



Groe*i*Gids



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Baby•

Kraamtijd



Groei en ontwikkeling



Opvoeding en gedrag



Gezondheid en voeding



Verzorging en veiligheid



Maatschappij en samenleving



Veelgestelde vragen



Baby

De geboorte van je baby is vast een van de mooiste momenten van je leven. Een groter wonder kun je je bijna niet indenken. De eerste tijd moet je natuurlijk wennen aan het **ouderschap** en leer je je kind kennen door middel van al je zintuigen: ruiken, voelen, kijken en luisteren naar alle geluidjes en de manier van huilen. Alles is nog nieuw.

Vragen, zorgen en twijfels na de geboorte

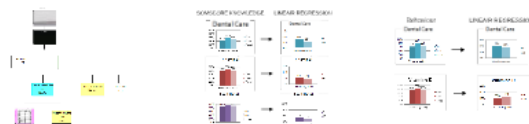
Je baby heeft voeding en warmte nodig, en vooral ook veiligheid en geborgenheid. Je kunt je af en toe best zorgen maken of je alles wel goed doet, of je afvragen waarom je baby **huilt**. Wat moet je wel en vooral niet doen? Waar kun je terecht met je vragen, zorgen en twijfels? Wie helpt je verder als je baby zich niet goed ontwikkelt?

Antwoorden en oplossingen

Op deze website staat zo veel mogelijk praktische informatie om al je vragen te beantwoorden. Voor elk probleem is er hulp of een oplossing te vinden. Als je toch vragen blijft houden, kun je daarmee terecht op het **consultatiebureau** of je kunt contact opnemen met {het jgz} bij jou in de buurt.



Has the Growth-app an added value in preventive advice to parents?



Content

History

- Asked question

Methods

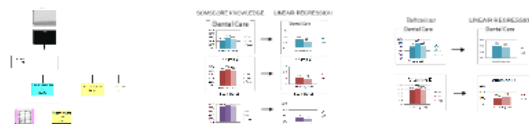
- Population
- Data
- Analyse

Results

Conclusion

Discussion

Has the Growth-app an added value in preventive advice to parents?



BAGAGE onderzoek

survey of GGD Region Utrecht



Behaviour not in compliance of guidelines

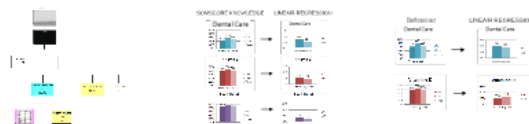
Advice on topics, parents don't have questions

Information to all different groups of parents

Timing is important



Has the Growth-app an added value in preventive advice to parents?



Baby • 7 months



So much has changed!

Your baby has reached almost the age of 7 months and is developing rapidly: he is trying to move around, is beginning to understand and is eating more. This newsletter contains more information on developments you can expect and how you can support your child during this period.

Sleeping and sleeping rhythm

During the day, your baby will sleep less and less. At the age of 7 months, many babies still sleep 2, or even 3, times a day. After a year, your child will gradually switch to sleeping only once a day. Between naps, most babies will be awake for 2 to 4 hours. At night, they need around 11 hours of sleep, but usually not continuously. At 7 months, they will usually manage to sleep for 8 or 9 hours without waking up. These are not strict instructions, as the amount of sleep per baby may vary considerably. Some babies are alert and awake a lot, others are of a more sleepy disposition.

Bedtime ritual

At the age of 9 months, most babies do not like being left alone in the evening. They will find it harder to fall asleep. Saying goodbye to the day is not easy! One way to help your child to calm down is to perform the same bedtime ritual, at the same time every day: for instance changing into pyjama's, cleaning the teeth, hugging, singing a song and saying good night.



Dreams

It is quite likely that, in the next few months, your baby will start to sleep less soundly. That may be because of teething, but also because of dreaming. Your child is 'processing' all the experiences gathered that day. If necessary, go to your baby and try to console him in his own bed.

Read more

Check the Growth Guide Ages 0-4 for more information.

Eating

Learning to chew

By now, your child may be tasting, and growing accustomed to, solid food, such as vegetables, fruit and some bread (crusts), besides the breast or formula feeding. From the age of 7 months your baby can practice the art of chewing by eating small pieces of soft food. There is no need to grind or mash all your baby's food. Even if your baby has no teeth yet, or just a few, he will simply use his jaws for chewing. Good exercise for the muscles around the mouth. Your baby might even enjoy picking up pieces of food himself.

Less milk and more solid food

Your baby is starting to eat more and needs less milk: around 500 cc per day is enough (roughly equivalent to 3 times a cup/bottle or breastfeeding). It may take a while to establish a new eating rhythm. The Growth Guide Ages 0-4 contains an example for a daily menu. This is only a guideline, because babies can differ considerably in how much they want to eat or drink. It is you who decides what the baby eats, and your baby decides how much he eats. To help your child grow and develop healthily, it is important that you introduce a regular eating rhythm. Three eating moments (breakfast, lunch and dinner) and two snacks would be a good average menu.

Variety is important. When you give snacks, make sure they are healthy: fruit, breadsticks (grissini), rice wafers, small tomatoes or pieces of cucumber. To quench his thirst, serve your child water or tea without sugar.

Babies below the age of 1 cannot yet eat everything. Don't add salt, do not give honey or normal milk. Check the Growth Guide for more information

Extra Vitamin D

Give your baby a daily ration of 10 micrograms of Vitamin D, even when you are giving him formula milk. The vitamins contribute to healthy bone and teeth development.

Drinking from a normal cup

From now on, you can try to make your baby drink from a cup. Start by giving an open cup filled with water, rather than a sippy cup. Holding and guiding the cup from below will help your child. Not only is a normal cup better for his teeth, it also helps to develop the mouth muscles, enabling your child to learn to speak more clearly. Spilling is normal, but if you have had enough of the messiness, you may want to use a sealable mug with a straw.

Oral and dental care

Dental care is important to prevent tooth decay. As soon as the first tooth appears, you should clean it once a day. Preferably in the evening before your child goes to sleep. Use special toddler toothpaste, with fluoride and unflavoured. The amount of toothpaste that you use does not have to be more than a pea. Use a small toothbrush and gently massage the gums. All liquids, except water and sugarless tea, lead to an acid attack on the mouth, which may in turn cause cavities. For that reason don't give your child a bottle of milk or fruit juice when he goes to bed.

Does your baby have a dummy (pacifier)? Normally, around this age, his sucking urge starts to get less. You can phase out the dummy, continuing to use it just before he goes to sleep. Once asleep,



>185.000 downloads in NL

no research on the use of the app

=Pushmessage about Dental care

Questions

1. In what way do parents use the Growth-app as source of information and how do they rate the pushmessages ?
2. Do users and non-users differ in knowledge and behaviour on topics:
 - dental care
 - use of vitamin D
 - sleeping safely
 - use of stair gates
 - speech stimulation

Method

Cross section research

survey with questions

- Use of Growth-App
- KNOWLEDGE 14 statements
- BEHAVIOUR 10 parameters
- Background information

New Growth-App messages

Analysis

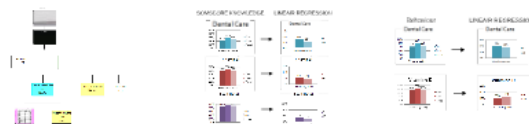
Sumscore KNOWLEDGE per topic

BEHAVIOUR parameters per subject

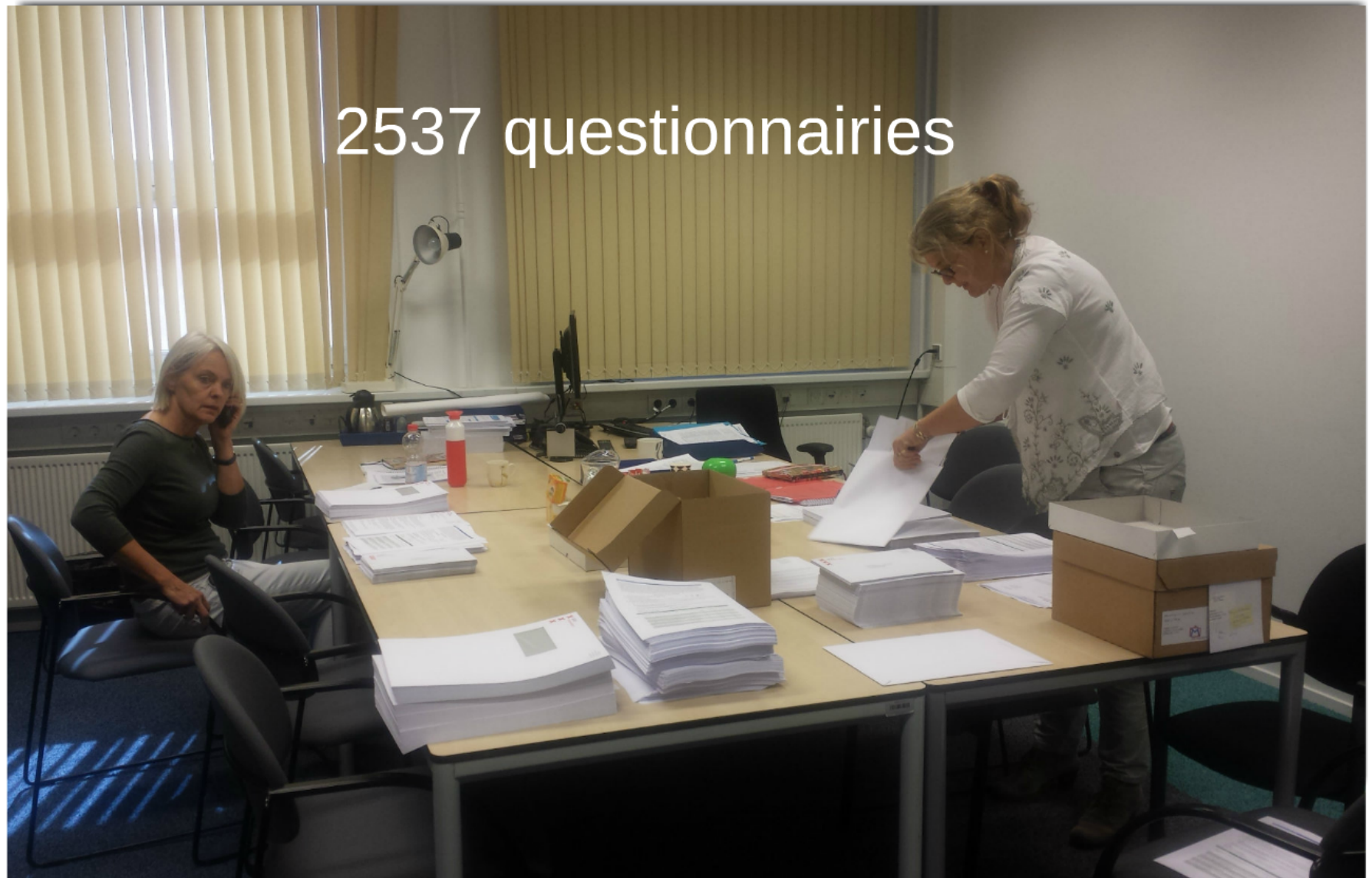
Chi-square method

Regression analysis

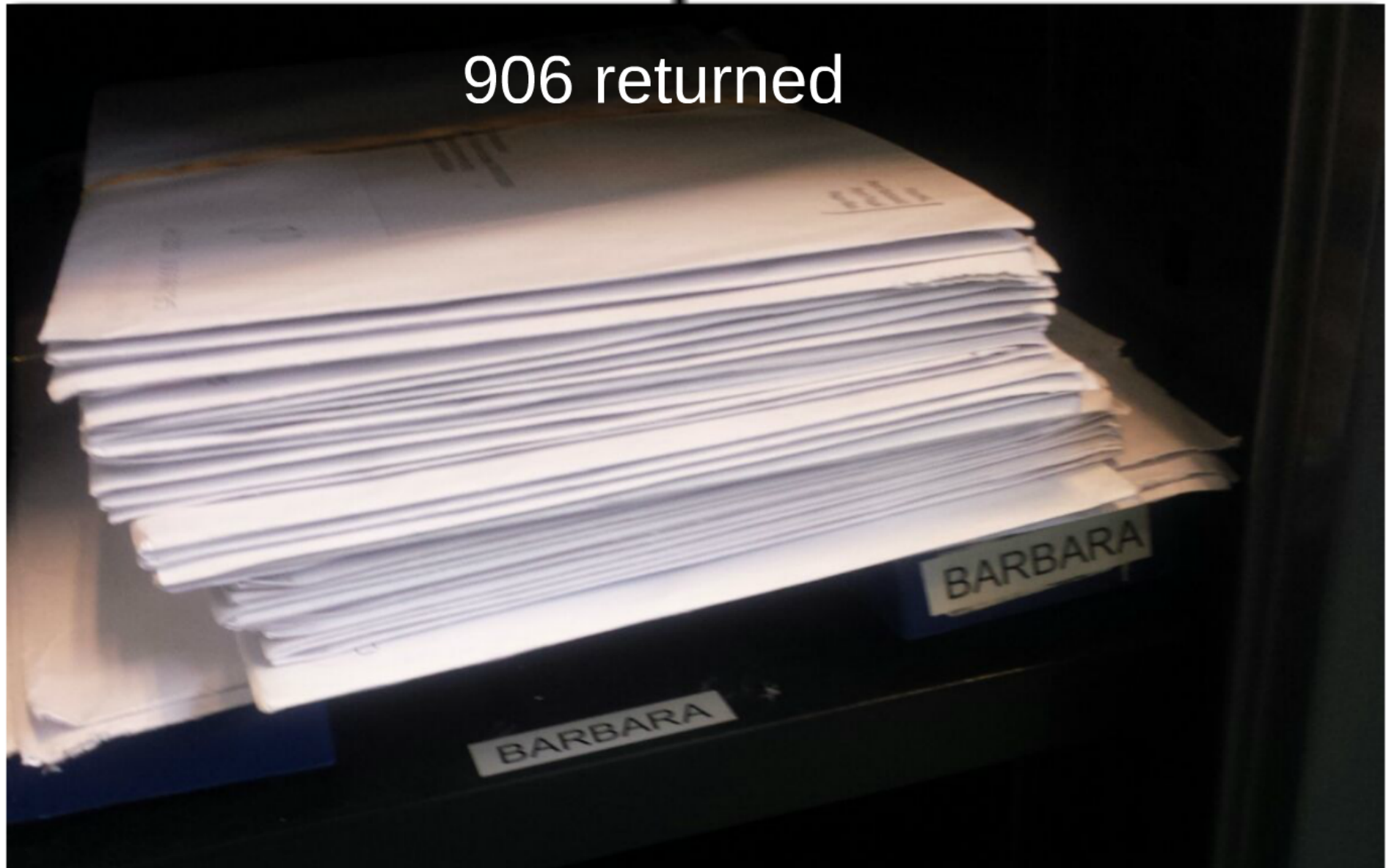
Has the Growth-app an added value in preventive advice to parents?



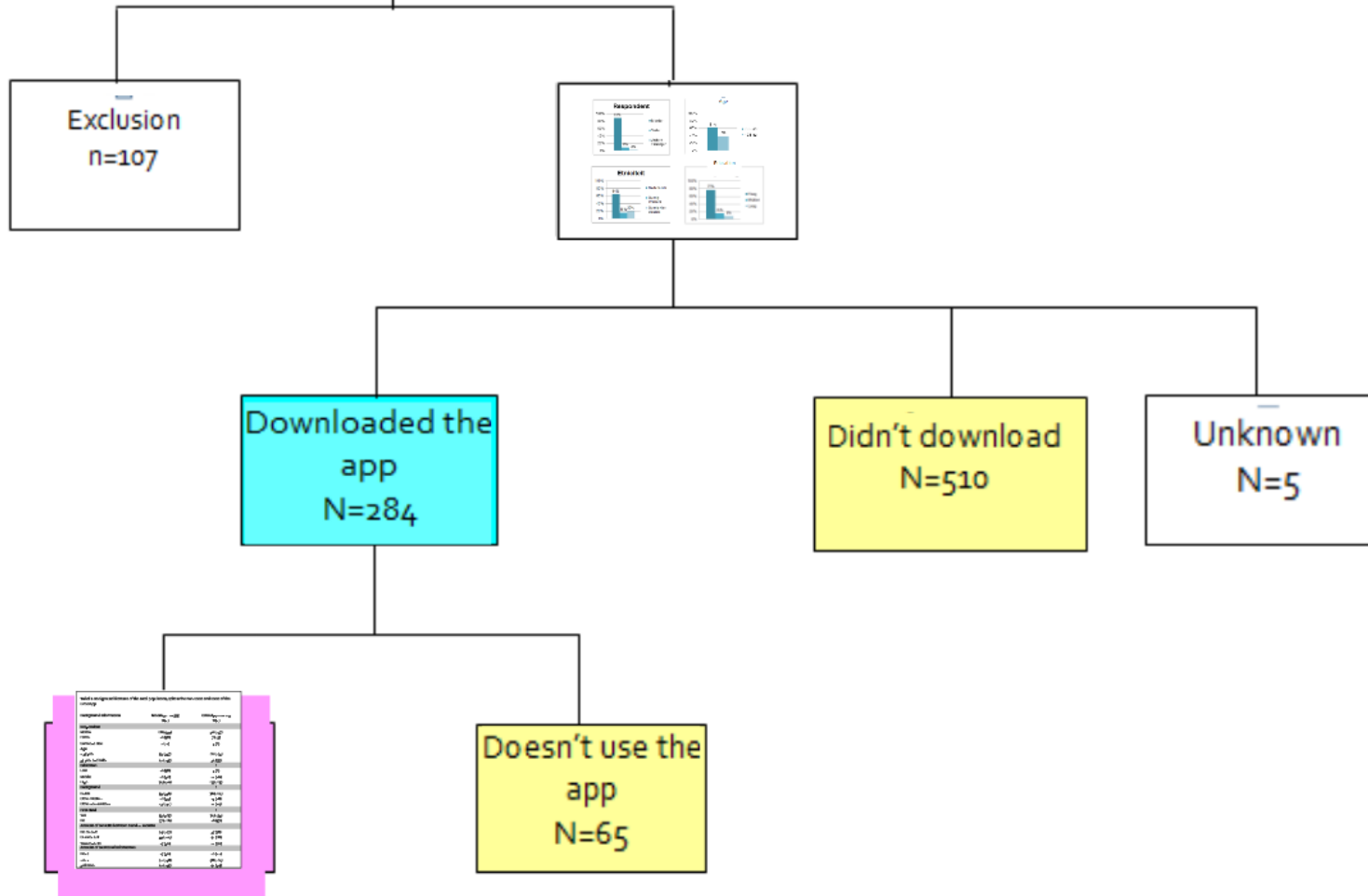
Results



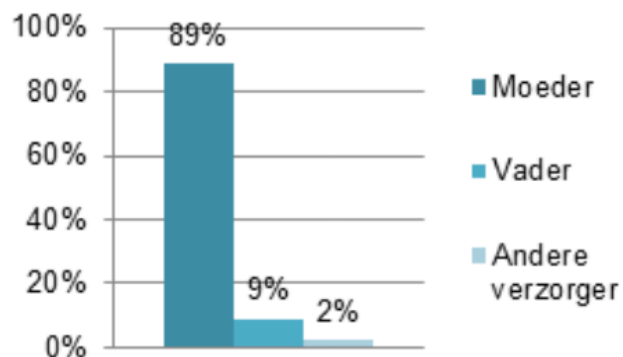
906 returned



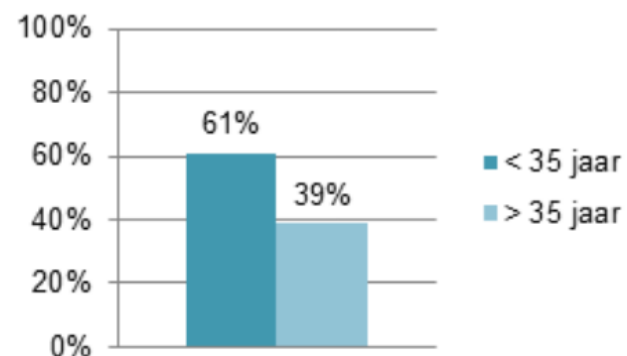
Results



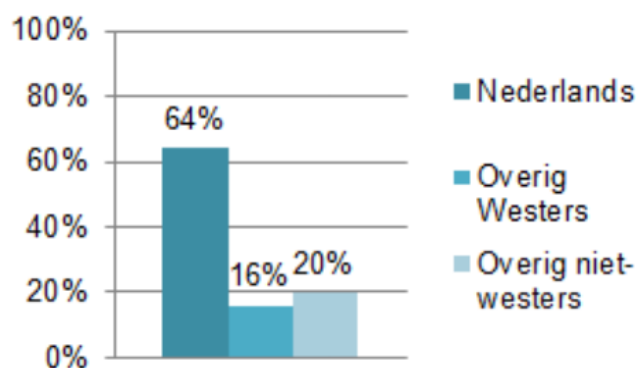
Respondent



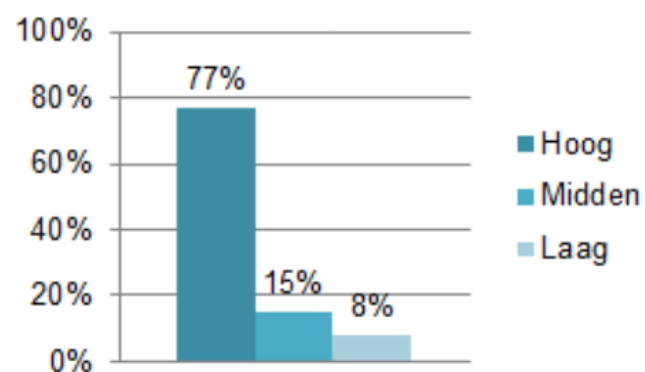
Age



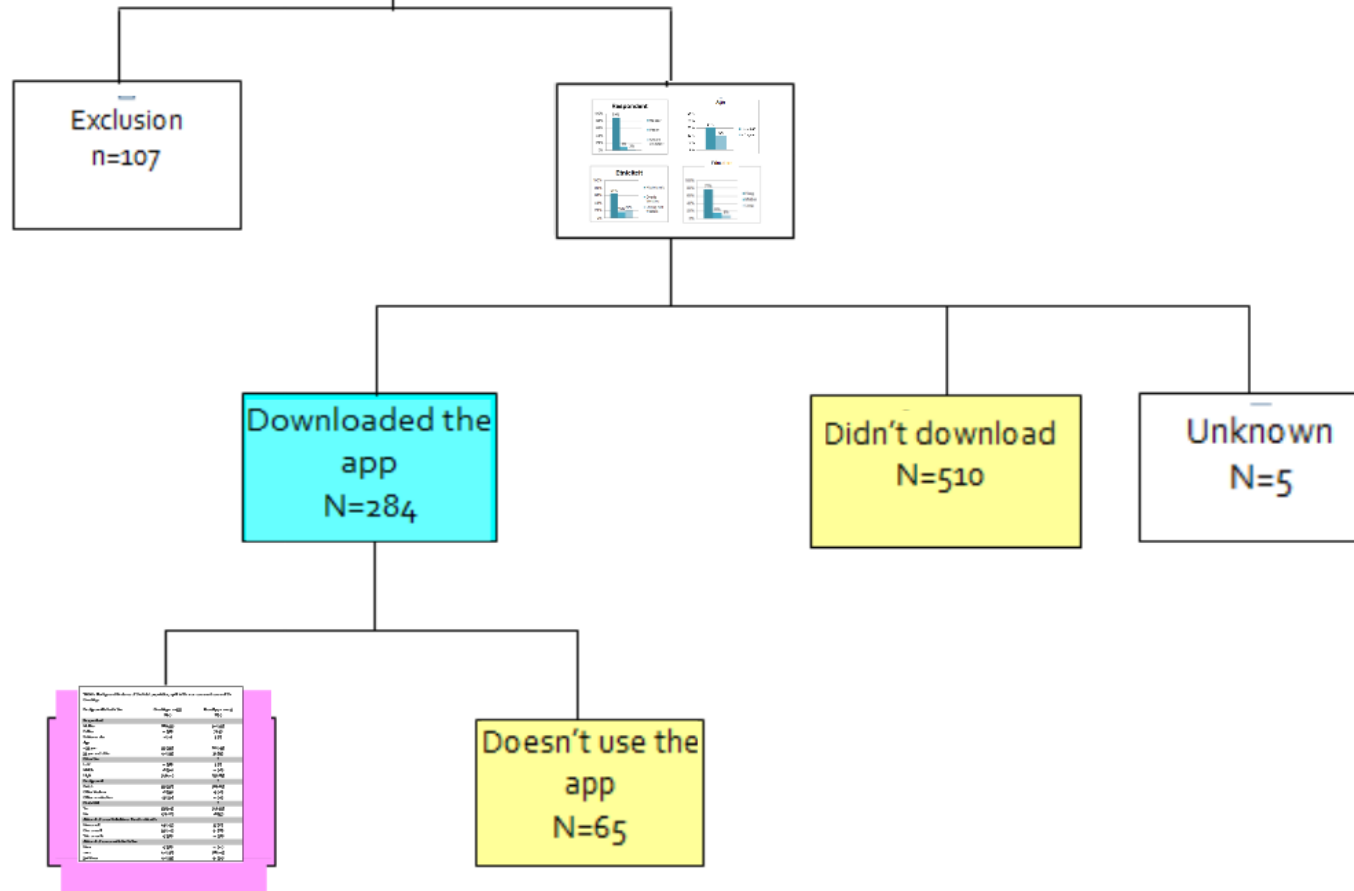
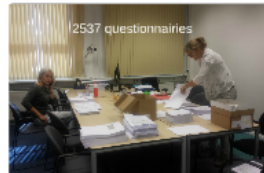
Etniciteit



Education



Results



GroeiApp

Background information

GroeiApp - n=575
%(n)

GroeiApp + n=219
%(n)

Respondent

Mother	88 (499)	90 (197)
Father	10 (58)	7 (15)
Someone else	2 (12)	3 (6)

Age

< 35 year	59 (337)	66 (143)
35 year and older	41 (235)	34 (75)

Education

Low	10 (58)	3 (6)
Middle	16 (90)	12 (26)
High	74 (420)	85 (185)

Background

Dutch	59 (336)	76 (164)
Other western	18 (99)	13 (28)
Other non-western	23 (132)	11 (24)

First child

Yes	53 (305)	74 (159)
No	47 (266)	26 (57)

Amount of consults between 6 and 11 months

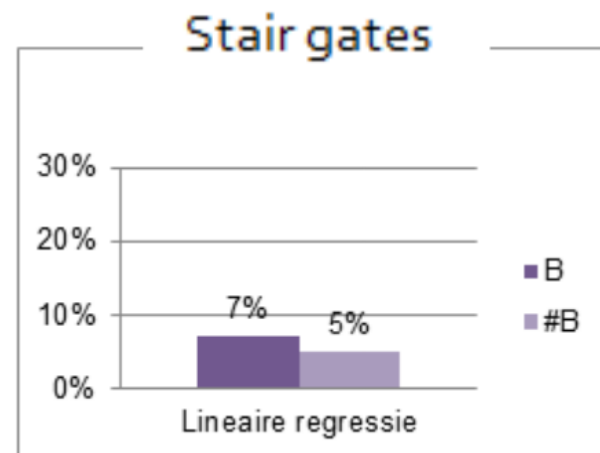
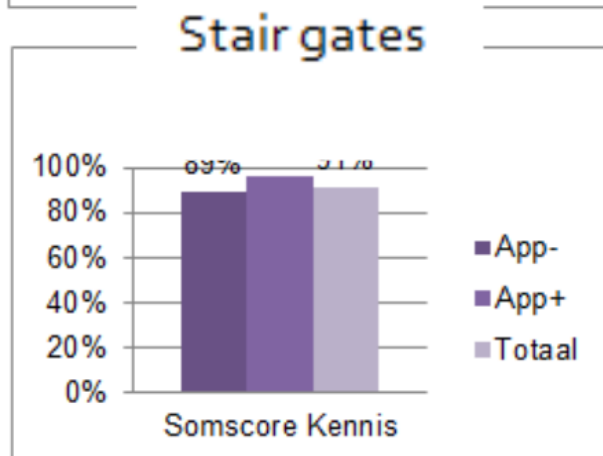
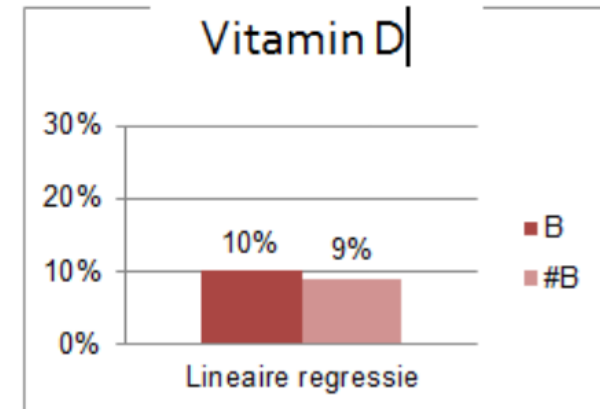
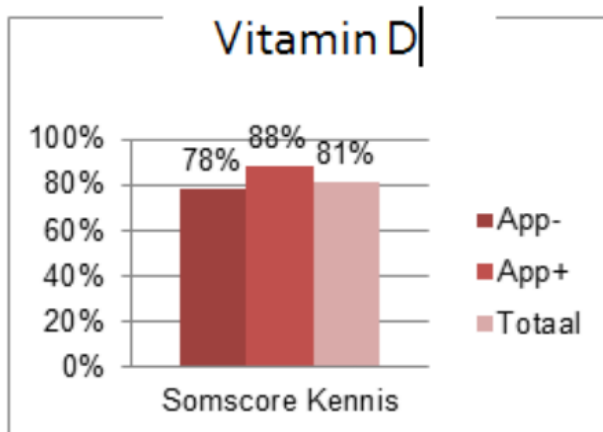
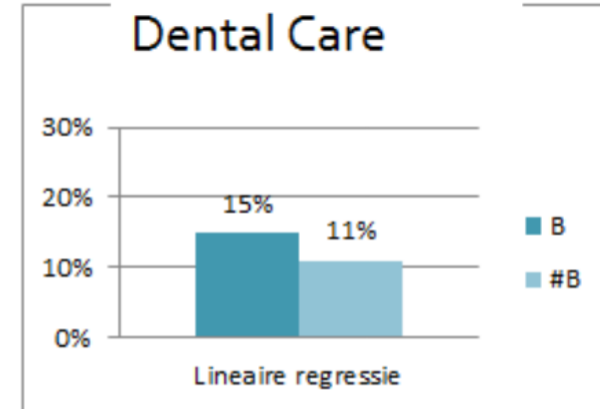
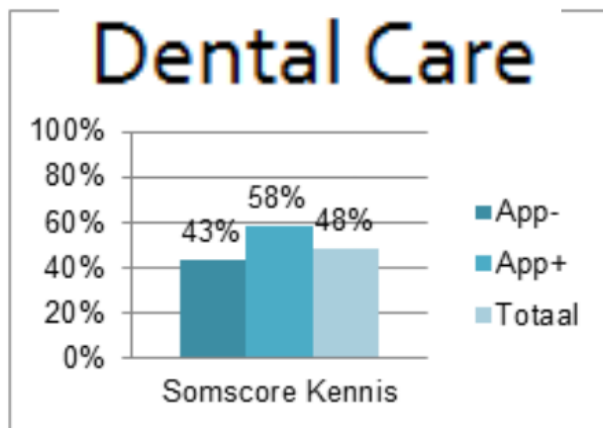
No consult	44 (247)	37 (78)
One consult	39 (214)	41 (88)
Two consults	17 (96)	22 (46)

Amount of sources of information

None	17 (96)	10 (22)
1 or 2	42 (238)	48 (104)
3 of meer	41 (235)	42 (94)

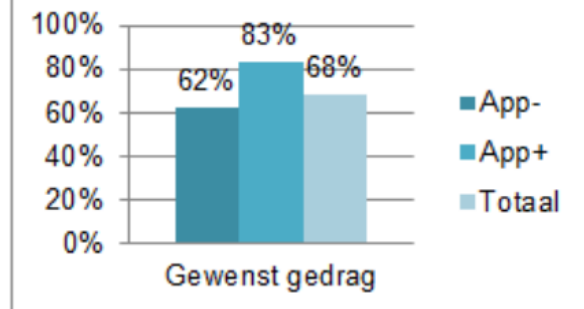
SOMSCORE KNOWLEDGE

LINEAIR REGRESSION



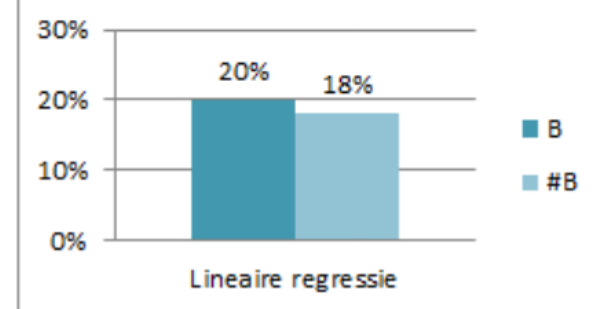
Behaviour

Dental Care

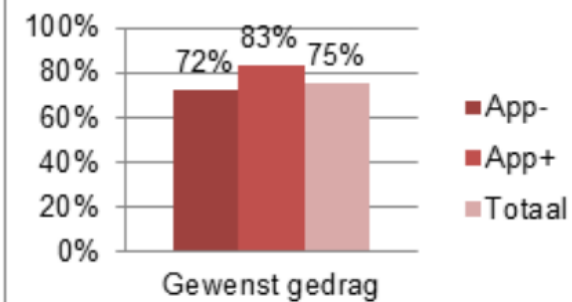


LINEAIR REGRESSION

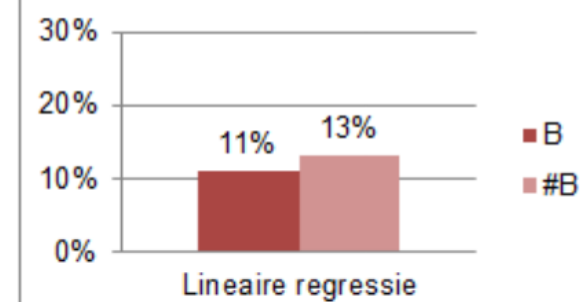
Dental Care



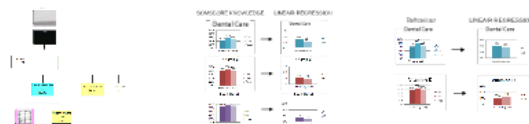
Vitamine D



Vitamine D



Has the Growth-app an added value in preventive advice to parents?



Conclusion:

Some of the parents:

- lack of knowledge
- their behaviour is not in line with the guidelines
- Growth-app users do score a bit better

Most of the parents do read the messages

Almost half of them indicate that the messages are helpful in making healthy choices for their child.

Discussion:

A relation with the use of GrowthGuide-app?

Further research needed on

- how to improve the process of providing information to parents
- on the possible contribution of the GrowthGuide-app to this process
- include also lower educated parents and parents of non-Dutch descent

helpful in making healthy choices for their child.

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