Letters to Parents

Index 1st Year of Life



Index

A note on the pagination: The first number designates the specific Letters to Parents number; the second number denotes the respective page number.

Α

Accidents > see emergencies Accident prevention > see safety Allergies 1/12-13; 2/21; 6/17 Attachment figures 2/17; 3/16; 8/8-12

В

Baby pharmacy 6/9
Baby swimming 5/31
Babysitters 3/16; 3/20
Bathing 1/6
Bedtime routines 3/9-12; 4/17;
4/19-20; 8/18
Bicycle trailers, bicycle seats 11/21-22
Billingual, growing up bilingually 4/24;
10/13-14; 13/18
Bonding 8/8-12

Bottle-feeding 1/10-17; 13/23 Bowel movements 5/19 Breastfeeding > nursing Breastfeeding problems > nursing problems

Calming strategies 0/10; 2/14

C

Carriers, baby carriers 2/7-8
Cars, driving in 4/27
Childcare, family-supplementing 2/17-21; 6/8; 6/14; 7/12
Childhood 07/26; 4/17
Children, hostility toward 7/14-17
Children's rights 6/17-19
Colic, «zero-to-three» 2/13
Combining family and professional work 0/24-26; 3/13; 4/12; 6/13-16; 8/4
Conflicts 0/20-22; 4/13; 11/4-10; 12/13-14
Connections with other children 12/13-14

Couple's relationship > see relationship

of the parents

Courses for parents and children 1/20; 4/6; 5/31 Crawling 7/7-13; 9/5; 11/11 Crying > see screaming

D

Daycare centers 2/20-21
Dental hygiene > see teeth
Detachment 6/3
Developmental pace, developmental differences
5/11-12; 10/14; 11/11; 13/18
Diapers, changing 1/6-9; 5/5
Disabled children 1/22; 2/20-21; 4/6; 7/18-20;
Discipline 5/29; 9/12; 9/14
Drinking 10/8-12; 13/23



Ε

Eating > see nutrition Eggs 7/22-23 Emergencies 10/20-23 Exhaustion 0/13-16; 4/6-8 Expectations 4/17 Exploration, experimenting 3/4-7; 4/20; 7/5-6; 9/5-11; 13/4 Eyes, crossed 2/22

F

Family routine, Family structure 0/24-26; 2/17; 3/1; 3/13-14; 4/4; 4/10; 4/13; 8/4; 10/17-19
Father's role 0/6-8; 4/10-12; 6/5
Fever 6/7; 9/16-19
Fighting > see conflicts
Food culture, family table 5/14; 10/6-10
Forbidding things > see limits, setting
Freezing baby food 5/21
Fruit 5/17-21; 10/8; 10/12

G

Gender 4/16 Grandparents 2/18; 3/19-21; 12/22-26 Grasping 3/4; 5/6; 7/5 Guilt, conflicting emotions 0/8; 0/10-16; 0/26-28; 4/7; 4/12; 5/27; 6/5

н

Head posture 2/21; 3/7; 5/5
Healthcare, preventative 4/27
Hearing 7/5
High chair 7/22
Hostility toward children 7/14-17
Household > see family routine, family structure
House pets 2/22; 9/23

ı

Illness 5/10; 6/7-12; 7/18-20; 9/16-20 Immune system, immune defenses 5/10 Immunization 2/23 Independence, self-reliance 9/5-7; 13/10 In-home daycare 2/19-20; 12/24

L

Language development 3/7; 4/24; 8/14-16; 10/13-16; 13/16-19 Limits, setting 9/8-14; 13/15 «Lovies» > see soft blankets, stuffed animals

М

Massage 2/4
Meat 7/22-23
Medical consultation 1/22
Memory, development of 9/6

Mother/father counseling 1/20 Mother's role 0/6-8; 4/4-8; 6/5 Motor development > see physical development Mouth, exploring with the mouth 5/8 Multiples > see twins

Ν

Nails, cutting 1/7
Nurseries > see daycare centers 2/20-21
Nursing 1/10-17; 3/23; 4/6; 4/10-10; 5/20; 7/22; 13/20
Nursing problems 1/19; 4/6
Nutrition 5/14-21,31; 6/insert; 7/22-23; 10/6-12; 13/13
Nutrition (of nursing mothers) 1/12

0

One-parent families > see single parents Overheating 1/19; 2/7 Overstimulation 2/4; 2/11 Overwhelmed, being 0/10-16; 0/20-22; 0/26-28; 2/14; 4/6-7; 5/27-29; 11/10



Р

Parent education. Parent groups 9/14-15 Parent emergency hotline 2/14; 5/27; 9/14 Parenting 9/8-14 Parenting opinions 0/8; 3/19; 11/8; 12/22 Partnership > see relationship of the parents PEKiP (Prager parent child program) 5/6 Pets > see house pets Physical activity 6/17 Physical contact, intimacy with your child 2/14; 5/22; 11/18-19 Physical development 5/5; 5/11-12; 7/7; 8/14: 11/11-13 Playing, attention span 6/12 Playgroups for babies 4/23; 7/12 Play yards 7/13 Postpartum depression 0/14-16: 0/insert; 4/7 Professional life > see working outside of the home Pumping breast milk 2/19; 3/23 Recreation, free time 0/11-14; 0/18-19;

R

Relationship of the parents 0/20-22; 0/24-26; 3/14; 4/13; 5/25; 11/4-10 Relationship with the own parents 0/26-

4/6; 4/14-15; 4/18; 10/18

28: 3/19-21: 12/23-26 Rhythm 0/6: 1/23: 3/9-12: 6/14: 4/17: 8/18-21; 11/14-16 Rights (as employees) 3/23; 6/8; 9/20 Rights of the Child 3/24-27; 7/24-27; 12/28-31 Rockers, baby rockers 3/22

S

Screaming 0/10; 2/10-14; 3/9 Safety 4/22-23; 5/5; 5/22; 7/9-12; 9/11; 10/4: 11/21-22 Screen-based media 6/18 Self-confidence 9/6-7; 10/4-5 Self-will 13/10-15 Sensory impressions 2/4-8; 3/4; 5/5; 9/8 Separation anxiety 7/14; 8/8-12; 9/5 Sex 4/16 Sexuality, intimacy between parents 0/22; 3/18; 5/25-26 Shaking 2/14; 5/19; 9/12 Sickness > see illness Single parents 0/20; 0/24; 4/14; 8/6; 12/19-21

Skin care, skin irritations 1/6: 2/21

Sleep aids 3/9-12; 4/18; 8/18-21;

11/14-17

11/14-17

Sleep 1/19; 3/6; 3/9-12; 4/18; 8/18-21;

Sleeping bags 5/30 Smiling 3/3 Smoking 1/23 Solid food, introducing 5/14-21; 6/insert; 7/22-23 Soft blankets, stuffed animals 11/16-17 Sonas 8/16 Spanking 2/14: 5/29: 9/12: 9/14: 13/15 «Stranger anxiety» 7/14; 8/8-12 Stress 0/10-13; 3/13-14; 6/14-16 Sucking, the urge to suckle 1/15; 2/4; 5/6: 13/23 Sugary drinks and foods > see sweets Sun screen 2/6-7; 9/23 Support, possible ways to get 0/11-14; 0/21: 0/27: 3/15: 4/8

Sweets 3/22: 10/8: 13/23

Tantrums 13/14 Teething, teeth cleaning > 6/10-11; 13/20 Toys 4/20-23; 5/8; 7/8-9; 12/4-12 Trips, preparation for trip > see vacation, Twins, multiples 12/15-18





V

Vacation, vacation preparation 4/26-27 Vegetables 5/17-21; 10/8; 10/10; 10/12 Verses > see songs Violence 4/14; 5/29; 11/10

W

Walking, learning to walk 11/11-13; 13/6 Weaning 3/23; 13/23 Wheat 7/22 Working outside of the home 0/24-26; 3/13; 3/23 Wraps, baby wraps 2/7

Pro Juventute's Letters to Parents — your expert companion from birth to the beginning of school

These practical guides for parents contain tips and suggestions that are specifically tailored to the age and developmental stage of the child. With information composed by a team of experts, these letters center on topics such as care and hygiene, nutrition, development, child rearing, as well as the role of the mother and father, relationship issues, and family-supplementing childcare. Pro Juventute's Letters to Parents cover the first six years of your child's life. In many communities and institutions, these letters are presented to new parents free of charge. They can also be ordered directly from Pro Juventute.

Pro Juventute's Letters to Parents are produced by Pro Juventute with technical input from the following specialists:

Carmen Amrein, Early childhood educator and director of a daycare center | Marianne Botta Diener, Dipl. Food Engineer ETH and Dipl. Teacher ETH | Sepp Holtz, MD, Pediatrician with his own practice, Senior Physician in the Department for Developmental Pediatrics at University Children's Hospital Zurich | Aja Schinzel, Mothers' and Fathers' Counselor HFD | Heidi Simoni, PhD, Psychologist specializing in psychotherapy FSP, Director of Practical Research at the Marie Meierhofer Institute for the Child

Specialist units and professional associations

Professional Association of Lactation Consultants in Switzerland | City of Zurich's Office for Gender Equality | Forum for Practical Pediatrics | Binational Interest Group | mannebüro züri (men's bureau Zurich) | Marie Meierhofer Institute for the Child | Couples Counseling, counties Hinwil and Pfäffikon ZH | The Swiss Competence and Coordination Centre for Accident Prevention | Swiss Society of Pediatrics | Swiss Association of Midwives | kibesuisse - Swiss Childcare Association | Swiss Association of Mothers' and Fathers' Counselors | Center of Dental Medicine, University of Zurich | Center for Small Children, Winterthur

Imprint

Publisher: Pro Juventute, Letters to Parents Director: Monique Ben-Shmuel Project Manager: Noa Stemmer-Holtz Editor: Susan Edthofer, Noa Stemmer-Holtz Translation: Birgit Schmidt-Rösemann Editing: Melissa Snyder

Editing: Melissa Snyder Photo: istockphoto.com Graphics: Valentin Stucki

© Pro Juventute, Zürich, 2019

Information and orders

Pro Juventute, Letters to Parents
Thurgauerstrasse 39, Postfach, 8050 Zürich
Telephone 044 256 77 33
contact@projuventute.ch

Order directly from our online store

www.projuventute.ch/shop

Changes in address

Notify your Letter to Parents dispatch location if your address changes to ensure seamless delivery. You'll find address details on the Letters to Parents envelope.

Account for donations 80-3100-6 IBAN CH71 0900 0000 8000 3100 6 projuventute.ch



Presenting Partner



