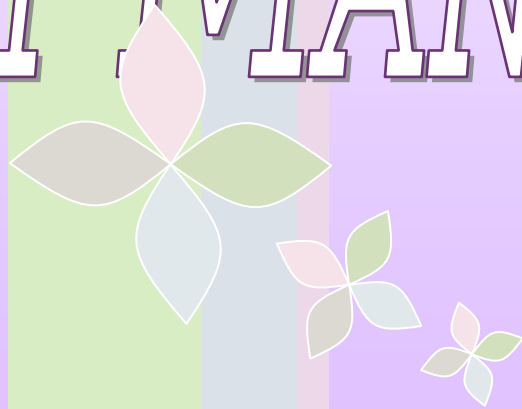




FAMILY MANUAL



CONTENTS

What to expect in your baby's first
ten months
plus
ideas to create a positive impact during
those first few months.

New Chapter
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SO...HOW CAN WE HELP?

Despite the excitement of planning and preparing for your baby, the realization that you are now a parent can be daunting. Information abounds regarding the importance of families. It is within the family, as part of everyday life, that children develop the attitudes and behaviours that they will carry with them into life. With the birth of a new baby, comes the daunting realisation that this is a long-term commitment. A family provides the needed strength, acceptance and encouragement to develop the roots and growth of character and independence.

Our aim is to assist and support you, enabling you to become the parents God wants of you.



CONGRATULATIONS!



The waiting is over...

At last your baby is more than just the occasional kick or uncomfortable elbow from within. You catch your breath at the small miracle you now hold in your arms.

Already you know that having a baby is a mixture of elation and overwhelming tiredness, joy and despair, tears and laughter.

Prepare yourself for the task ahead. Know what to expect of your child and yourself.

But importantly, enjoy this special time. Make some memories and relive them often. Use calendars to note those precious moments, those milestones, before tiredness blurs the memory. When did you leave the hospital? Who came to visit? When did you first take baby to church? Take some photos.

All children have basic physical needs: food, rest, protective care, warmth and clothing. But parents are also concerned beyond these basic needs for their child's intellectual, emotional and spiritual development.

The ultimate goal is to equip your child in all areas to become a balanced, self-reliant adult. But importantly, families provide a God-approved environment to learn and grow in understanding of God and His love and care for

Our first responsibility as parents is to be the parents that God expects of us.

Create a loving, listening, caring atmosphere at home. Your child will quickly pick up on this atmosphere.

Relax and enjoy your baby. Pray together for your family. Take time together to talk. Go for a walk together on a regular basis. Bath-time should be a relaxed and enjoyable time with your baby and everyone can be involved. Talk and sing to your baby. Your little one will enjoy hearing the sound of your voice.

Impacting your Child's Life:

Your Church Family will become a major influence on your child's life. Place your family within a caring, supportive church where the Bible is accepted and preached as the Word of God without error, where genuine Christian love is practised and where children and youth activities and programs are available.

During this 1st month, your newborn child will:

- ♥ *Be almost continually drowsy for the first few days. Gradually, there will be longer periods of wakefulness and physical activity.*
- ♥ *Lie supine, head to one side, knees apart, soles of the feet turned inwards.*
- ♥ *Generally hold the hands closed with the thumbs turned in.*
- ♥ *Turn towards your finger when the cheek is touched.*
- ♥ *Be aware only of vague shapes, darkness, light, movement.*
- ♥ *Be sensitive to light*
- ♥ *Be short-sighted; a fixed focus of 20–25 cm*
- ♥ *Be interested in faces*
- ♥ *Be more interested in patterns than solid colours*
- ♥ *Use voice to cry, hiccup, sneeze, burp*
- ♥ *Be sensitive to smell and taste*
- ♥ *Roll up into a ball when held in a sitting position*
- ♥ *Be able to sense attitudes. Your child will feel safe and secure if you are relaxed.*
- ♥ *Often feel unsettled and may need the comfort of being wrapped or swaddled in a bunny-rug.*
- ♥ *Have periods of crying or fussing. Some babies will cry for more than three hours a day.*

SEMI-SLEEPING-IN



Tiredness becomes a part of life.

But, slipped between the sleeplessness and chores of caring for a baby there are the small but precious joys of watching your baby grow.

Your baby continues to grow in size and developmentally; that is, the ability of a child to learn and overcome an increasing complexity of tasks.

All babies will follow a general pattern of development since developmental stages are built one upon another. However, your baby will proceed at its own unique pace. Thus, any physical and developmental milestones are simply guidelines, not rules. Continue to note exciting changes and events on calendars as they occur. e.g. baby's first smile.

It's easy for your partner to feel he's missing out, especially when work demands a large part of his day is spent away from the home. As a helpful suggestion, display a container prominently, marked 'Data for Dad.' Keep a pen and pieces of paper handy and jot down the little events as they occur throughout the day and pop the notes in the container.

For Example. Baby stopped to listen as the phone rang. Baby slept quietly while out shopping, or baby screamed for the entire shopping trip but fell asleep in the car.

Impacting your Child's Life:

- *It's never too soon to start reading to your child. Your baby will enjoy listening to your voice and watching your face. It is also a great way for dad to be involved in a warm, comforting activity.*
- *Choose a time when baby is not fussing and fretful. Sit comfortably holding the baby, and sing and read. What you read is not so important at this stage but later, you can introduce simple, age-appropriate stories available from Christian bookstores. Make these sessions only as long as is enjoyable for everyone.*
- *Begin and maintain a time of reading with your baby that will later be extended into a family devotion time. Develop it as an enjoyable routine, for children thrive on routine.*

During this 2nd month, your baby will:

- ♥ *Still require support for the head when being lifted. Movement of the head is controlled by muscles in the neck. These muscles are still undeveloped and weak.*
- ♥ *Begin to lift the chin off the floor when lying on tummy.*
- ♥ *Have 35% of complete vision*
- ♥ *Follow slow movements with short jerky movements of the eyes.*
- ♥ *Notice continuous sounds (e.g. vacuum cleaner) and may pause to listen when they begin*
- ♥ *Often be soothed by music and singing.*
- ♥ *Begin to smile, and then will smile to show pleasure at any attention.*

Set aside some time for each other

When a baby's needs are so demanding it's easy as a couple to forget to maintain and nurture your relationship with each other.



SLEEP, AT LAST



Sleep patterns should begin to even out for your baby and you can manage some rest.

This month presents a stage of development where verbal stimulation is especially important to your baby.

Recent research links higher intelligence to the quantity of words a child hears in the first year of life. Talk to your baby at every opportunity, point to objects and name them, read to your baby, sing. Read poetry to your baby as well, as baby will enjoy the rhythm and cadence of the words. These words are not being repeated yet but she's storing all this information in her rapidly developing memory. Your baby is already beginning to produce the sounds and blends of sounds which will later be required for speech.

Baby is becoming increasingly interested in his hands and will study them intently. Hand and finger plays such as 'Pat-a-Cake' can be introduced. Look for books to read with textures that incorporate touch and feel as a part of the

Retain your perspective.

Too often parents become so wrapped up in the world that they neglect their highest calling – the spiritual development of their children.

Impacting your Child's Life:

- *Psychological development will enable our children to live in society and earn a living, but spiritual development will enable them to understand the meaning of life.*
- *Parents need to lovingly guide the spiritual development of their children by following God's commandments to teach (Deut 6:6-7), to train (Prov 22:6) and to build (Eph 6:4) in a way that enables them to experience the abundant life. (John 10:10)*
- *Some of the basic blocks for spiritual development are laid during infancy. What is learned best about God will be what your child sees of Him in you. When you teach your child to love and to be loved, you establish a foundation for understanding and developing faith in a loving God. You teach that God is ever watchful day and night. You teach about His care and provision as you supply basic needs, comfort and security. You teach about His faithfulness as you are consistently and lovingly there for your baby.*
- *Talk aloud, pray to God, thanking Him for His care, the beauty of His day. Practise now the values you want to see in your child. Remember that you are the most influential model for your child of how to live life.*

During this 3rd month, your baby will:

- ♥ *Still sleep most of the time; usually awake no longer than an hour at a time*
- ♥ *Be able to lift their head while on her back*
- ♥ *Hold their head steady while sitting with support*
- ♥ *Lift their head and chest when on their stomach*
- ♥ *Wave their arms and kick strongly*
- ♥ *Open the fingers, bring hands together; bring the hands to the mouth and may suck fingers; may bat at toys*
- ♥ *Clearly recognize Mum and Dad*
- ♥ *Gurgle, squeal, coo and try to talk back*
- ♥ *Laugh*
- ♥ *Turn toward loud noises*



ENJOY EACH MOMENT



Your baby is growing so fast you can almost see it happening. Enjoy each special moment you spend with your little one.

'Perhaps parents would enjoy their children more if they stopped to realise that the film of childhood can never be run through for a second showing.'
— E.Nown

Remember, God has brought this special little one into existence. The wonder of it is that He has allowed you, as parents, to have a role in creating a miracle. It is your privilege to care and nurture this special gift from God.

Don't feel guilty because of the amount of time you spend with your child. During the first year of life, your baby will require your constant love and attention. By lovingly providing and caring for your baby, you are laying the foundation of a secure relationship with your child.

Suggestions that too much holding and comforting will spoil the child are ill-founded. Unfortunately, it's not possible to relive these special growing months. A child deprived of comfort and security may develop insecurities and a lack of trust. Enjoy your baby, love your baby, hold your baby. You are paving the way for your child to confidently step out on the adventure of life.

Ensure that, as a couple, you are sharing the joys and tasks of caring. Raising a child together in a joint effort enhances a couple's sense of closeness and unity.

Impacting your Child's Life:
Someone has given this definition of a baby:

"A baby is a small member that makes love grow stronger, days shorter, nights longer, the bankroll smaller, the home happier, clothes shabbier, the past forgotten and the future worth living for."

- *Pray for wisdom and patience in caring for this special child. The Lord has planned your child's rate of growth. Each child is unique and you have a special role in the development of your child. A father also has a special role within God's plan for families. Take time to hold, cuddle, change and perhaps feed your child to develop that sense of love and concern your child will see in you.*
- *Ask God to regularly remind you that this baby is really His and you have become a caregiver for a limited amount of time.*

During this 4th month, your baby will:

- ♥ *Possibly not require as many feeds*
- ♥ *Become more sociable and may be distracted by people and things during mealtimes.*
- ♥ *Try rolling from their back to their front or vice versa*
- ♥ *Be able to reach out and grab an object*
- ♥ *Hold objects, study them and put them in the mouth*
- ♥ *Play with hands and feet*
- ♥ *Drool and may start teething*
- ♥ *Start to distinguish similar shades, as colour differences become clearer*
- ♥ *Show preference for bright, primary colours*
- ♥ *Respond to your presence, your voice*
- ♥ *Begin to need the reassurance of your arms before they interact with others*



FULL OF POTENTIAL



Parenthood has been called a profession, a skill, an art. Your child requires your guidance and skilful leadership. You cannot delegate this God-given responsibility to anyone else.

Like a dandelion, the child....

Is full of potential

Needs to be rooted and grounded in the soil of love

Digs deeply into what nourishes him

Grows quickly and steadily toward what enlightens him

Can be tenacious, holding onto life with all he's got

Can wither if he's uprooted, or if the soil does not provide nutrients

Can be resilient, bouncing back from hardship

Can grow to spread the seeds of his ideas near and far

Must bloom to become all he's meant to be

Sometimes looks like a weed, but is really a flower.



By Karyn Henley

Be thankful for evidence of your baby's development. While that puts greater demands on your time and patience, it's also a great opportunity for you to encourage and nurture your child.

During this 5th month, your baby will:

- ♥ Lift head and chest to see toys
- ♥ Extend arms and legs and arch their back while on their stomach
- ♥ May sit momentarily without assistance, but requires plenty of pillows for support and protection
- ♥ Add new sounds to language repertoire
- ♥ Blow raspberries and bubbles
- ♥ Easily bring objects to the mouth
- ♥ Become interested in the foods eaten by other people
- ♥ Try to imitate some sounds you make
- ♥ Be interested and distracted by sounds
- ♥ Recognise their name and turn their head when called
- ♥ Track moving objects
- ♥ Have a strong attachment to you
- ♥ Raise arms to be picked up
- ♥ Begin to give you hugs and kisses
- ♥ Begin dropping objects to see them fall and to watch you pick them up



Impacting your Child's Life:

- *It has been suggested that the best thing a father can do is to love the mother. While there is an element of truth to the necessity of a healthy relationship between parents, there is much more that a father must do.*
- *It is important that fathers spend time with their children. A tender hug and saying the words, "I love you," at bedtime should be a part of the father's routine.*
- *Holding, rocking, changing and perhaps feeding your baby help to foster a sense that you really love your child. The debate of quality vs. quantity-time quickly grows dim. You cannot nurture your child if you only spend a few minutes a week with him.*
- *God has a plan for families. A father is an essential part of that plan. When the father takes his place in child rearing, the child can grow within the family. Your child needs love; the same kind of love God has for you.*
- *Acknowledge before God that your child's destiny is in His hands. Ask for wisdom & patience to bring your child to God.*

STRENGTH & SECURITY



Turn meal times into family time.

Try to have at least one meal with your baby. Your child will enjoy watching you eat and being part of the social interaction.

From the newborn stage your child has cried. Crying was your baby's first alarm system to alert you to the fact that something was wrong

Throughout life crying continues to be an indicator that all is not well. Crying may be prompted by pain or fear. It may be an indication of an illness or some other unmet need. It is often the result of frustration over not being able to accomplish a task, or having a favourite toy taken away by another. It may also be the result of a surprise, a sudden noise or awareness that you have gone to another room. In the early days of your child's life you may have gone through the stage of letting your child 'cry it out' or rocking and walking and cuddling to stop the crying.

How should parents respond when their toddler cries? As with newborns, you should try to first determine the cause of crying. Eliminate the stress and restore a feeling of calmness. Your strength will provide security for your child. If you do not panic, your child will respond in like manner.

Assure your child that you care. You are concerned about the crying. You want to make things as comfortable as possible. However, don't let your little one assume that it's OK to get your attention or favour by crying all the time. Be consistent in giving comfort for tears that are the result of pain or fear.

Your child relies on your calm, your strength and your security to enable him to respond to more people and a variety of situations.

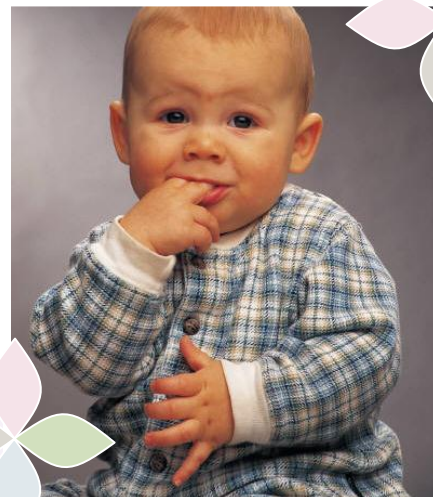
Impacting your Child's Life:

How your child learns:

- *By taking in, through all God-given senses, impressions of all the goodness and all the badness around him.*
- *By associating all he does— his eating, bathing, sleeping, playing— with either pleasant or unpleasant happenings.*
- *By building self-confidence as he masters new skills*
- *By deepening all the grooves of growing traits, thus forming habits, and creating a readiness for reading, art, music, numbers, science, and Christian ways...*
- *By God's Word as it is lived a little here and a little there. (Isaiah 28:10)*

During this 6th month, your baby will:

- ♥ *Learn to grab a toy*
- ♥ *Begin moving objects from one hand to the other*
- ♥ *Left or right-handedness won't really be determined until between 2 and 3 years of age*
- ♥ *Be adept at rolling in every direction. Never leave your baby unattended on an elevated surface.*
- ♥ *Still need lots of love and attention and will do anything to get it from you*
- ♥ *Make different sounds and try to copy noises you make*
- ♥ *Start repeating one sound over and over (eg ba or ma), perhaps adding an extra syllable*
- ♥ *Recognise different tones and inflections*
- ♥ *Enjoy textures and surfaces*
- ♥ *Really enjoy daily reading time*



ROLE MODELS



To your child, you are a constant demonstration of life being lived.

Role models teach us how to 'do' life: what is right, what is wrong, what is appropriate, what is inappropriate.

The primary role models for a child have not changed. They are still, most often, the parents.

Be aware of your influence. Evaluate the messages you are sending your child about living life.

Realize children are always learning. Your child is always watching you.

Practice what you preach. Children will copy more of what they see of you than what you tell them to do.

Practise now the values you want to see in your children when they are adults. You do not need a perfect score. You just need to be willing to grow.

Be sure your life models a dependence on God and His grace that will provide a secure foundation for your child no matter what weaknesses might be there.

Impacting your Child's Life:

Discipline is defined as 'teaching or training which corrects, moulds, strengthens, perfects'. So, effective discipline is teaching a child, in fair ways that he understands, obedience, self-control, self-restraint, orderliness, consideration for others and conformity to the given standards of one's family and community.

Some Do's and Don'ts of Discipline...

- Do, as parents, agree with each other and respect each other's authority.
- Do make allowances and consider circumstances. (Is baby ill, hungry, tired, hot?) Treat the cause not the symptom.
- Do act consistently.
- Do praise and encourage good behaviour.
- Do disapprove of bad conduct, but not the child.
- Do follow through with stated action.
- Don't expect adult behaviour and instant obedience.
- Don't make empty threats.
- Don't frighten your child with scary threats for misbehaviour.
- Don't bribe your baby. He should obey because it's right, not to get something if he does obey.

During this 7th month, your baby will:

- ♥ Probably sit unsupported
- ♥ Pivot while sitting to reach an object
- ♥ Push up into a sitting position from lying on her stomach
- ♥ Support some of her weight on her legs
- ♥ Love to bounce
- ♥ Transfer objects from one hand to the other
- ♥ Clasp hands together
- ♥ Sip from a two-handled cup (with assistance)
- ♥ Bang objects together
- ♥ Soon begin rocking on hands & knees
- ♥ Creep or perhaps roll around the room
- ♥ Perhaps develop 2 teeth- upper central incisors
- ♥ Continue experimenting with making sounds
- ♥ Actively engage in hiding games and 'jack-in-the-box'
- ♥ Understand that images reflected in a mirror are behind her and not in the mirror
- ♥ Like predictability, and enjoy the same game time after time
- ♥ Probably develop a favourite stuffed toy

PLAYTIME



'There are no seven wonders of the world in the eyes of a child. There are seven million.'

— W.Streightiff

Relive some of this wonder as you play with your baby.

'Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.'

—F.Rogers

Playtime is beneficial to children and a means of developing skills and coordination. Activities such as holding, grabbing, banging, kicking are enjoyable and assist physical and emotional growth.

Spend time playing with your little one and don't see it as a waste of time. You are providing encouragement, companionship and assistance when needed, in developmental play.

Choose toys carefully. Most toys are now labelled with the appropriate age. A ball is one of the best developmental toys your child can have. Infants can hold and squeeze soft, cloth balls. They will enjoy kicking or batting at a large ball. Toddlers can crawl after and follow the movements of a large, soft ball. They will enjoy tossing or rolling it back to you.

Remember, with balls or any toys or parts of toys, to ensure they are not small enough to put into the mouth.

'Every day we make deposits in the memory banks of our children.'

—Charles Swindoll

Impacting your Child's Life:

- *Wherever you are in your parenting pilgrimage, now is the time to begin. Much sooner than you think, the day will come when there will be no extra traffic of little feet on your freshly vacuumed carpets, no hectic days in the car, no slammed doors. There will be no more opportunities to listen, laugh and love your children, to lead them to new truths about God, love and life, to teach the joy of giving ourselves to others.*
- *No, those unique opportunities will be gone. Our homes will once again be in order. All will be quiet. Then, as you look at your tidy house, you might like to trip over a toy fire truck or see the garage lights left on once again. But it will be too late. Our job with the children God has entrusted especially to us will be done.*
- ***Now is all the time we have.*** — (Arp and Dillow)

During this 8th month, your baby will:

- ♥ *Sit well without support*
- ♥ *Probably crawl or 'bottom shuffle'*
- ♥ *Start to pull themselves up on furniture to a stand*
- ♥ *Look for dropped objects*
- ♥ *Use fingers to rake up food*
- ♥ *Begin to master the pincer grasp (picking up with thumb and first and second fingers)*
- ♥ *Show emotions more obviously*
- ♥ *Perhaps perform tricks like blowing kisses*
- ♥ *Perhaps copy others' moods – start crying when others cry, etc.*
- ♥ *Be shy of strangers*
- ♥ *Explore objects by shaking, banging, dropping them*
- ♥ *Look and point at a names object*
- ♥ *Have almost adult-like clarity and depth perception*
- ♥ *Recognise people and objects across a room*



LAUGHTER



Humour is one of the most powerful influences in a family.

It has been said, 'You don't stop laughing because you grow old; you grow old because you stop laughing.'

Families today are going through more stress than ever before, but a well-developed sense of humour can keep you from breaking.

Your child will be making sounds, pulling faces and displaying a personality now which can be both exciting and funny. Relax and laugh with your little one.

We need to take more time to enjoy our families, to see the fun in life, to learn to laugh at ourselves, and to laugh with our children. Our homes should be filled with love and laughter.

Laughter should be a high priority within our families. Laughter is a tranquilizer with no side effects. Use it freely and liberally.

During this 9th month, your baby will:

- ♥ *Be getting closer to walking*
- ♥ *Crawl up stairs*
- ♥ *Move around using furniture*
- ♥ *Take some steps with support*
- ♥ *Be learning to bend at the knees*
- ♥ *Can sit after standing*
- ♥ *Enjoy putting objects into a container and removing them*
- ♥ *Like moving parts – wheels, levers, doors*
- ♥ *Make their needs and wants know*
- ♥ *Initiate games such as giving away toys and taking them back, rolling balls, stacking toys*
- ♥ *Probably suffer separation anxiety*
- ♥ *Make babbling sounds that are like real words*
- ♥ *Begin to understand the word 'no' but will probably not obey yet.*



Impacting your Child's 1

- *The word humour comes from a root which means 'moisture' and moisture says something about the importance of humour in our families – humour moistens our relationships.*
- *I once asked a friend of mind, 'What are the five most important ingredients in a quality human being?' My friend is a very bright woman. She sat there pensively for a while and then said, "Humour, love, respect, responsibility, and humour." So I said, "Norma, you already said that." And Norma replied, "Oh, humour is so vital that it's at least two out of five. perhaps three out of five."*
- *Humour is one of the most powerful influences in a family. It can be used very effectively in discipline. We're called to discipline our kids, not punish them. The word discipline actually means 'to learn.' It doesn't mean to put chains on our kids.*
- *Laughter is a powerful medicine for a family. Proverbs 17:22 says, "A cheerful heart is good medicine, but a crushed spirit dries up the bones." Humour is a miracle substance for families. It's easy to overreact when our kids make mistakes, but if we learn not to take ourselves too seriously, they will find it easier to correct their errors.*

— (Parents and Children)

COMMUNICATION



The two words 'information' and communication' are often used interchangeably, but they signify quite different things. Information is giving out; communication is getting through. — S.Harris

One of the joys of children too young to talk is re-discovering the wonderful ways of nonverbal communication. Some of the deepest and most important messages we send to each other are nonverbal ones. Watch your child. One well-known psychologist has said, "If you want to know how a baby feels, watch his feet." That's good advice! Notice a baby's facial expression, sounds, body posture and gestures, because these provide the foundation for your communication.

To communicate with a young child, begin by smiling and talking quietly with him or her. Your tone of voice is just as important as your choice of words. Sing songs and say rhymes that will catch a child's attention. Try imitating baby's sounds and gestures. This can develop into a delightful game.

You can also communicate with your face. Eye contact, especially when doing something routine, is a good way to express interest in a child. Use dramatic facial expressions and voice tones as you play.

There's nothing that can help you understand your beliefs more than trying to explain them to an inquisitive child.

Impacting your Child's Life:

'My father didn't tell me how to live; he lived, and let me watch him do it.'

- *Teaching, communicating about God's love is done by your every look, word and action as you lovingly represent Christ and His care for us to your child. What do you communicate to your child? A child is sensitive to subtle things. When your words, looks and actions are relaxed and gentle, loving and kind, you teach your child, not only that you can be trusted, you are also building your child's trust in God.*
- *Play simple games lovingly (such as gently pedaling a baby's legs and saying, "Jesse, God made your strong legs!") Sing short, simple songs about God's love. Remember that no baby cares about your vocal quality! Your low, gentle song relaxes, calms and teaches trust. As a baby, he begins to associate self, God and love. These experiences build a foundation for faith in the perfect Father who loves His little ones.*

During this 10th month, your baby will:

- ♥ *Walk while gripping your hand*
- ♥ *Hold out an arm or leg to help you dress them*
- ♥ *Grip a cup and drink from it independently*
- ♥ *Look at books and leaf through the pages*
- ♥ *Assert themselves among their siblings*
- ♥ *Engage in parallel play*
- ♥ *Understand simple instructions and purposely choose to ignore you when you say 'no'*
- ♥ *Use some words meaningfully*
- ♥ *Play patty-cake and peek-a-boos, further polishing their memory skills*
- ♥ *Imitate word sounds and inflections as well as actions*
- ♥ *Follow simple directions*



