poor care of a child.**
- 2. What is immunization?**
- 3. What is a vaccine?**