



FRAGMENTS OF THE KALEIDOSCOPE

guide for happy family



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Město Hořovice

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10 tips for happy parents

1. Give everything should be

On the world works a lot of good fellows who have absolutely accurate idea of perfection and will whenever to throw it in her face whenever:

„That’s for us“ „I could never let a“ „How can you“

When you focus on the ideal state, pass a real presence. In addition, these tips are often the nature of the instructions for the Eskimo people of the Congo, what to do in case of heat. Trust yourself, and if you do not know, listen carefully and observe the reality. The solution is hidden in the present.

2. Surrender comparison with

Motherhood is not a race. But the society is all set up so that anyone who does not peak performance, as would exist. It does not matter if the neighbor bakes three times a week and doing daily hot dinner (with three children) while you catch up or prepare dinner for her husband with one child. Throw on your head that your mother got up at four in the morning and before the others woke up, hoes half of the field, then all fed, she went to work. You are not your mother. You are unique, and what can you do, such that you will be too. That’s all they do, does not mean that you have to take too blunt.

3. Surrender to enforce certain behavior at any cost

Of course, that as a parent you are responsible for determining the boundaries of behavior for your child. But if your little baby stands his head no and no and no, so try not to go against the child and enforce meet the requirement. Rather, it works at the moment to retreat and come up with the same request on another occasion. Action begets reaction, so the more you push the baby, the more “hacks”. With older children also helps to talk it out why.

When you behave like a dictator, it will lead only to power struggles and frustration in the whole family.



1 10 tips for happy parents

4. Surrender cry

More little children easily intimidate by being severed. Unfortunately, it does not strengthen the relationship with the child and nothing good to learn it. I realized this when my oldest son started "educate" the younger what my behavior proved easiest to imitate. Just use it at any trivia yelled. So I try, really try don't hit. To teach children to resolve conflicts constructively.

5. Surrender to perfection

There isn't such thing as a perfect parent. Try to laugh to your bad habits, take them lightly. Also helps to realize the overall picture - a small error in it losing. More than ever, the parent can learn to access errors as to teachers. Error is nothing else that I've tried and I'm one experience smarter.

6. Surrender extensive scenario of "what if"

Parenthood brings with it great responsibility. The next products are worried. Worse is, except worries just have a particularly women attending a special talent to handle your worries and purely hypothetical and, generally unlikely. Also, the mothers often become fortune tellers for years ahead:

"And how we're going to not go to preschool?" - Totally unnecessary fear, because now not solve it anyway, and it comes up in two years.

7. Surrender universal advice that always works

It don't exist the manual that would work for all children in all circumstances. What it took to perfect wakeful baby with your friends, your home may end up even bigger disaster. Anyway, the bug is not in your child. Just try what you can, and what works, stick to it. To make it more interesting, so what worked for three years with six years of a child is a mere waste of time and vice versa. So from time to time find new procedures for the situation you are dismissed. Perhaps their time has come.



1 10 tips for happy parents

8. Surrender fighting for food

Children at the table terribly eager to satisfy their position in the family pack. Despite meal are capable of mothers do maid who at ten at night boil pulp a consistency and every day gives spaghetti, because a little boy eats nothing else. Do not allow your child to fully assume control of their eating. You will determine what and when to eat. You do not want, do not eat. Children will adapt. Still no child voluntarily died from the hunger ...

9. Surrender perfect planning free time of your children

Encourage children to have managed to find an adequate own entertainment. Offer to your child the preparing environment and it already arranges its own way. You cannot plan a child every minute and every step of its development. You are going to be crazy. Instead, children learn to take responsibility for their leisure time. It's their thing, as it fills and use. I think this will come in handy later, still in their teens.

10. Surrender self-sacrifice

As a parent you all years give more than you get. Gradually you are in growing sense of frustration. It is extremely important to take account of the needs and interests. Sometimes you have to refuel.

Sometimes it happens that you feel guilty for something (I started working part-time), you automatically assume that a child is suffering (because you are), so you need to make up for it somehow. Perhaps now you know what's in the wrong sequence. The child doesn't feel as bad as you and it doesn't need to regret or did not compensate for excessive care.

Thus it only indicates that you feel guilty yourself and the child starts to use. The circle starts to spin.



2 Selection of hospital

Currently not assigned to any hospital, you have every right to choose which of the domestic (whether state or private) you choose.

The choice of hospital you might think from the beginning of pregnancy, because you can compare multiple devices. It is good to focus on the driving distance to the hospital delivery room and equipment room puerperal women themselves (all you can by prior arrangement with the staff personally inspect).

It's good to find out

The hospital has

You can look forward to quality pre- and post-natal preparation by empathic led by trained midwives, birthing complete service (purgative enema, shave the perineum, an episiotomy - these procedures should not be taken if you are a woman in labor she wants), or individual approach, which is one the mother old one midwife.

Whether you can:

- presence will close person (partner, nurse, doula, or your midwife)
- public access to the results of obstetric care (it is included in the annual report of hospital)
- respecting the cultural background of the mother (it consideration to its religious and ethnic beliefs)
- method of cooperation with a third party (in the event that a transfer from one device to another)
- freedom of movement, including owns choice of position of birth
- rejection of routine practices and procedures (in addition to the above, it also falls intravenous infusion, violation of the integrity of the membranes, and others)
- the use of non-pharmacological methods to relieve labor pains
- help with breastfeeding and overall familiarized with baby

2 Selection of hospital

Father at birth - support or complication?

Father at birth can greatly help to expectant mother - but not always. If father want to be by birth, it must wish both parents. If both partners are ready for what may expect during labor, they really wish that at birth the baby were both, and set certain rules, the participation of the father at birth is memorable and positive experience for both parents.

Remember that:

Father's presence at birth is not an obligation.

For the father's presence during childbirth you must pay.



3 What to bring to the hospital

The list of things that will you or your baby need through those few days in the hospital.

Mothers often take to the hospital everything they need and don't need for baby, but they forget for themselves. To your bags don't forget your particular hygiene needs what you're used to:

- toothbrush, toothpaste
- comb
- body cream
- lipstick
- shampoo, shower gel
- jelly for intimate hygiene
- toilet paper
- handkerchiefs
- insets to bra
- shower slippers or shoes washable
- bathrobe
- 2 towels
- 2 nighties and pajamas with buttons for the possibility of breast-feeding
- 2 nursing bras
- disposable panties or briefs mesh postpartum
- warm socks - some mothers are giving birth in a long and have cold feet
- Some hospitals do not have postpartum pads and disposable pads. Ask for information in the hospital that you have chosen for childbirth.

Take for your baby:

- diapers approx. 30pcs
- cotton cloth diapers 3pcs
- clothes - 3 bodies



3 What to bring to the hospital

- 2 suits
- 2 toddlers
- 2 socks
- 2 caps
- wrap
- possibly gloves
- basic cosmetics - BEPANTHEN or SUDOKRÉM, wet wipes, baby oil.

For dad, if at birth

- slippers
- snack
- drink
- Other cosmetics tend hospital available. Most hospitals have their clothes. In this case it is necessary to bring only the clothes on the way to home.

On the way to home remember on the car seat!

Documents

To avoid unnecessarily unpleasant situations, it is necessary to advance also think about the formal side of things. With you, so be sure to take:

- your health insurance card
- maternity pass
- signed form with a choice of baby name
- for married women marriage certificate
- for single women confirmation register on the selection of a child's surname
- possibly a birth plan
- All these things you prepare to bag you keep on just ready to be loaded into the car, you do not forget it at home when you go to the hospital.

4 11 tips against pregnancy nausea

Causes of nausea in pregnancy scientists still not revealed. Problems that affect three-quarters of pregnant women often start before test of pregnancy is confirmed and peak between 8th and 12th week of pregnancy. Some women, on the contrary, these problems do not even know.



1. Main is eating!

When you feel sick and do you think that is not worth anything to eat, give yourself at least a little something. Gastric juice on an empty stomach irritates mucous membranes and nausea only worse.

2. Cuts diet

Even if you have a taste for anything, be sure to avoid fatty and spicy dishes. Instead, try anything simple carbohydrate foods and steamed vegetables.

3. The first aid - biscuits

Cookies eat even between meals so that your stomach is always something to do. Have cookies always to find on your nightstand.

4. Drink

Plenty of fluids is very important to not accumulate toxins in the body. And if you vomit, drains and the more often you have to supply liquids. Some women helps a Coca-Cola. If you have a problem with the fact that you will not be thirsty, so try to eat something salty and thirst will come by itself.

5. Ginger

Effects of grated rhizome, whether whit hot water, candied or in the form of lollipops, believe doctors too. But be careful! Ginger increases blood pressure, so everything in reasonable quantities.



4 11 tips against pregnancy nausea

6. Open the windows

The staying in the stuffy room not appropriate for you. Fresh air refresh to you and help you even if you feel unwell. Generally, the anti-nausea helps cool to cold air.

7. No perfumery

The influence of estrogen will change your taste and smell. So what you smelled well before, now might not. It is also good to avoid a full public transportation or smoky restaurants.

8. Lemon

A slice of fresh lemon will serve as an air filter. Likewise serve a bottle with citrus aroma-oil and sprigs of rosemary.

9. Lie in bed

If nothing helps to you, so you go on holiday and stay in bed. At least, you get energize, when it cannot help different.

10. Alternatives

Some women helped acupressure or acupuncture. Other women stated that they also do well to certain types of homeopathic remedies.

11. Vitamins

Give more of folic acid and vitamin B6 or pyridoxine to your dishes. These vitamins can be bought in pharmacies, when they tell you what is good for you.



5 Layette for baby

Clothing:

We recommend to you to buy a size 56. The baby grows into it during the first two weeks and even from the beginning it wouldn't be too large. On the contrary, it will make you a better baby to dress up. Even in this size, it is not necessary to buy too much. Most babies from this size grows to 6 weeks of their age.

If your baby is born into warm days, keep ready in size 56 this layette:

- 1 light cap
- 3 pcs of bodies with short sleeves
- 3 pcs of bodies with long sleeves
- 3 pcs overalls for sleeping
- 2 pairs of socks
- 2 pairs of light gloves. Some babies can be cold even in the summer months. Some babies are scratching on the face and therefore gloves prevent any cold or scratches.
- 1 pc of wrap
- baby blanket
- sleeping bag
- light jacket

If your baby is born into the winter months, add:

- 2 pcs of half-playsuits
- 2 pcs of warm overall
- 2 winter caps
- gloves
- winter overall
- winter wraps onto the pram



5 Layette for baby

Another layette:

cot

barrier around the bed

2 pcs of sheets or impermeable pad

cloth diapers 10 pcs d

disposable diapers

2 pcs pacifiers - we recommend latex and silicone, you have to try what pacifier will better suit to your baby

+ bottle teats

suction mucus whether manual or connected to the vacuum cleaner

60% alcohol and sterile squares - you will use to clean the stump near the belly button

Optalmoseptonex – for cleaning eyes

Sunflower oil from the pharmacy

Bepanthen or other cream against sore spots

pram

In the summer months we recommend to buy a mosquito net raincoat onto the pram

More in your sole discretion, needs and financial possibilities:

breathing monitor

sterilizer

nanny

suck off milk

carousel over the crib

car seat

Toys:

You will definitely want to take even some toys for the baby. Remember that small babies take all the toys in their mouths. Therefore, no plush toys and even plastic toys, which are not designed for this! Beware of the size of toys to carry the swallow. Control that the toy cannot be disassembled, to avoid inhaling or swallowing small parts.



Breastfeeding

Breast milk and breastfeeding is associated according to many studies the best way to feed your baby. The correct technique of breast feeding should learn you in the hospital. If not, the following tips will help you.

Breastfeeding technique

How to know, that breast-feeding is good? It's easy to see how your baby looks like when sucks milk. With proper suction you hear no smacking, but only swallowing milk. Ear of your baby moves when is swallowing. It is simple but effective advice.

Never place a breast to the child. Always place the child to the breast !!

Properly suction baby always has:

- wide open mouth
- cuffed upper and lower lip
- head in the level with the arm

Breastfeeding and menstruation

However, your baby is still breast-feeding, day or night, you can already begin to menstruate. During this period some women will change the taste of breast milk and baby milk can temporarily refuse. In any case it is not a rule. Most babies will not even notice the arrival of menstruation.

Pain during breastfeeding, rhagades

If you feel pain while breastfeeding, it is the first sign that something is wrong. Breastfeeding doesn't hurt. Some soreness is okay only if you're starting to breastfeed, just getting used to the nipple and one could say that they are "strained". This pain is soon adjusted and after a few days or weeks completely lost. If you feel pain during breastfeeding, and not of the causes listed above, it is highly likely that

Breastfeeding

your technique is not optimal breastfeeding. A child may not be properly sticks. The result is usually a so-called formation rhagades, which are small but painful skin cracks nipples.

Establishment of rhagades and pain of breastfeeding is often the reason for the decision to discontinue breastfeeding baby. Before you make this decision, give to breastfeeding one more chance and you can be sure you will not regret it.

How often do you breastfeed, breastfeeding at night

Once breast milk are poured, always allow the baby to empty the entire breast so drink not only the front but the back of the milk that the baby fills up and after that also will thrive better. At first is good to breastfeed from both breasts for lactation support. Breasts change several times during breastfeeding. Later just suckle from one breast and the only alternate between breastfeeding. The child breastfeed approx 6 - 8 time per 24 hours.

Don't worry in the postpartum period the baby wake up at night to breastfeed. Sleeping children can be readily exhausted if not get a drink and then don't wake up alone.

For the proper formation of milk we recommend breastfeeding a baby at least once during the night between 9 p.m.- 6 a.m. to the end of the 3rd month. If the child is sleeping all night it is better some milk at night spatter.

7 Baby's stool

Baby's stool is really very important indicator of health and well-being of babies. It is therefore important when changing her watch and if you are not sure, contact your pediatrician instead. For newborns, health status can deteriorate very quickly and therefore it is always better to visit a doctor than something neglected.

First baby's stool

First baby stool is black. It is very sticky, protracted. Its existence indicates a correct intestinal transit. It is usually very black, several times during 24 hours. When the baby starts drink only breast milk, the color of stool consistency changes.

Stool fully breastfed baby

Fully breastfed baby has a yellow stool. Stool consistency and color reminds thin scrambled eggs and mustard. From the beginning has baby stool around 7 times per day. Later the number decreases. Sometimes it can be even longer break up to 10 days. This is not constipated but a normal phenomenon.

Temporarily stool also can be greenish. It is a common phenomenon. It can occur usually during the summer months because the child drinks the milk mainly front. Front milk quenches thirst, not hunger. However, if the green stool frequently appeared and the baby don't accede weight, consult your pediatrician.

Stool of child on artificial nutrition

Non-breastfed child, feed by artificial feeding stool has a yellow to brown color. It is thicker consistency, sometimes mushy and more smells because to artificial nutrients are added vitamins and trace elements. Its frequency is a regular. Longer breaks do not occur. If so it is more about constipation and in this case it is necessary to help the baby - for example, by an appropriate child tea.



7 Baby's stool

Constipation or diarrhea of baby

Constipation in baby you recognize by change in density stool - is denser, pureed to a more hard stinks. Baby's tearful. It twists. If gases leave, they smell. Sometimes baby may try to push, but he fails to empty. In this case it is necessary to help the baby. There are several ways that you must try. To baby you can try a thermometer or a rectal tube. Attention her frequent use is not recommended. You can also try to train the baby. For example twist clockwise with feet, massaging the belly.

Finally, try teas that help the baby to defecate. From the completed third month of age are suitable teas - fennel or lemon balm. From four months you can try the juice of plums. Later, after the introduction more foods can help pear or apple snack.

Diarrhea babies you know with very frequent stools usually associated with mucus. In this case, we recommend that you find a pediatrician.





Diet for breastfeeding mothers

During lactation, the Mother share all their nutrients to her breastfed baby. It should therefore be a varied and balanced diet with no harmful or addictive substances. During breastfeeding can consume virtually different foods but isn't recommended the food that cause flatulence (beans, cabbage, garlic, etc.), because these difficulties also transferred to the baby. It is then more restless, crying and sleep less.

Eat fresh crops. Prepare a meal of raw materials, which will soon spoil, are lively and very valuable.

The diet should consist of:

50-55% carbohydrates (vegetables, potatoes, rice)

25 - 30% should represent fats (mainly vegetable fats and oils - are contained in vegetables and particularly in the seeds)

15-20% would be proteins (found primarily in meat).

The mother should **increase her intake of calcium**, which is increasingly drawn from her reserves in the bones and teeth. If the amount of calcium in the body too has fallen, it will appear increased **fragility of bones, tooth decay or bleeding**.

Calcium is found mainly in milk products - cheeses, yogurts, milk.

What should nursing mothers in nutrition avoided:

1. Exotic crops that mom classified in diet can cause allergies even a child who is only breastfed. Therefore, do not eat citrus fruits, kiwi, pineapple, exotic nuts.
2. Do not drink large amounts of milk as it is commonly recommended. Also other dairy products, such as yoghurts and cheese, mothers should be cautious. Large amounts of protein can cause loss of calcium from bones and teeth.





Diet for breastfeeding mothers

3. Do not drink 100% fruit juices, especially citrus, it can cause diaper rash or swelling in the child.
4. Least 2-3 months to be careful marshaling legumes and flatulent vegetables into your diet. They can cause painful bloating of the child.
5. If at all possible, give up white sugar and all delicacies prepared from it. When processing sugar in the body as is the case with proteins it consumes calcium. It mother during breastfeeding increasingly consumed. This is reflected in increased tooth decay, hair loss and fatigue.
6. Don't eat canned food, instant and additives. Your child may, after such a diet mothers begin to suffer from allergies, eczema.
7. Avoid all vitamin and multivitamin preparations with can harm you and your baby. Good, fresh and varied diet is entirely sufficient to the needs of your body and your baby.
8. Meat and eggs in any case, do not eat every day. Meat and eggs consumed more often represent a large load of animal proteins which are hard to digest. During this processing in the body it leads to depletion of calcium and magnesium.
9. Do not put to your partially breastfed infants drink "thirst" tea labeled as a child. This tea contains chamomile, which easily overdose your child. This tea is intended only for sick children. You can administer pain ache or diarrhea. Any herb should not drink more than 14 days. Breastfed babies do not need any tea.





Diet for breastfeeding mothers

Instead of milk you can cook:

Some cereal coffee, cereal drinks, cereal tea

Some herbal tea to support milk production:

Some nettle tea, anise, fennel and cumin. This tea can also drink mothers whose children suffer from flatulence. But don't drink this tea always and certainly not preemptively.

Fruit tea from fresh or dried fruit:

Pour boiling water to any soft fruit and let leach. Hard fruit boil short time ...

Legumes:

Start cautiously added to soups small amount of green peas and red lentils. If these soups baby unresponsive bloating, you can cook beans and peas. Pulses are cooked with thyme, savory, marjoram, it doesn't flatulence so much.

Flatulent vegetables:

(cabbage, cauliflower, broccoli) after delivery not included in the diet. Around 2-3 months of age we begin to prepare the vegetables in a normal pot, no pressure to make some substances can freely evaporate. Cook it with herb seasoning, which reduces problems with flatulence - marjoram, thyme, savory, cumin.



Steeply from the 4th month:

Carrot juice

carrots
water

on the friction grater grate the carrots. Pour baby water and leave 20-30 minutes to infuse. Subsequently, through gauze or a cloth squeeze out fine.

Tip! Use a glass mortar grater. When you use metal grater juice can get a metallic taste.

First carrot jelly

carrots
water
the broth of cumin or fennel
orangeade

Cleaned, washed carrots cut into slices, pour boiling baby water and simmer. Blend soft carrots mash or embossment.

Tip! If your child suffers bloating, you can suffocate carrot in broth cumin or fennel. In case of refusal to try adding a few drops of orange juice.

Pumpkin puree

pumpkin
water

Peel the pumpkin, scrape out, remove the seeds and cut into cubes, pour boiling water and simmer infant. Pumpkin finally mash or embossment.

Tip! How thick or thin puree prepare will depend on the age of the child. From the beginning it will be finer and thinner.



Steeply from the 4th month:

Broccoli puree

broccoli

water

The broth of cumin or fennel

To prepare broccoli puree first use fresh small florets, which are more subtle. Pour boiling water and simmer infant. Blend soft or embossment.

Tip! If you have a steamer, you can suffocate in steam. You can also use a scorcher. Soft broccoli with adding boiled baby water in a mash or embossment. If necessary, you can use broth of cumin or fennel.

Carrots and potatoes

carrots

water

orangeade

potato

the broth of cumin or fennel

Cleaned, washed carrots cut into slices, pour boiling water and simmer infant. Add the washed, peeled and cut potatoes into equal pieces after a few minutes. Blend soft vegetables or embossments.

Broccoli puree with potatoes

broccoli

water

potato

the broth of cumin or fennel

Wash the fresh small broccoli florets. Pour boiling water and simmer infant. After a few minutes add the washed, peeled and cut potatoes into equal pieces. Blend soft vegetables, embossments or mash and create smooth fine puree.

Tip! Served side dish should have a suitable temperature. It is not too hot not too cold.



Steeply from the 4th month:

Carrots with potatoes and green peas

carrots
potato
green peas
water
the broth of cumin or fennel

Cleaned, washed carrot cut into slices, pour boiling water and simmer infant. After a few minutes add the washed, peeled and cut potatoes into equal pieces and washed beads of green peas. Blend soft vegetables, embossments or mash.

Tip! If you prepare vegetables for older children (about 7 months), you can drop a quality single species vegetable oil (canola, olive).

Carrots and potatoes and spinach

carrots
potato
baby spinach
water
the broth of cumin or fennel
orangeade

Cleaned, washed carrot cut into slices, pour boiling water and simmer infant. After a few minutes add the washed, peeled and cut potatoes into equal pieces. The almost soft, add vegetables. Washed baby spinach leaves. Blend soft vegetables, embossments or mash.

Tip! For chronic rejecters try adding orange juice or grated little apple.



Steeply from the 4th month:

Turnip and fennel

young turnip
water

fresh sweet fennel

Cleaned young kohlrabi, cut into equal sized pieces, pour water and simmer. Tubers of clean fennel, cut into small pieces and add to the turnips. We can also use the leaves. Blend, soft, embossments or mash.

Tip! For the preparation of the first foods always use sweet fennel. Other species are much more aromatic. They can also be bitter.

Celery puree

celery
water

potato

Cleaned, washed celery cut into equally sized pieces, pour boiling baby water and simmer. Blend soft celery, embossments or mash. You can also prepare in steam in slices.

Tip! For older infants (about 7 months - it is very individual and it has to do with the growth of teeth) can be soft celery mash with a fork. Celery is useful to prepare together with lean, easily digestible meat (chicken, turkey, rabbit) as a source of iron.

Pumpkin puree with potatoes

pumpkin
the broth of cumin or fennel

potato
parsley

Peel the pumpkin, scrape out, remove the seeds and cut into cubes, pour boiling water and simmer infant along with washed and peeled potatoes. Blend, soft vegetables embossments.

Tip! If the child the puree avoided, try to prepare thinner variant - soup. You can add boiled egg yolk. Now is the right time to properly complement the dishes less aromatic green foliage.



Steeply from the 4th month:

Pumpkin puree with apple

pumpkin
apple
water
orange or tangerine juice

Peel the pumpkin, scrape out, remove the seeds and cut into cubes, pour boiling water and simmer infant along with washed, peeled apples and refined. Blend, soft embossments.

Tip! Apple may be exchanged for a different kind of fruit (peach, mango, apricot). Early classification of sweet fruit can cause rejection of vegetables.

Vegetable mash

carrots
potato
leek
the broth of cumin or fennel
parsley

Cleaned, washed carrots cut into slices, pour boiling water and simmer infant. After a few minutes add the washed, peeled and cut potatoes into equal pieces and a little leek, cut into circles. Blend soft vegetables, embossments or mash.

Tip! Vegetable dishes are prepared from 1-3 kinds of vegetables, no more. You have the ability to invent several different combinations and give to the child new tastes.



10 Psychomotor development of children

In assessing psychomotor development of children, you should not forget the following facts:

Each child is different and each child's development is unique. The speed with which the baby develops in the first year of life, does not suggest almost nothing about his future ability or intelligence,

Children learn new skills most similar order in more different time when they learn a new skill,

Child development often proceeds in steps, followed by those periods when nothing seems to happens,

If you suspect that a child have forgotten some previously acquired skills, is likely to be just learning something new and soon you will surprised by this new skill.



10 Psychomotor development of children

A child at the end of the first month should be able to:

- laying on belly to lift for a short time header
- focus on the face
- kicking
- on the back to turn its head from side to side

A child will be able to:

- react to loud noise (reaction might be shock, crying or vice versa its silence)
- monitor object, which holds a distance of 15 cm above his face
- after laying on its belly at least hold its head at an angle of 45 °
- Issue and sounds other than crying (e.g. Humming)
- smile respond to your smile

and child might even be able to:

- after laying on belly hold its head at an angle of 90 °
- tummy flip its head from side to side
- keep upright header itself
- lift its feet off the mat
- put together both hands
- spontaneously laugh
- laugh out loud
- height of joy
- suck its hands
- watch from side to side object that you hold at a distance of 15 cm over its face



10 Psychomotor development of children

A child at the end of the 2nd month should be able to:

- respond smile on your smile
- monitor object, which you hold a distance of 15 cm above its face
- react to loud noise (reaction might be shock, crying, or vice versa its silence)
- Issue and sounds other than crying (e.g. humming)

A child will be able to:

- after laying on its belly at least hold its head at an angle of 45 °
- tummy flip its head from side to side
- keep upright header itself
- after laying on belly rebel hands
- lift its feet off the mat
- rewind it (one way)
- suck its hands
- grasp served rattle
- pay attention to small objects
- reach for objects
- babbling simple syllables

And it might even be able to:

- spontaneously laugh
- put together both hands
- view its hands
- loosen the grip of the fingers into a fist (first released thumb)
- after laying on belly hold its head at an angle of 90 °
- laugh out loud
- height of joy
- recognize familiar faces and things
- watch from side to side object that you hold at a distance of 15 cm over its face



A child at the end of the 3rd month should be able to:

- after laying on belly hold its head at an angle of 45°
- tummy flip its head from side to side
- lift its feet off the mat
- Monitor object, which you hold a distance of 15 cm above the face

Probably should be able to:

- laugh out loud
- after laying on belly holds its head at an angle of 90°
- height of joy
- put together both hands
- loosen the grip of the fingers into a fist
- view its hands
- spontaneously laugh
- watch from side to side object that you hold at a distance of 15 cm over its face
- keep upright header itself
- after laying on belly rebel hands
- rewind it (one way)
- grasp served rattle
- pay attention to small items

and might even be able to:

- keep on feet partly of its body weight when you hold him upright,
- reach for objects
- keep the head upright when he hands it attract into a sitting position
- rotate on the voice, especially mom's voice
- recognize familiar faces and things
- babbling simple syllables (GEE or KAA)
- imitate simple sounds
- play a game of hide-and-cuck
- spitting saliva



A child at the end of the 4th month should be able to:

- after laying on belly hold its head at an angle of 90°
- laugh out loud
- watch from side to side object that you hold at a distance of 15 cm over his face
- view its hands

probably will be able to:

- keep upright head itself
- after laying on belly rebel hands
- rewind it (one way)
- grasp served rattle
- pay attention to small objects
- reach for objects
- height of joy
- play a game of hide-and-kuku
- recognize familiar faces and things
- keep the head upright when it hands you attract into a sitting position
- rotate the voice, especially voice moms
- babbling simple syllables (GE or KA)
- spitting saliva

and might even be able to:

- keep feet partly of its body weight when you hold him upright
- laugh at her reflection in the mirror
- recognize the kind and stern tone of speech
- rewind it (in both directions)
- knowingly waived object that no longer needs
- imitate simple sounds
- protest if he'll want to take a toy



A child at the end of the 5th month should be able to:

- keep upright header itself
- after laying on belly rebel hands
- rewind it (one way)
- pay attention to small objects
- height of joy
- recognize familiar faces and things
- reach for objects
- spontaneously laugh
- grasp served rattle

probably will be able to:

- keep feet partly of its body weight when you hold him upright
- keep the head upright when he hands you attract into a sitting position
- babbling simple syllables (GE or KA)
- rewind it (in both directions)
- spitting saliva
- laugh at its reflection in the mirror
- recognize the kind and stern tone of speech
- imitate simple sounds
- play a game of hide-and-kuku
- rotate the voice

and might even be able to:

- keep hands to pull himself up to a standing position
- sit without support
- Holding the state with something or someone
- knowingly waived object that no longer needs
- protest if he'll want to take a toy
- try to get the toy, which is beyond its reach
- move things from hand to hand



10 Psychomotor development of children

Child at the end of 6th months should be able to:

- keep the head upright when he hands you attract into a sitting position
- babbling simple syllables (GE or KA)
- play a game of hide-and-kuku
- rewind it (in both directions)

probably will be able to:

- keep feet partly of its body weight when you hold it upright
- holding the state with something or someone
- protest if he'll want to take a toy
- knowingly waived object that no longer needs
- try to get the toy, which is beyond its reach
- move things from hand to hand
- imitate simple sounds
- search for a dropped object
- grasp a small object in the palm (palm grip)
- rotate the voice
- spitting saliva
- babbling repetitive syllables such. Ma ma ma, ba ba ba

and might even be able to:

- keep hands to pull himself up to a standing position
- sit without support
- get out of position to a sitting position on the ball
- respond to its name
- bang dice for themselves
- view its legs and play with them
- eat itself some food in its hand (crisps, biscuit)
- focus on one thing long period (several minutes)
- grasp a small object between thumb and forefinger (pincer grip)



10 Psychomotor development of children

A child at the end of the 7th month should be able to:

- eat itself some food in its hand (crisps, biscuit)
- move things from hand to hand

probably will be able to:

- keep feet partly of its body weight when you hold him upright
- sit without support
- bang dice for themselves
- protest if he'll want to take a toy
- try to get the toy, which is beyond its reach
- view its legs and play with them
- search for a dropped object
- imitate simple sounds
- grasp a small object in the palm (palm grip)
- eat itself some food in its hand (crisps, biscuit)
- rotate the voice
- respond to its name
- babbling repetitive syllables such. Ma ma ma, ba ba ba
- Holding the state with something or someone

and might even be able to:

- keep hands to pull itself up to a standing position
- holding the state with something or someone
- get out of position to a sitting position on the ball
- crawl on all fours
- do Paci, paci or Pa, pa
- focus on one thing long period (several minutes)
- grasp a small object between thumb and forefinger (pincer grip)
- walking around furniture



10 Psychomotor development of children

A child at the end of the 8th month should be able to:

- keep feet partly of its body weight when you hold him upright
- imitate simple sounds
- respond to its name
- grasp a small object in the palm (palm grip)
- rotate the voice
- Search for a dropped object

probably will be able to:

- holding the state with something or someone
- sit without support
- protest if he'll want to take a toy
- try to get the toy, which is beyond its reach
- focus on one thing long period (several minutes)
- find for a dropped object
- crawl on all fours
- get out of position to a sitting position on the ball
- keep hands to pull itself up to a standing position
- grasp a small object between thumb and forefinger (pincer grip)

and you might even be able to:

- do Paci paci or Pa, pa
- walk around furniture
- stand a moment without support
- pointing finger at things
- communicate with gestures and sounds
- deliberately say mom or dad
- understand the word „no“ (of course do not have to listen to)



A child at the end of 9th months should be able to:

- try to get the toy, which is beyond its reach
- search for a dropped object
- sit without support
- crawl on all fours

probably will be able to:

- keep hands to pull itself up to a standing position
- get out of position to a sitting position on the ball
- protest if he'll want to take a toy
- holding the state with something or someone
- grasp a small object between thumb and forefinger (pincer grip)
- communicate with gestures and sounds
- pointing finger at things
- do Paci, paci or Pa, pa
- walk around furniture
- understand the word „no“ (of course does not listen)

and might even be able to:

- send you the ball back
- separately drink from a cup
- grasp a small object tips of the thumb and index finger (pinch grip)
- stand a moment without support
- deliberately say mom or dad
- build a tower of two cubes
- keep in hands two subjects
- say one word other than mom or dad
- listen to one word instruction accompanied by a gesture



10 Psychomotor development of children

A child at the end of the 10th month should be able to:

- holding the state with something or someone
- keep hands to pull itself up to a standing position
- protest if he'll want to take a toy
- communicate with gestures and sounds

probably will be able to:

- get out of position to a sitting position on the ball
- do Paci, paci or Pa, pa
- grasp a small object between thumb and forefinger (pincer grip)
- walk around furniture
- understand the word „no“ (of course does not listen)
- become a moment without support
- deliberately say mom or dad

and might even be able to:

- express its desire other than crying
- send you the ball back
- keep in hands two subjects
- separately drink from a cup
- assist with dressing setting foot or hand
- throw things and watch them fall
- grasp a small object tips of the thumb and index finger (pinch grip)
- build a tower of two cubes
- become well without support
- say one word other than mom or dad
- imitate adults while babbling intonation
- listen to one word instruction accompanied by a gesture
- walk well



10 Psychomotor development of children

A child at the end of the 11th month should be able to:

- get out from position on its belly to a sitting position
- grasp a small object between thumb and forefinger (pincer grip)
- understand the word „no“ (of course does not listen)

Probably will be able to:

- do Paci, paci or Pa, pa
- walk around furniture
- grasp a small object tips of the thumb and index finger (pinch grip)
- stand a moment without support
- keep in hands two subjects
- throw things and watch them fall
- build a tower of two cubes
- deliberately say mom or dad
- say one word other than mom or dad

and might even be able to:

- stand well without support
- to express their desire other than crying
- send you the ball back
- separately drink from a cup
- imitate adults while babbling intonation
- say three or more words than other mom or dad
- assist with dressing setting foot or hand
- listen to one word instruction accompanied by a gesture
- walk well



10 Psychomotor development of children

A child at the end of the 12th month should be able to:

- build a tower of two cubes
- walk around furniture
- deliberately say mom or dad

probably will be able to:

- do Paci, paci or Pa, pa
- grasp a small object tips of the thumb and index finger (pinch grip)
- assist with dressing setting foot or hand
- stand a moment without support
- say one word other than mom or dad
- express its desire other than crying
- send you the ball back
- imitate adults while babbling intonation
- walk well

and might even be able to:

- say three or more words than other mom or dad
- feed itself with a spoon
- separately drink from a cup
- draw a line
- listen to one word instruction unaccompanied gesture



10 Psychomotor development of children

A child at the end of the 13th month should be able to:

Intellectual development

At the beginning of the second year, children love to discover and explore new things. During this period, they pick up (and often still in their mouth) anything in their path. All they can find are studying, test, rotate, bend, squeezing, combined with other things like. The cause and effect very interested them. They live for the moment and so they cannot imagination and abstract think.

Emotional development

In this period starts to open up the whole world before the children and they are beginning to express a wide range of moods, feelings and behavior. Be prepared for it - your child will evince affection, independence, anxiety, fear, anger, disapproval, stubbornness, sadness, concern and confusion.

Children grow and evolve at a different pace. The information above is only a guide and cannot expect that your child will develop exactly according to this description.

Probably will be able to:

- attract a standing position
- get itself into a sitting position
- hold to switch between two points, e.g. between the chairs
- do Paci, paci
- express their desire other than crying
- put the subject into the box
- stand without support
- walk well
- use one or two intelligible words
- drink from a cup
- listen to one word instruction unaccompanied gesture
- point to an object of interest
- scribble pencil
- walk well



10 Psychomotor development of children

Baby on the 14th of the month should be able to:

- wave Pa, pa
- stand without support
- put the subject into the box
- listen to one word instruction unaccompanied gesture

probably will be able to:

- bend down for an object and re-build
- walk well
- scribble pencil
- reproduce the sounds of some animals or things
- point to an object of interest
- drink from a cup
- use three words

and might even be able to:

- build a tower of two cubes
- use a spoon or fork (although not completely finished eating itself)
- undress one piece of clothing
- imitate actions
- turning pages in a book (although not carelessly)
- use 6 or more words
- climb on a low stool
- jogging
- at the request of the show one part of its body
- climb stairs
- listen to more complex instruction unaccompanied gesture (takes something and carry them somewhere)



10 Psychomotor development of children

A child at the end of the 15th month should be able to:

- walk well
- bend down for an object and re-build
- use at least one word

Probably will be able to:

- use two words
- drink from a cup
- scribble pencil
- imitate actions
- reproduce the sounds of some animals or things
- turning pages in a book (although not carelessly)
- climb on a low stool
- build a tower of two cubes
- at the request of the show one part of its body
- use a spoon or fork (although not completely finished eating itself)
- show the subject of your interest

and might even be able to:

- jogging
- pull behind a toy on a string
- undress one piece of clothing
- listen to more complex instruction unaccompanied gesture (takes something and carry them somewhere)
- climb stairs
- „feed“ a doll



Child in the late 16th months should be able to:

- imitate actions
- scribble pencil

probably will be able to:

- use three to six words
- drink from a cup
- climb on a low stool
- pull behind a toy on a string
- jogging
- use a spoon or fork (although not completely finished eating itself)
- turning pages in a book (although not carelessly)
- undress you one piece of clothing
- at the request of the show one part of your body
- climb stairs
- „feed“ a doll
- build a tower of two cubes

And might even be able to:

- listen to more complex instruction unaccompanied gesture (takes something and carry them somewhere)
- ride a pushbike
- walk backwards
- kick the ball back



Baby on the end of the 17th month should be able to:

- use two words
- drink from a cup

probably will be able to:

- build a tower of two cubes
- jogging
- climb on a low stool
- climb stairs
- at the request of the show one part of its body
- pull behind a toy on a string
- listen to more complex instruction unaccompanied gesture (takes something and carry them somewhere)
- use a spoon or fork (although not completely finished eating itself)
- undress one piece of clothing
- „feed“ a doll

and might even be able to:

- build a tower of four cubes
- point by finger two subject at the picture
- walk backwards
- ride a pushbike
- connect words
- throw the ball overarm
- kick the ball back
- speak clearly in half of the cases



10 Psychomotor development of children

A child at the end of the 18th month should be able to:

- use three words
- climb on a low stool
- pointing to the object of their interest

Probably will be able to:

- jogging
- use a spoon or fork (although not completely finished eating itself)
- build a tower of four cubes
- at the request of the show one part of its body
- point by finger two subject at the picture
- ride a pushbike
- walk backwards
- undress one piece of clothing
- you kick the ball back
- „feed“ a doll
- climb stairs
- listen to more complex instruction unaccompanied gesture (takes something and carry them somewhere)

and might even be able to:

- speak clearly in half of the cases
- identify one picture
- throw the ball overarm
- stand on tiptoe
- connect words
- use 50 or more different words



10 Psychomotor development of children

A child at the end of the 19th month should be able to:

- use three words
- pointing to the object of its interest

probably will be able to:

- „feed“ a doll
- use six words
- identify one picture
- connect words
- ride a pushbike
- undress one piece of clothing
- walk backwards
- speak clearly in half of the cases
- climb stairs
- jogging
- use a spoon or fork (although not completely finished eating itself)
- build a tower of four cubes
- you kick the ball back
- throw the ball overarm
- listen to more complex instruction unaccompanied gesture (takes something and carry them somewhere)
- point the finger at the picture two subjects

and might even be able to:

- name the six parts of its body
- stand on tiptoe
- use 50 or more individual words
- wash and dry its hands



10 Psychomotor development of children

Baby on the end of the 20th month should be able to:

- use a spoon or fork (although not completely finished eating itself)
- jogging

probably will be able to:

- connect words
- build a tower of four cubes
- identify one picture
- name the six parts of its body
- point by finger two subject at the picture
- listen to more complex instruction unaccompanied gesture (takes something and carry them somewhere)
- you kick the ball back
- wash and dry its hands
- stand on tiptoe
- undress one piece of clothing
- throw the ball overarm
- speak clearly in half of the cases
- use 50 or more individual words

and might even be able to:

- identify four pictures
- build a tower of six cubes
- using brush its teeth



10 Psychomotor development of children

A child at the end of the 21th month should be able to:

- build a tower of two cubes
- at the request of the show one part of its body

Probably will be able to:

- connect words
- kick the ball back
- listen to more complex instruction unaccompanied gesture (takes something and carry them somewhere)
- name the six parts of its body
- throw the ball overarm
- stand on tiptoe
- point by finger two subjects at the picture
- speak clearly in half of the cases
- use 50 or more individual words
- wash and dry its hands
- undress one piece of clothing
- brush its teeth

And might even be able to:

- dress any part of the outfit



10 Psychomotor development of children

Baby on the end of the 22nd month should be able to:

- use six words
- climb stairs

Probably will be able to:

- connect words
- build a tower of six cubes
- kick the ball back
- undress one piece of clothing
- listen to more complex instruction unaccompanied gesture (takes something and carry them somewhere)
- throw the ball overarm
- use 50 or more individual words
- speak clearly in half of the cases
- name the six parts of its body
- dress any part of the outfit
- wash and dry its hands

And might even be able to:

- speak in sentences
- inflect and time
- jump in the air



10 Psychomotor development of children

A child at the end of the 23rd of the month should be able to:

- kick the ball back

Probably will be able to:

- connect words
- name the six parts of its body
- undress one piece of clothing
- throw the ball overarm
- speak clearly in half of the cases
- use 50 or more individual words
- identify four pictures
- dress any part of the outfit

And might even be able to:

- speak in sentences
- inflect and time
- leap in the air
- use prepositions



10 Psychomotor development of children

Child at the end of 24th months should be able to:

- undress one piece of clothing
- „feed“ a doll
- build a tower of four cubes
- identify two images

Probably will be able to:

- build a tower of six cubes
- throw the ball overarm
- speak in sentences
- inflect and time
- leap in the air
- dress any part of the outfit

And might even be able to:

- draw a vertical line
- use up to 300 words
- recognize basic colors
- build a tower of eight cubes
- continuously make two or three sentences



10 Psychomotor development of children

Two and a quarter of year

A child at this age should be able to:

- use 50 or more individual words
- connect words
- listen to more complex instruction unaccompanied gesture (takes something and carry them somewhere)

Probably will be able to:

- wash and dry its hands
- leap in the air
- throw the ball overarm
- dress any part of the outfit
- speak clearly in half of the cases
- brush its teeth
- build a tower of eight cubes
- use prepositions
- continuously make two or three sentences

And might even be able to:

- stand on one leg
- say one or two poems
- dress a t-shirt
- string beads
- ride on a tricycle
- recognize basic colors
- describe friend called



10 Psychomotor development of children

Two and half year

The child of this age should be able to:

- identify and show some pictures
- dress any part of the outfit
- leap in the air
- name the six parts of its body

Probably will be able to:

- draw a vertical line
- continuously make two or three sentences
- wash and dry its hands
- string beads
- speak clearly in half of the cases
- use prepositions
- say one or two poems
- stand on one leg
- throw the ball overarm
- build a tower of eight cubes
- identify one color
- describe friend named

And might even be able to:

- stand on one leg longer
- describe what it is for two subjects
- dress a t-shirt
- walk down stairs alternating feet
- ride on a tricycle
- catch the ball, which suits him
- recognize basic colors
- draw a recognizable picture
- use two adjectives
- inflect and time
- jump into the distance



10 Psychomotor development of children

2 years and 3 quarters of the year

A child of this age should be able to:

- brush its teeth
- build a tower of six cubes

Probably will be able to:

- draw a vertical line
- stand on one leg
- describe friend called
- continuously make two or three sentences
- build a tower of eight cubes
- speak clearly in half of the cases
- walk down stairs alternating feet
- wash and dry its hands
- throw the ball overarm
- use prepositions
- ride on a tricycle
- identify one color
- use two adjectives
- jump into the distance
- dress a t-shirt

And might even be able to:

- stand on one leg longer,
- recognize basic colors,
- draw a recognizable picture,
- inflect and time,
- catch the ball, which suits him,
- tell a short story (fairy tale)
- describe what it is for two subjects,
- count to three.



3 years

Children at this age should be able to:

- identify and show some pictures
- wash and dry its hands
- describe friend called
- throw the ball overarm
- speak clearly in half of the cases
- continuously make two or three sentences
- use prepositions

probably will be able to:

- use two adjectives
- dress a t-shirt
- identify the four colors
- catch the ball, which suits him
- count to three
- jump into the distance
- draw a recognizable picture
- inflect and time
- walk down stairs alternating feet
- tell a short story (fairy tale)
- stand on one leg longer
- describe what it is for two subjects

and might even be able to:

- draw a circle
- sprinkle a meal out of the box into a bowl
- separately to dress



11 Tips for parents of pre-school child

(the help for parents)

Parents often ask, what should their children at the time of their pre-school age, usually handle. We recommend to parents to their basic orientation in matters of custody of children following training "Ten Commandments" the age and needs of the child adequate knowledge and skills that were not acquired the child should be conducted during the preschool age, whether in kindergarten or in the family. It is natural, normal, that every child can handle "Ten Commandments" in degree and scope of their individual capabilities. It is only an orientation aid, which responds to questions many parents, especially those whose children do not attend regular kindergarten.

1. The child should be sufficiently physically fit and physically mature.

Usually should to:

- maintain the correct posture, run, jump, manage different types of climbing, overcome obstacles, to move in different environments and terrain, be reasonably agile, be physically active for longer

2. The child should be independent in self-care.

Usually should to:

- undress, dress up and put on, eat, pour yourself a drink, use cutlery, eat clean, handle personal hygiene, managing small cleanup work, can take care of its belongings

3. The child should manage adequate language and speech skills.

Usually should to:

- pronounce correctly all sounds, speak in sentences, to formulate a question, tell a story, describe the situation, etc. It should speak mostly grammatically correct (use the correct gender, number, time, shapes, words, prepositions etc.), Understand most words



11 Tips for parents of pre-school child

and expressions commonly used in its environment, have adequate vocabulary to be able to identify most of what it is surrounded, naturally and understandably talk with children and adults, to conduct an interview, negotiate with

4. The child should manage hand-eye coordination, fine motor skills, left-right orientation.

Usually should to:

- use everyday objects, toys, tools and equipment (to work with construction, model, trim, draw, paint, etc.)
- manage operations with smaller objects (beads, tiny building blocks etc.), Hold a pencil correctly, three fingers with a loose wrist
- keep track of pencils, crayons, brushes (to trace, to color, smooth strokes lead)
- mark its drawing symbols, letters or. try to write in capital letters full name, imitate basic geometric shapes, different shapes, distinguish right and left side, right and left hand, sort from left to right, right to left and in other directions, prioritize the use of either hand during drawing or other activities where the hand preference applies

5. Child should be able to distinguish between visual and auditory sensations.

Usually should to:

- distinguish the essential characteristics of objects (distinguish colors, shapes, figures and background), compose images of several shapes, found differences in two pictures, add details to perceive changes in the picture and in fact
- distinguish simple pictorial symbols and even simple symbols and characters with abstract form (letters, numbers), to distinguish sounds, words consist of several syllables, hearing spread the word into syllables, recognize initial sounds in a word, clap syllables in a word



11 Tips for parents of pre-school child

6. Child should manage simple logical thinking and arithmetic operations.

Usually should to:

- point fingers or objects to count, count on the fingers, counting one by one, to understand that the number represents the number of
- enumerate numerical series and determine the number of elements in the range of at least six, compare the number of elements recognize different shapes and body (circular, square, etc.).
- distinguish and compare the properties of objects (size, shape, etc.), Finding common and different features, sort, group and assign objects according to given criteria
- think, lead a simple idea, comment on what he is doing to solve simple problems and situations, verbal examples, problems, riddles, puzzles, mazes
- understand the spatiotemporal concepts (the top, bottom, bottom, top, sooner or later, yesterday, today), terms indicating the size, weight (long, short, small, big, heavy, light)

7. Child should have a sufficiently developed intentional attention and memory.

Usually should to:

- maintain focused attention on the activities for a certain period of time (about 10 -15 min.), Pay intently and activities that are not currently interesting for them and which have been entered
- deliberately remember what experienced, seen, heard, after a reasonable period of time to this recall and reproduce, familiar rhymes, poems, songs, activities proceed in accordance with the instructions, work independently



11 Tips for parents of pre-school child

8. Child should be adequately emotionally and socially mature and independent.

Usually should to:

- be a certain part of the day without any problems be separated from parents, behave in a controlled, without major fluctuations in moods, to control its feelings (to respond appropriately to a small failure, wishes to defer to a later time, adapted to the specific activity or situation)
- apply the basic rules of society (greet, ask, thank, apologize), to establish contacts with the child and adults interact with them
- the children to behave friendly, sensitive and considerate, take others into consideration, engage in group work, negotiate and agree, pronouncing and defend its opinion
- observe the group (in the family), fixed and understood the rules if instructions are given, be understood to follow them (follow the instructions)

9. Child should be able to feel adequate cultural impulses and express themselves in creative activities.

Usually should to:

- listen carefully and follow with interest the literary, cinematic, dramatic or musical performances, attend children's cultural programs and events (exhibitions), entertainment events, festivals, sporting events
- relate what it has seen, heard, to be able to say what was interesting, it intrigued
- be interested in books, know the fairy tales and stories, have its favorite hero
- know the wide range of songs, poems and rhymes, reproduce it, sing, handle simple theatrical role, draw, paint, model, create, play and creative thematic games (school, to family, to travel to the doctor)



11 Tips for parents of pre-school child

10. Child should be able to adequately orient in their environment.

Usually should to:

- make sense of its environment (home, school) to navigate reliably in the vicinity (know where they live, where they go to school, where there are shops, playgrounds etc.).
- manage routine practical activities and situations that meets regularly (to handle small wink, buy and pay in the store, ask for what it need, ask for it don't understand, be able to make calls, take care of order and cleanliness , self-serve, handles minor cleaning work, care for plants or small pets)
- know how to behave (home, in kindergarten, in public, at the doctor, at the theater, in the store, on the playground, at a meeting with strangers and strangers) and try to adhere (to behave appropriately and safely, be aware of potential hazards,
- know and usually follow the basic rules of behavior on the street (be careful when crossing, understand the traffic lights)
- have elementary knowledge about themselves, its environment and the wider world (body parts i know some authorities know who the members of the family and what they do, to distinguish various occupations, know conventional equipment, tools, know the names of some plants, trees, animals and other living creatures know what the money is oriented in vehicles, to know some technical devices etc.).



12 Recipe

Baked spaghetti

Ingredients:

one packet of spaghetti
chicken breast fillets (at least 2 pieces)
ketchup (can be spicy)
150 grams of Eidam cheese (coarsely grated)
150 grams of Niva cheese (coarsely grated)

oil
grilling spices

Procedure:

Chicken meat cut into small pieces a day in advance to handle this mixture of oil and grill seasoning. Cook the spaghetti and fry the chicken until it is soft. Do we put all the baking dish spaghetti, sprinkle with zigzag ketchup, it will spread the chicken and sprinkle thickly grated cheese mixture of both. We'll bake in the oven until the cheese begins to bubble. Speed option, if it is not time to dispose of meat: chicken instead I use chicken ham cut into small cubes (or coarsely grated) and mix it directly into spaghetti. To make it with the ham weak, so I give a little cut paprika salami.

Chicken hodgepodge

Ingredients:

chicken strips
canned sweet corn
cream
red sweet pepper / pinch /, cumin, salt, basil, a pinch of pepper, oil,
hard cheese, pasta

mushrooms / canned /
parsley
onions

Procedure:

Fry onion in oil, fry meat, spice, add the mushrooms and let braise until the meat is tender Add corn, pour cream and sprinkle with chopped parsley let simmer gently on boiled and strained pasta sprinkle grated cheese and pour sauce

2nd day is unbeatable!



The Basque beans

Ingredients:

1 and 1/2 bag frozen green beans (about 500 g)
4 peeled and diced tomatoes
1 medium finely chopped onion
1 tbsp. olive oil
50 g diced Debrecen sausage
2 cloves finely chopped garlic
salt and pepper

Procedure:

In a pot with thick bottom let the heat oil and put the bacon. Add the onions and let brown. Insert the tomatoes, salt and pepper. Then pour into a pot of beans and garlic. Cover with water, cover with a lid and simmer over low heat until soft pods and water boiled in excellent condition. As attachment suffice 2 slices of bread brittle.

Green beans with ginger

Ingredients:

beans (fresh, canned or frozen) oil, ginger, salt, a little sugar, 1 spoon Ice Worchester, 1 tablespoon soy sauce, broth of meat or soup space

Procedure:

Heat the oil, add to it a heaping teaspoon of ginger (minced), add chopped green beans, salt and fry. After a while, pour the broth, add salt, sugar, Worchester, soya sauce, even a little more ginger. We simmer, stirring occasionally. Finished could douse fry bacon - but need not be. Serve either with boiled potatoes or bread.



Crumb chicken breast

Ingredients:

3 large chicken breasts

4 cloves of garlic

small cup (60 g) grated Gouda

small cup (60 g) breadcrumbs

80 g butter

sweet paprika, pepper, salt
oil

Procedure:

Chicken breasts cut into smaller cuttings and slightly tenderize. Mix the breadcrumbs with grated cheese and pepper. Mix meat with salt and pepper. In saucepan, melt the butter, stir pressed garlic and wrap the meat in the mixture. Slices of meat further coat in breadcrumbs prepared with ingredients. Place on a greased baking dish slightly with oil and bake in oven preheated to 200 ° C for about 30 minutes. When baking, pour a few tablespoons of water.

Spaghetti Bolognese

Ingredients:

400 g minced lean pork shoulder

1 large carrot

2-3 cloves of garlic

2 bay leaves

4 tablespoons oil

1 small tomato puree

1 package of pasta

1 large onion

3 stalks celery

pepper, salt, thyme

150 ml of red wine

500 ml tomato juice

grated cheese for sprinkling

Procedure:

Clean and stalks celery, cut into small pieces. Cut the onion into small cubes peeled carrots and grate on large strips. Pour oil into a saucepan and fry the vegetables into brown. Put the minced meat and fry until the meat does not share. Pour in the wine and let fry again. Add salt, spices, pressed garlic and pour tomato juice. Stir puree and let it slowly suffocate occasional mixing 1.5 - 2 hours. Serve with cooked pasta sprinkled with grated cheese.



Meatballs stuffed with mozzarella

Ingredients:

500 g minced pork	eggs
1 large onion	4 tablespoons bread crumbs
spices Adam's rib	basil, salt
mozzarella wrapped 125 g	oil for frying

Procedure:

Mix the minced meat with eggs, finely chopped onion and basil, season, season with salt and eventually thicken with breadcrumbs. Shape 4 dough patties, which are filled with a slice of mozzarella and shape the dough burger. Fry in oil and let them drain on a napkin.

Meatballs in tomato sauce

Ingredients:

500 g minced meat	1 egg
1 heaped tablespoon plain flour	1 onion
3 tablespoons bread crumbs	salt, pepper, garlic
breadcrumbs to coat	oil for frying

Tomato sauce:

2 onions	2 Tomato paste (after 140 g)
3 tablespoons oil or lard	sugar
1 teaspoon thyme, a pinch of cinnamon	
3 medium bay leaves, salt	4 balls allspice
6 peppercorns, cloves 2	meat broth or soup spice

Procedure:

On fat fry chopped onion, add spices and let it also be a little while rest. Add the tomato paste, salt, and pour the broth after a while. Cook for about 30 minutes and Strain. Thicken the sauce with a little flour mixed in cold water. Simmer, sweeten and flavor. On the meatballs, mix all ingredients well and work our way we create balls that encases the breadcrumbs. Fry in frying pot or frying pan with oil. Serve with pasta.



Broccoli cream soup

Ingredients:

1 package broccoli
1 vegetable bouillon
200 ml cream for cooking
salt, pepper
1-2 cloves of garlic

procedure:

Broccoli wash, peel and cut into slices. Put in a pot with 1.5 liters of water and vegetable broth. Cook until soft and then mix, pour the cream and add the pressed garlic. Remove from the fire, season with salt, pepper, and we can also add nutmeg.

Leek soup

Ingredients:

2 leeks
3-4 potatoes
piece of butter
2 vegetable stock
150 ml of whipped cream
curry powder, salt
parsley

Procedure:

Well washed leeks, cut into slices and fry in butter. Add the peeled raw potatoes finely chopped, vegetable broth and pour water. Cook for about 20 minutes. Stuffed potatoes and leeks in a mixer, pour the cream, season with curry powder and cook briefly. Serve with fried croutons and finely chopped parsley.



13 Říkadla s ukazováním

Beetle

The beetle is climbing (climb on knees)

wind is blowing. (Blow)

It turns around, (we turn around the abdomen)

Call a doctor

rolled the beetle. (Then lie on the back and knocks his legs and arms)

Crow

The crow is flying (Cross the hands palms up, engage them together by the thumbs, other fingers move)

it haven't children. We have them,

but not sell them, (dismissive shake your head)

because we love them. (Rock, kiss, hug)

The mouse was running

A mouse was running around the belly. (Index finger circling around the belly) ran, ran, (accelerating circling and lessen the rings)

Jump to the navel. (Index finger fits into navel)

Daisy

When the sun rises, rises daisy. (Squats hands before yourself, rise to a standing position „daisy grows“)

Do up your eyebrows, on the bow waves. (Alternating right and left hand in front of his face as comb our eyebrows)

When the sun sets, daisy languishes. (Standing, joined hands in front of, we descend into a squat)

To sleep to could bed. (Joined hands alternately give right and left cheek as if sleep)

When dressing

Train goes to the tunnel and where is the way? Now is out the hand or a foot. (When they are dressing clothes)



13 Říkadla s ukazováním

Hamster

Dear Uncle, period. I'm sending you a hamster, period. (Child is sitting with its back to you, and as we write on the back at the word dot gently with your finger will do) Hamster scratches (Scratch child on back), biting (biting fingers outline), tickle (tickle child), be careful whether he tickle you. (Still tickling) Glue the envelope (we stroke the baby's back like an envelope and seal), stick (like glue), stamp (fist tap on ,em) and send it by mail (we will push the baby's arms).

Beat, beat

Beat, beat on the door, we have four kittens. (Slap your hands on your thighs or can also clap)

First mewling, (my mom tickle on his right hand and goes „meow“)

other before, (tickle me on his left hand imitates purring cat)

third can't sleep. (Tickle me on the left leg and sighs)

And the fourth sputters, (tickle me on the right leg and sputters)

the tail flopping. (Creeps me right fingers and laughing)

Cooked mouse

She cooked for lunch mouse flakes (my mom after circling his index finger outstretched palm)

porridge and soup for our cats. (when „porridge“ I will press your thumb on the „soup“ index finger, then he folds middle, ring finger and little finger), cooked, boiled, (again I circled on the palm)

It burned everything, (close-up looks at my outstretched palm)

flower bed overflowed. (Puts his hand on my head pointer)

Cot was sleeping under the window in the garden. (Lightly grabs a nose)

Porridge on his head, (one of my fingers caress the tip of the nose) laughed kittens. (Moving all her fingers)



13 Říkadla s ukazováním

Clown

When you pull the cord, clown will jump up.
Throw up his hands, kicks off his feet,
like riding a horse, eventually bows.

Clap your hands

Clap, clap these are my hands,
Taps, Taps, those are my legs.
Pointers to do its feet, and to run,
eyes to see ears to hear,
mouth is for eating and nose to snooping.
Sniff, sniff

Frog

Frog climbs the ladder (hands in front of him, and as they climb up the ladder) stretches electricity (hands over his head into stretched out, both of them) it cannot, it cannot (as if they did so to all sorts) to leave for the summer. (Clap to the beat)

On a trip

On the trip we go together, uphill and downhill. (Beg squatting falters in the crucible rise to standing „uphill“ and vice versa „downhill“) We run down the hill at a trot, as if coming by bus. Running, running, not wait for anyone. (Kids start running around the room) From the trip we cannot, we help the feet. One step and the second step, this year will go home. (Lean forward to catch legs for ankles, so we walk around the room)

We sit on a horse

We sit on a horse, go to the forest, go to the fields, (sits on the floor, legs stretched, the child sit facing each other, the rhythm rhymes baby bob) Beat and nothing hurt us. (Child we roll on his back, lying on our feet)



13 Říkadla s ukazováním

Walk with dog

Come on, let's go for a walk, have a dog on a string,

Pick up your doggy foot and crossing the puddle (we're doing next to each child's hand, large baby steps beyond „puddle“)

Come on, let's go for a walk, have a dog on a string, doggy bark nicely into the house run! (We lead the child's hand and it barks on „into the house“ to stop and child climbs under our legs)

Bubble

Silently children, news, bubble arrived. (Catch hands, create a circle with the children, everyone closer together and whispering)

The balloon inflates, flies, flies, flies, (bubble „inflate“ so that away from each other, „flies“ we turn it clockwise circle)

came to our yard, did bum. (We start to clap and squat)

Pie

Such, Such, will strudel poppy,

Hami, Hami, Hami, since our mother. (child lies down on its back and his mother as' kneads dough „)

Roll out, fill, bake, slice and then eat. (Movements suggesting described acts „roll out“ - as we ride roller tummy, „is filled with“ - she taps her hands on the belly, „bake“ - Press mouth belly and blow warm air ...)

Stretching

A nice girl sit, a good boy sit, now both pretty lie down. They stay quietly no torment.

The girl lies on the back, the boy lies, now on belly rolls to stay quietly no torment.

On the feet sits girl, on the feet sits boy, pull up their arms no torment.



13 Říkadla s ukazováním

When I reach

When I reach, I reach up high when I reach great I am.
When I do I duck, jump right back when I was I duck, I'll jump!
When I turn the wheel, the whole world spin when I turn the wheel,
spin the world. (Rhyme specify mentioned movements)

Feed horses

I feed horses, turns to the feet,
first one then the other, work out with me both,
One and second leg and I'm doing a horse..
First one then the other, play with me both.

Potato

Roll the big potato from the yard. (Hands in front of us, tangling with them as a „roll“) did not see, hear, (palms cover your eyes, ears) fell at her gate. (Clap hands twice) Where are you looking at, the pikes? (Right hand is point with finger „you, you, you“) To you, those potatoes! (Left hand is doing by point finger „you, you, you“) If he goes through the train, (circular motions by point finger „train“) it is going to be a potato! (Back to beat clap)



14 Rhymes with fingers

Our cat spotted

Our spotted cat had four kittens. (We stroke inch)
One black, (we stroke index finger)
other white (stroke our middle)
Third cute yellow (stroke our ring finger)
and the fourth spotted, after her mother pointedly. (Stroke our little
finger with due cute miau)

Family

This is my dad, (show thumb)
it's mom (index)
It is the grandfather, (middle)
It is the grandma, (ring finger)
It's grandson, the little boy. (Pinky)

Piglets

The first little piggy went to town on the market.
The second little piggy, it was his brother.
The third little piggy ate ten rolls.
Fourth little piggy just a little bit.
Fifth little piggy lost in the woods.
He lamented, whee, whee, whee, that I cannot find it. (show individual
fingers, start from inches)

Fingers

First, he is still small (pinky)
The second gold wrap (ring finger)
third as long snake, (middle)
fourth shows love (index)
fifth thick as two fingers. (Tom Thumb)



14 Rhymes with fingers

Five hikers

Five small dwarfish went on a trip
First doll sat on the train. (Move your thumb and accompany sound: shh, shh,hu)
The second sailed the ship. (Finger makes the rocking motions)
Third fly airships. (Middle finger is lifted up)
Fourth went by bus (ring finger imitate bus ride, sound: BRM, BRM)
and the little wretch had run trot. (Pinky, we run the child's body)

Feast

The fat man eats inch crate of eggs (double-click on the thumb, and then we let him eat "eggs"- fingertips second hand -"yum, yum")
wag a finger licking poppy (double-click on the index finger and drive it to the baby after her eyebrows)
lanky middle, gives you curd, (middle nock on children's nose)
hunk puts his ring finger sandwich (ring finger "nibbles child tab)
and the little pinky just tea. (Show little finger between your index finger and pushing it through the belly thumb of second hand thumb as a pacifier for the pinky)



15 First aid at home

It is very difficult to avoid minor injuries at home. First, we must keep calm and consider whether it is a minor injury that manage to treat ourselves or will contact the doctor.

infants

After the falling we control child's reactions, although nothing happened. Similar falls mostly do without serious injury, but it is good immediately after the fall determine whether breathing. If not bruised area of the body, forehead, nose, face, limbs, if not bleeding from somewhere. If you are not present at the fall immediately Identify where and on what surface fell. About an hour after the falling watch the reactions of the child, whether is breathing normally, drinking, whether crying. I'm sure he also put to sleep immediately and in case of any change from the normal state go to the pediatrician or surgery for treatment.

Swallowing of small object

When ingested object is round, we can just watch a diaper. Within 24 hours the subject should come out with the stools. In the case of suffocation object we will try to go the object out. Sit on a chair, put one leg over the child lay over your knee, head down and strike back. Swallowed object we can also with help inhaling the baby's mouth move into the intestines and wait till it comes out. Examination of the surgical clinic is necessary in the event that a child swallows a sharp or pointed object, or when it occurred belly pain

The stamped tooth

Tooth put into the moist and clean environment (handkerchief, put in the mouth). Quickly visit a dentist.



15 First aid at home

Cuts and scrapes

Rinse the wound from dirt under running cold water. Disinfect the wound and allow to air dry completely free - no give powders and ointments (those until later, when a scab). The wound loose rocks, glass, etc. sweep with horn of pad. Gently blow dry with a clean gauze pad. On the small cut wounds and abrasions attach the patch. For larger injury to the affected area, attach a sterile cover dressing and secure it in place with a bandage.

Nosebleeds

It usually isn't caused by a more serious cause. It can be relatively quickly stop - let the victim, let's head leans forward as it may be better to drain blood and you have the ability to determine the intensity of bleeding. Place a cold compress on the back of his neck - cold reduces blood flow. Sometimes you can successfully stop the bleeding by pressing the victim's nose in the nasal bones. If bleeding is severe and does not stop, it is necessary the medical assistance.

Splinter in the skin

Clean the affected area thoroughly with soap and water. Little chips just under the surface of the skin pull with tweezers or needle. Disinfect the wound thoroughly and make sure that you have a splinter pulled the whole. If someone manages to seize as much mote deep or tissue at the affected site is inflamed, it is necessary that it pull physician.

Hematomas after the fall

Very often are bumps on the forehead. Apply a cold compress - best cool ice cubes in a plastic bag wrapped in a clean handkerchief. Do not push the bulge!



Foreign object in the neck

If gets stuck in the esophagus object (such as carp bone) that cannot swallow, in mild cases, it is sufficient if the victim eats a piece of dry bread. If you still cannot swallow the jammed object, call an ambulance to avoid suffocation. The object in the human upper respiratory tract coughs. If coughing is unsuccessful, try victim several times heavily hit in the back between the shoulder blades to the subject breathed released. Sometimes it helps removing - to little children hold legs upside down and more adults or lean forward over the knee to the upper part and the head hung down.

Foreign object in the eye

With two fingers, using your thumb and forefinger, gently pull apart the upper and lower lids so you can properly view the eye. Try to wash out the object under the water. If it fails, so try to remove the horn dampened clean handkerchief. If that does not work, consult a doctor.

Chemicals in the eye

Rinse the eye. If the victim cannot open eye, gently pull him with two fingers eyelids apart. At least hold the affected eye ten minutes under a gentle stream of cold water. It is easier to pour water into the eye from a pitcher or drink. Be careful that the water affected eye don't go to the healthy eye and don't sprinkle you or the victim. Do not touch the affected eye and safe you before chemicals are protected by gloves. Attach to the affected eye sterile gauze pad, or at least a piece of pure linen hairless, e.g. a handkerchief. Take victim to a doctor.



15 First aid at home

scalds

Scorch cool as long as possible under running cold water - ideal is so 20 minutes before the pain subsides. After scalding immediately remove the affected area of clothing, but if the substance is stuck, remove it needs a doctor. Larger and deeper wounds after cooling cover with a sterile dressing. Do not put ice or ice water on burns. Do not touch on it or puncture blisters. When more parts of body are burn, it risk a shock and you immediately call an ambulance.

Poisoning

In some cases (corrosive substances, detergents), induce emesis is dangerous, do not serve charcoal or milk (facilitate absorption into the body). Immediately contact an ambulance! To the doctors always take the packaging of the product and the rest of the substance. After swallowing poisonous berries, try to induce vomiting, administer activated charcoal affected.

Electric shock

Do not touch the baby until you turn off the electric supply. Remove the cables from the vicinity of the child, for example with a bar or a broom, and if there is a cardiac arrest revive the child cardiac massage and artificial respiration.

massage

Injured lay on its back, drawing pad. Bend the head. Blow child first and then start with cardiac massage. In young children, 5 massage, 3 breaths for adults 30 massage, 2 breaths. Resuscitation performed so long before medical help arrives. When pushing a massage force to the chest ranged least 5 cm.



15 First aid at home

Internal bleeding

After the fall of internal bleeding may occur in the stomach. The child complains of stomach ache, immediately summon help, let injured in the position in which the slightest pain. Equate to the back or to another uncomfortable position. Reefs and monitor vital signs.

Winded

Immediately try to start the breath - banging in the back for jump to breath. When the breathe starts blow into child's mouth to release the respiratory cavity.

Water in the lungs

Bang in the back, immediately begin artificial respiration. In the case of the excavated drowning always arrange a medical examination.

Stuffy

Safely aspirate nose with an aspirator, keep the room humid air. Use sea water to release the airways. Spray into the air.

Laringitis

The child is choking, spitting and cannot breathe. Have to the child cold air for breathing. (Near the window or the fridge, etc.). To soothe bandage neck wraps of warm oil.

mouth

We use blueberries

Constipation

Give a plum juice. To small children do not give any drops





Důležitá telefonní čísla

150	HASIČI
155	ZÁCHRANNÁ SLUŽBA
158	POLICIE ČR
112	TÍSŇOVÁ LINKA - INTEGROVANÝ ZÁCHRANNÝ SYSTÉM (HASIČI, ZÁCHRANNÁ SLUŽBA, POLICIE ČR)

Městská policie

800 156 166	BEZPLATNÁ ZELENÁ LINKA - TÍSŇOVÉ VOLÁNÍ
311 545 383	SLUŽEBNA
778 468 362	TÍSŇOVÁ LINKA PRO NESLYŠÍCÍ (SMS)

Odbor sociálních věcí a zdravotnictví

311 545 339	VEDOUCÍ ODBORU SOCIÁLNÍCH VĚCÍ A ZDRAVOTNICTVÍ
311 545 343	SOCIÁLNĚ-PRÁVNÍ OCHRANA DĚTÍ
311 545 344	KURÁTOR PRO DĚTI A MLÁDEŽ
311 545 357	KURÁTOR PRO DOSPĚLÉ, SOCIÁLNÍ PÉČE
311 545 358	VEŘEJNÝ OPATROVNÍK, SOCIÁLNÍ PÉČE

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950 102 412	HMOTNÁ NOUZE
950 102 423	PŘÍSPĚVEK NA PÉČI
950 102 410	PŘÍSPĚVEK NA MOBILITU A MIMOŘÁDNÉ VÝHODY
311 512 223	DOMEČEK HOŘOVICE