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LETTER TO MOTHERS

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- المصدر: "النهار"
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The healthy birth of each child is nothing short of a complex miracle of nature. So many simultaneous developments must occur in a precise and coordinated manner. A mother starts preparing for this joyful event even before she decides to conceive: No alcohol, recreational drugs or smoking, proper nutrition, vitamins and exercise. Once pregnant, regular medical and obstetric care are a necessity. During pregnancy a mother should educate herself: What is a baby's normal expected development: smiling by 2 months, sitting by 6 months, walking by 1-1.5 years with first words, two word sentences by age 2 years, transition from intake of milk to mashed foods then solids. Delays in acquisition of these milestones need to be addressed with the pediatrician, or a specialist. Is the child interacting with others and their surroundings? Is there failure of normal development or loss of acquired skills? Are there abnormal movements noted? These could be nothing or are red flags for implementation of strategies to enhance development: integration in a nursery with other children, physical, occupational, feeding and/or speech therapies. Could there be a need for more detailed testing like an electroencephalogram, brain imaging or genetic tests? The important thing is to seek evaluation by the proper specialists. Hopefully, you will be reassured that all is well. If not, early diagnosis will ensure proper and prompt treatment and management.

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A last plea to those not yet married: Avoid marrying a family member. Although illegal elsewhere, it is accepted practice in our culture and should not be. It adds to the burden of genetic diseases.

Another plea is avoidance of electronic devices such as telephone, I-pad and TV before the age of four years. These are damaging to the early developing brain. Nothing trumps direct play and interaction with parents, siblings and other children.

<https://www.annahar.com/article/778377-letter-to-mothers>