

TURNING THE PAGE TO V-DAY



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It is because Rootes factories, and others like them, were able to slide smoothly into war production that the date of V-Day draws closer. When V-Day dawns, Rootes will be ready to turn to peacetime problems—to help fill the need of a world clamouring for transport vehicles of all kinds.

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Milestones of Infant Development

(Written for "The Listener" by DR. H. B. TURBOTT, Director of the Division of School Hygiene, Health Department)

MOTHERS are often worried as to whether their babies are developing correctly. There are monthly milestones along the development road that indicate whether all is well.

In the first four weeks, most of baby's time is spent in sleeping and eating. An average infant weighs about 7lb., but loses weight the first week. This should be made up about the twelfth day, and from the third week for the first five months baby should put on 6-8oz. weekly, and thereafter about 4oz. a week till a year old. Baby will double his birth weight at five months and treble it at one year. Weekly weighings should be done, for they are a guide to progress. There will not be an even gain in weight—there will be more one week than another—but there should be a steady gain if all is going well.

Shortly after birth, the baby will probably follow a bright light with his eyes, and should certainly do so by one month. At two or three months, mother will be recognised.

General development can be gauged, too, by muscular control. After the first month baby will lift his head now and then. At two months he waves his arms about when lying on his back. Between three and six months he will balance and hold his head steady, and about five months he will sit up with slight support. He will sit alone for half a minute at six months, and a month later will manage to sit steadily without support. He will also be able at seven months to roll from back to stomach. At 10 months he will pull himself up to a standing position, and by 13 months will be walking alone.

Hours of Sleep

During the first month an infant should sleep practically all the time, except for feeding, bathing and changing. At six months he needs 18 hours' sleep, 12 at night, two to three in the morning and the same again in the afternoon. At one year 15 hours are needed, 12 at night, two in the morning and one in the afternoon. At 18 months see that he still gets 12 hours' sleep at night and two in the morning, and keep this up in toddler years.

Speech shows variations in development, but here are some averages to guide you. There is no speech in the first five months, only cries of hunger, pain, anger and so on. Babbling, crowing and cooing are in evidence at five months. At six months sounds are being attempted, "no" is understood, and sign language is used. About 10 months the first word may be spoken. At 12 months baby will imitate sounds and signs, can say "ta" for thank you, and will have his own variation for "mamma" and "daddy." Single words are clearly spoken by 15 months, and short two or three-word sentences by two years, the child having quite a large vocabulary of about 200 words by this time.

These milestones are only averages, remember, but they will help you to judge progress.