

Growth and Development of Your Baby

Preface

Dear Parents,

Our child is developing continuously. His mind and intellect is slowly maturing. Everyone's life begins as one cell (fertilised egg). This fertilised egg divides and becomes two cells. This process continues i.e. two to four, four to eight etc till in the grown human there are 75 *abja* crore cells. In living beings 'Growth and Development' is a natural process. This Growth is affected by heredity, hormones, environment and disease. This book will be helpful in guiding you in paying attention to whether the child's development is in the appropriate manner or not.

The constitution of each child is different from the other. Some children are lean while some are fat. Some are short while some are tall. Some eat to live while some live to eat. Reading this book will help in knowing the child's personality and help us in accordingly make him stronger.

Man is more intelligent than all the other creatures. His brain directly or indirectly controls his behaviour, movement and activity. So practically the development of the child is evaluated on the maturity of the child's brain and nervous system.

To make evaluation of the child's growth easy they are divided broadly into the following categories.

1. Gross movements,
2. Skillful movements,
3. Social development
4. Speech

Detailed description of the milestones in the Growth and development of the first 5 years is given. Similarly measuring the intellect, things that affect the intellect, and guidance about increasing the memory and intellect is

also given. Discussions and information about the reasons for the mental retardation among children, how to take care of such children and the precautions to be taken to avoid having such children is also there in the book.

The mind and brain are two different organs. The work of the mind its various stages and transendation is discussed in detail. The child's mind is innocent, delicate and like a clean slate. The impressions made on them in childhood have a great chance of lasting through their life.

Parents are supposed to teach their child good habits, give them good ideals and goals in life; as well as give them good treatment and teach them to follow the good path in life.

Nurturing a child so that he has a healthy mind and intellect is very difficult. But following the instructions and guidance given in this book shall help you in nurturing and developing your child's mind and intellect in a good way. They will later become ideal and healthy citizens and we shall all be very proud of them,

Yours

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