Has the Growth-app an added value in preventive advice to parents?
Anneke Kesler, MD of Public Health Municipal Health Service Amsterdam
Baby

Baby

Een unieke website die je helpt om de moeilijke eerste levensjaar aan te pakken. Een site waar je voor gekomen bent met uw kind en geen tijd voor een gr恣心 en een gratis grasmine! Deze site helpt je bij het vormen van gezond en fysiek gedrag en biedt praktische tips en informatie.

“Hoe je een babysleep en je bed kan plaatsen”

Feitelijk: bedden moeten eenvoudig te bederven zijn, bijvoorbeeld in een kussen of in een witte katoenen huisstof. En als je een baby hebt, is het belangrijk dat je bedden op de juiste manier worden geplaatst. Als je bijvoorbeeld een baby hebt, is het verstandig om de bedden op de juiste manier te plaatsen. Als je bijvoorbeeld een baby hebt, is het verstandig om de bedden op de juiste manier te plaatsen. Als je bijvoorbeeld een baby hebt, is het verstandig om de bedden op de juiste manier te plaatsen. Als je bijvoorbeeld een baby hebt, is het verstandig om de bedden op de juiste manier te plaatsen.

Samenvatting en opdrachten

Op deze website vind je veel inspirerende informatie en een reeks van praktische tips. Naar mijn idee is het belangrijk om de juiste inzichten op te halen om je kind te helpen. Je kunt deze tips gebruiken om je kind te helpen in de moeilijke eerste levensjaar.
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?
Has the Growth-app an added value in preventive advice to parents?
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 wake up 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 pyjamas, brushing the teeth, hugging, singing a song and saying goodnight.

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

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

Eating
Learning to chew
At this stage, your baby may be teething, and growing accustomed to solid food, such as vegetables, fruit and some bread (crust), 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 jaw 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 in starting to eat more and needs less milk: around 500 cc per day is enough roughly equivalent to 3 times a cup of milk or breastfeedings. 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 up to you to decide what the baby eats, and 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.

Vegetable important.
When you give snacks, make sure they are healthy. Fruits, breads, (cheese), rice crackers, 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 drinks 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 closely.

Spilling is normal, but if you have hit enough of the mattress, you may want to use a washable 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 syrup, are to be fed to an acid attack on the mouth, which may in turn cause caries. For that reason, do not 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

=Epushmessage 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

2537 questionnaires
Results

- 1006 questionnaires
  - 1006 returned
    - Exclusion n=107
    - Downloaded the app N=284
      - Doesn't use the app N=65
    - Didn't download N=510
    - Unknown N=5
Results

008 returned

Exclusion  
n=107

Downloaded the app  
N=284

Didn't download  
N=510

Unknown  
N=5

Doesn't use the app  
N=65
<table>
<thead>
<tr>
<th>Background information</th>
<th>GroeiApp - n=575</th>
<th>GroeiApp + n=219</th>
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<tbody>
<tr>
<td></td>
<td>% (n)</td>
<td>% (n)</td>
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<tr>
<td><strong>Respondent</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mother</td>
<td>88 (499)</td>
<td>90 (197)</td>
</tr>
<tr>
<td>Father</td>
<td>10 (58)</td>
<td>7 (15)</td>
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<tr>
<td>Someone else</td>
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<td>3 (6)</td>
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<tr>
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<tr>
<td>&lt; 35 year</td>
<td>59 (337)</td>
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<tr>
<td>35 year and older</td>
<td>41 (235)</td>
<td>34 (75)</td>
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<tr>
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<td>16 (90)</td>
<td>12 (26)</td>
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<tr>
<td>High</td>
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<td>Other non-western</td>
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<td><strong>First child</strong></td>
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<tr>
<td>Yes</td>
<td>53 (305)</td>
<td>74 (159)</td>
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<tr>
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<td><strong>Amount of consults between 6 and 11 months</strong></td>
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<td>1 or 2</td>
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<td>48 (104)</td>
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<tr>
<td>3 or meer</td>
<td>41 (235)</td>
<td>42 (94)</td>
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Behavour

**Dental Care**

- Gewenst gedrag
  - App-
  - App+
  - Totaal

**Vitamine D**

- Gewenst gedrag
  - App-
  - App+
  - Totaal

LINEAIR REGRESSION

**Dental Care**

- Lineaire regressie
  - B
  - #B

**Vitamine D**

- Lineaire regressie
  - B
  - #B
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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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