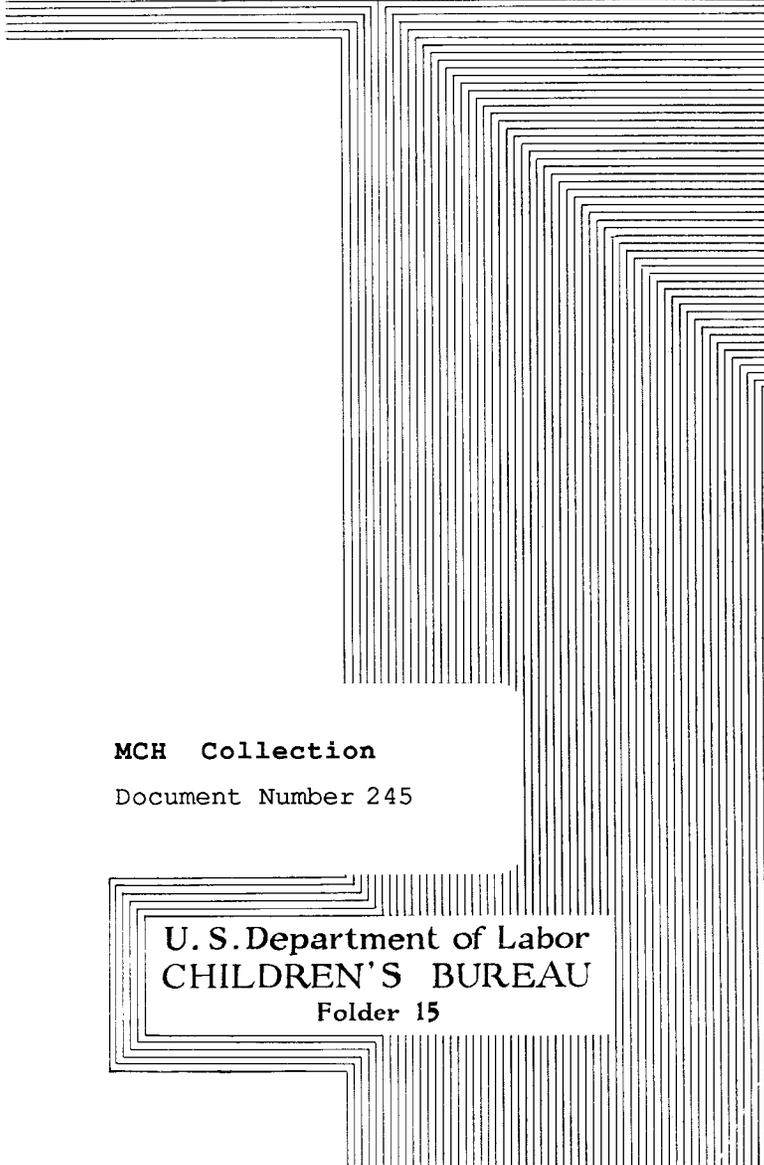


The Children's Bureau Aim-
**A BETTER CHANCE
FOR EVERY CHILD**



MCH Collection

Document Number 245

U. S. Department of Labor
CHILDREN'S BUREAU
Folder 15



You will wish to learn what is best to do for yourself and for the baby.

- Place yourself under your doctor's care early in pregnancy.
- Take your dentist's advice on care of your teeth.
- Plan your food with special care.
- Watch your weight.
- Wear comfortable clothing.
- Get plenty of fresh air and sunshine.
- Exercise as directed.
- Get plenty of rest.
- Consider your condition normal and carry on your normal activities, BUT—
- Be alert for certain danger signals your doctor will tell you about.
- Make arrangements well in advance, whether the baby is to be born in the hospital or at home. Have the supplies you and the baby will need ready by the seventh month.

After the baby is born the doctors advise—

- Spending at least 10 days in bed.
- Having help with the housework and the baby for at least a month.
- Having enough rest and seeing few visitors.

The Children's Bureau bulletin Prenatal Care and folder The Expectant Mother will help you to care for yourself and plan for your baby's birth.

If you are

Planning to Adopt a Child

- Think it over carefully.
- Ask a qualified child-placing agency to help you.
- Be sure the child you are considering is studied and judged mentally and physically normal.
- Do not adopt a child until he has lived in your home for a while and you believe he will develop and be happy there.
- Why you should move so slowly and carefully is told in the Children's Bureau folder, Adoption—What It Means.

You will remember these important things:

The baby grows fastest and develops most during his first year. He begins to learn as soon as he is born. Start him with good habits. Then the bad ones will not form easily. His future mental health, as well as physical health, will depend largely on his early habits.



A doctor should supervise the baby's care from birth.

- Breast feeding is best for the baby.
- The baby should be weighed each week.
- A daily schedule should be followed.
- New foods are needed month by month.
- Sunshine and outdoor air aid growth.
- The baby needs his own bed.
- Clothing should be planned for the baby's comfort.

In the baby's first year he should have—

- Immunization against diphtheria.
- Vaccination against smallpox.

Infant Care, Baby's Daily Time Cards, and the folders Breast Feeding and Keeping the Well Baby Well are published by the Children's Bureau to help mothers, especially during baby's important first year.

The Children's Bureau Give

You will wish to meet your child's needs, as he grows out of babyhood into childhood (1 to 6 years), for—

A well-planned diet of milk, green vegetables, fruit, cereals, meat, eggs.

Plenty of play and exercise in the sunshine.

11 to 13 hours of sleep every night and 1 to 2 hours' nap each day.

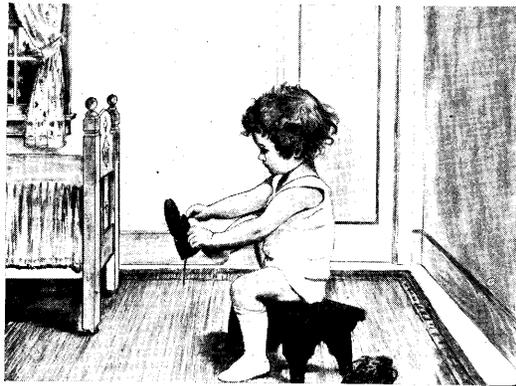
Weighing each month and measuring for height twice a year.

Examination by doctor and dentist twice a year.

Encouragement to be independent.

Encouragement in forming desirable attitudes toward others.

Plenty of food, sleep, exercise, and fresh air and health supervision by a doctor are needed by children throughout the years of growth. Your child's grade-school years will be happier if you study



his traits and help him to conquer fear, anger, jealousy, and undesirable habits; and if you encourage him to do things for himself and to work and play with others.

The Children's Bureau publishes *The Child From One to Six, Are You Training Your Child To Be Happy*, *Child Management*, and special leaflets on play, posture, sleep, and nutrition.

Remember that you want your child to become a healthy, independent adult. Ideas of "care" and "management" should be flexible and combined with tact and understanding as adolescent boys and girls learn to care for and manage themselves.

A few suggestions that may help you—

Adolescence lasts approximately 8 years (12 to 20). Don't expect too much too soon.

Sex is not a problem; it is one of the many aspects of normal life.

Sex instruction should be frank, honest, and in keeping with the facts.

Encourage your boys and girls to form friendships with others of their own ages.

See that your boys and girls learn the meaning of work as well as of play.

Plan your boys' and girls' education to satisfy their own desires and capacities, not to satisfy your own ambition.

Leave as many decisions as possible to the boys and girls themselves.

Help them to face reality, not evade reality.

Plan for their leisure-time activities.

You will find these things discussed in *Guiding the Adolescent*, a Children's Bureau publication.



ves Information to Parents

If You Are Concerned

About Mothers and Babies

You will be glad to know that—

The infant death rate last reported for the United States was the lowest on record.

The maternal death rate last reported for the United States was the lowest on record—after many years of being disgracefully high.

All State health departments have programs for carrying on health services for mothers and children, especially in rural areas, with the aid of Federal funds administered by the Children's Bureau.

Each State carries on one or two "demonstration services." Such a service may mean providing nurses for home deliveries on a doctor's request in certain places or giving complete maternity care to special groups of mothers.

The social-security program for maternal and child health has been under way more than 3 years.

Does your community have—

A public-health nurse to visit mothers at home?

Prenatal conferences conducted by doctors?

Child-health conferences for babies and preschool children conducted by doctors?

Health supervision of school children by doctors and nurses?

Many special studies have been made by the Children's Bureau on vital questions affecting the life, health, and well-being of mothers and children.

What the Children's Bureau has learned and what other communities have experienced may help your community, and your community may have this information for the asking.

16-9435

If You Are Concerned

About Crippled Children

You will be interested to know that—

All the States now have programs of services for crippled children.

They are trying to find all the crippled children in need of care.

Each child is examined and if necessary, given treatment in a hospital or elsewhere, care while he is getting well, and continued care at home if he needs it.

Under the Social Security Act, Federal funds are provided, through the Children's Bureau, to help the States develop these programs.

You can help by—

Reporting to your State agency the names of crippled children.

Offering your car for taking children to clinics and hospitals.

Helping to get special education and recreation facilities in your community for crippled children.

Finding employment for crippled young persons.

About Other Children Needing Special Care

Children who are living in undesirable homes,

Children whose homes are broken up,

Children who have become delinquent or are in trouble or are mentally handicapped—

You will be glad to know that—

Public assistance and services by child-welfare workers are making it possible for many of these children to remain and be cared for properly in their own homes.

State welfare departments, with the aid of Federal funds administered by the Children's Bureau under the Social Security Act, are providing special services for protection and care of children, especially in rural areas.

The Children's Bureau Gives Assi

If You Are Concerned

About Other Children Needing Special Care

You will find out whether your community has—

Adequate aid to families, so that dependent children can remain in their own homes.

Child-welfare workers in the welfare department to provide special services for children.

Resources for care of children in other homes when care cannot be given in their own homes.

Child-guidance service in local clinics or from a State agency.

Cooperation between the schools and the health and social agencies in serving children having special problems.

Adequate facilities for constructive and interesting leisure-time activities.

The Children's Bureau is concerned about these children.

The Bureau cooperates with State and local welfare agencies and community groups providing services for children.

The Bureau has made many studies on institutional and foster-home care, juvenile courts, adoption, birth out of wedlock, and other phases of child welfare.

Emphasis has been placed upon—

Prevention of undesirable conditions.

Prevention of delinquency.

Furthering of community programs for services for children.

If You Are Concerned

About Child Labor

You will be interested to know that—

Many studies of child-labor conditions have pointed to the need of more effective control of child employment.

The Fair Labor Standards Act of 1938 with a few exceptions eliminates the labor of children under 16 in industries producing goods that enter into interstate commerce. It makes provision for protecting boys and girls under 18 from work in occupations hazardous to their health or safety. It also sets maximum-hour and minimum-wage standards for all workers, both adults and children. The child-labor provisions of the act are administered by the Children's Bureau.

State laws still need strengthening for the further protection of working children.

The Federal child-labor amendment is still needed to enable Congress to set minimum standards for employment in establishments not shipping goods in interstate commerce.

You can learn more about child-labor problems from the Children's Bureau. Some of its publications on the subject are:

Child Labor 1912 to 1937, which gives the background of the child-labor situation.

Fair Labor Standards for Children.

A Ceiling for Hours, a Floor for Wages, and a Break for Children, which explains the Fair Labor Standards Act of 1938.

Studies dealing with special child-labor problems, such as the work of children in industrial home work, street trades, canning, and the raising of sugar beets.

stance to States and Communities

The Baby or the Boll Weevil

Back in 1905 the boll weevil threatened the cotton crop. The Secretary of Agriculture went South to investigate.

Back in 1905 a woman in Boston was horrified at the way the infant death rate shot up in the summer months. She wrote Lillian Wald, New York settlement worker.

The news story about the boll weevil and the Boston woman's letter about babies reached Miss Wald's breakfast table the same morning.

Nationally, Miss Wald raised these questions: "If a boll weevil is a matter of Federal solicitude, why shouldn't a child be? If the Federal Government could take an interest in cotton, wheat, corn, cattle, sheep, pigs, and fish, why shouldn't it pay some attention to children, also national assets?"

The Children's Bureau was established in 1912 as a result of this question. It was the first bureau created by any government especially to serve the interests of children.

The Children's Bureau studies and reports on matters affecting the health and welfare of American children—more than 43 million under 18 years of age.

Much of its work is done through consultation and advisory services given to States and local communities at their request, and through research, special studies, and bulletins for parents prepared for public distribution.

The Children's Bureau administers—

The maternal and child-welfare provisions of the Social Security Act.

The child-labor provisions of the Fair Labor Standards Act.

U. S. GOVERNMENT PRINTING OFFICE 16-9435

For sale by the Superintendent of Documents, Washington, D. C.