

# TAKING CARE OF YOUR BABY



## ◆ First aid for your child ◆

### OBJECTIVES

To know main methodologies in first aid for children  
To enhance self-confidence in caring for your child  
Enhance optimistic and pragmatic approach

### PREPARATION

Read material related to this module and build upon your experience and discussion in face2face session.

### DESCRIPTION OF IMPLEMENTATION

Start with reading the guidelines provided for each action. You are not supposed to completely implement the first aid measures but go through them, plan and foresee how you would implement them in real life situations.

It is recommended to implement one first aid activity per day (20-30 mín):

1. baby or child having an asthma attack
2. baby or child who is bleeding heavily
3. baby or child who may have a broken bone
4. baby or child who has a burn
5. baby or child that is choking

# KEEP YOUR BABY WELL



## ◆ Cognitive development and play ◆

### OBJECTIVES

Enhance playfulness and happiness  
Try new things  
Enhance self-confidence in parenting

### PREPARATION

Read about the cognitive development of your child and try out different ways of playing with and engaging with your baby or child, discussed in face2face session.

### DESCRIPTION OF IMPLEMENTATION

Try out different activities and rank them according to how it works and if you think of something to add to make it even more fun share this with the group.