

Babies' physical and mental growth

Age (months)		Newborn period	2-month	4-month	7-month	10-month	1-year	1.5-year	
Physical growth	Physical size	Weight doubles from birth.				Height and weight increase becomes slower.		Weight triples from birth.	
	Digestive and absorptive ability	Secretion of the digestive enzyme for carbohydrates (saliva) increases.				Digestive enzymes for protein and fat increase.		Bile secretion increases and fat digestion is facilitated.	
	Motor development	30~50ml	120ml	200ml	200ml	200ml	200~250ml		
		Motor functions develop in order (muscles grow in order from head to toe).	Neck		Roll-over	Sitting	Standing with support	Standing alone	Walking alone
Mental growth	Recognition	Feel comfort and discomfort				Can remember (afraid of strangers)		Feel love, anger, etc.	Show desire by pointing and using voice
	Linguistic development	Produce simple sounds		Produce various sounds		Try to speak frequently (babbling)		Can say a few words	

★ Check if your baby is growing steadily along the indicated physical development curves in the Maternal and Child Health Handbook.

Around 4-months-old

— Can distinguish day and night.
The hypothalamus of the brain begins to work. —

- This is an important period for developing attachments to people. Look into your baby's eyes when feeding them and talk to them and hold them often; such relationships are important to comfort them and develop their attachment.
- People's responses to babies when they cry, laugh and produce sounds encourage them to take outward actions and expand their interests.
- Playing on their belly develops muscles and motor functions such as crawling. Make time for your baby to play on their belly.

Play while stimulating babies' senses.

Play

- ♪ Taking walks
- ♪ Listening to picture books



Around 7-months-old

— Babies can move according to their desire. —

- By following movement around them with their eyes and listening to people's voices, babies obtain an interest and willingness to touch things and determine what they are, which promotes the development of motor functions (crawling).
- Babies cry at night, since they reorganize their daytime memories while sleeping. They stop crying at night when they gradually become able to organize their memories well.

Enhance babies' willingness and have them experience various things.

Play

- ♪ Peek-a-boo
- ♪ Tickling
- ♪ Holding and licking toys



Around 10-months-old

— Babies make sure of things by moving around and touching and licking them freely. —

- Crawling uses many muscles in the entire body. Crawling develops motor functions and leads to the development of standing and walking with support.
- When babies develop an interest in something or show their desire by pointing at something, you should express the things using words. By doing so, the baby's brain links words with things and feelings.

Expand your baby's curiosity through communication.

Play

- ♪ Holding and carrying on your back
- ♪ Hand play like clapping
- ♪ Moving the body to music
- ♪ Interactive play using toys

Repetition is fun

Around 1-year-old

— Babies can do many things for themselves.
They express comfort and discomfort clearly and show various emotional expressions. —

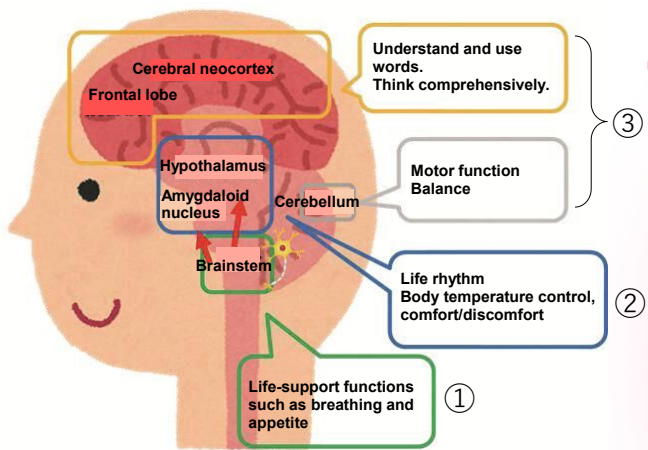
- Babies learn how to move or use their body through experiences. By moving to something they are interested in, their leg muscles develop, and their walking motion becomes stable. It is important to observe them without forcing them to walk until they become able to walk stably.
- First, babies learn words that express things they often see and words they often hear in their daily life. By repeating experiences of seeing and hearing they understand the meanings of words and then begin to pronounce them.
- Babies might be worried about new experiences, but their world expands through small adventures, returning to their guardians and feeling secure, and then taking on another challenge.

Have your baby go through various new experiences

Play

- ♪ Playing outside, touching sand, water, dirt, etc.
- ♪ Playing with toys and tools
- ♪ Communication using words such as "give it to me" and "here you are"

The life rhythm of "drinking and eating", "sleeping" and "playing" is important for the development of babies' bodies and brains.



The brain develops while neurons grow upward.

- ① Brainstem: Already functions before babies are born.
- ② Hypothalamus: Develops when the senses are stimulated through drinking, eating, sleeping and playing.
- ③ The hypothalamus ② develops through experiences, which leads to the development of the cerebrum; the part of the brain responsible for human-like functioning, or the "adult brain".

Eating and drinking

— Nutrition has a great influence on the growth of the brain and other bodily parts. —

Nutrition

- Nutrients taken from breast milk and baby formula are not enough for babies to grow. From five months old, necessary nutrients including protein, etc. should be taken from baby food to grow bones and muscles.

Diet rhythm

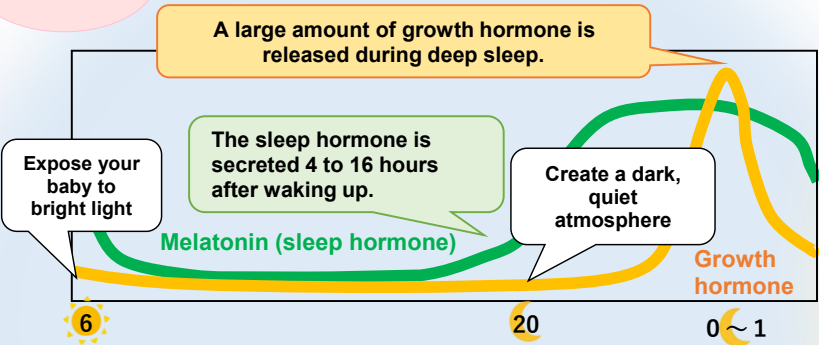
- Establish a life rhythm by having your baby wake up in the bright morning light and eat baby food at regular times.
- Establishment of a life rhythm leads to the growth of autonomic nerves, secretion control of digestive enzymes and the establishment of digestive rhythm.

Sense of taste

- The sense of taste develops through repeated eating experiences.
Sweetness/umami: Tastes favored by instinct
Sourness/bitterness: Tastes leaned through experiences

Sleeping

— The foundation of the biological clock is established by going to bed early and waking up early. —

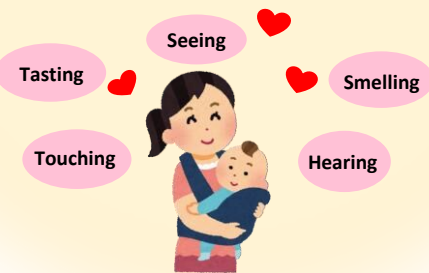


- A life rhythm is established mainly by the function of the hypothalamus. Its smooth working leads to emotional stability and the growth of the cerebrum, which controls reasoning, etc. The hypothalamus is completely grown at around 4- years-old.
- The human biological clock runs on a 25-hour cycle, creating about a one-hour difference from the standard 24-hour day. This difference is reset by exposure to bright light in the morning (such as sunlight or electric light). Additionally, stimulating the skin—such as by wiping the face or changing clothes—helps wake up the brain and supports the development of a regular daily rhythm.
- Melatonin secretion decreases if babies are exposed to strong light from TV or smartphones, etc. at night. Create a dark, quiet atmosphere when babies go to sleep.

Playing

— Stimulating the senses facilitates brain growth, resulting in physical and mental development. —

- Physical contact at the time of changing diapers, holding babies and giving breast milk as well as verbal communication in daily life stimulates their senses and facilitates brain growth. Establish a life rhythm and a comfortable environment and have your baby experience various things.
- Through various types of play, experiences and relationships that simulate their senses, babies experience joy, pleasure and satisfaction and expand their interests.



Prevention of accidents

Learn about accidents that occur easily at each stage of your baby's development and take preventive countermeasures.

Newborn period 1-month 2-month 3-month 4-month 5-month 6-month 7-month 8-month 9-month 10-month 11-month 1-year~

○The period when unexpected accidents at home occur frequently

○The period when babies are prone to falls and tumbles as their movement expands through sitting, crawling, and pulling up to walk.
○Accidents at home increase because babies tend to put anything in their month.

Suffocation: Babies cannot roll over or use their hands well yet. There is a risk of suffocation when their face is buried in soft pillows or bedding.

Accidental swallowing / suffocation: Babies might choke on small objects such as cigarettes, medicine and cosmetics by accident. Keep such things away from babies.

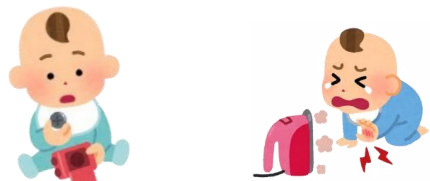
Falls: Babies might be dropped when being held or when being put in a baby sling.

Falls: Babies become able to roll over in bed and might fall from the bed or sofa.

Falls: Babies often fall down at the home entrance or on stairs. Take countermeasures against such accidents, like setting up barriers.

Drowning in the bathtub: Babies might crawl into the bathroom and drown in the water remaining in the bathtub. Never leave water in the bathtub, and lock the bathroom door.

Burns: Babies might get burned when touching heaters, irons, electrical outlets, or steam from rice cookers, or in accidents involving tipped-over pots, electric kettles, or hot food.



FAQ ① ☆Skin trouble

Babies often have trouble with their skin, since it is thin and unable to retain much water. It is important to keep their skin clean and moist. To keep babies' skin clean, wash their body with soap foam softly, including between the skin folds. Apply moisturizing agent after baths and upon waking to maintain their skin barrier function and prevent skin trouble. If babies develop a rash, consult a doctor without delay.

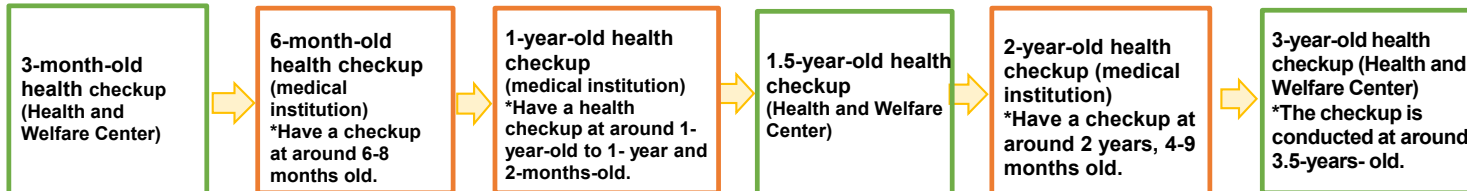
FAQ ② ☆Constipation (From around 4-months-old)

At this age, babies' digestive and absorptive functions develop, so they become able to absorb most of the breast milk and baby formula they drink. As a result, the amount of excretion and water contained in it decreases. Even if babies don't have a bowel movement for a few days, if they drink breast milk or baby formula as usual and look comfortable, it's OK to observe them for a while. If they seem uncomfortable, massage their belly or stimulate their anus with a cotton swab. If the condition still does not change, consult a doctor.

FAQ ③ ☆Dental care (From around 7-months-old)

When your baby's teeth begin to come in around 7-8 months old, lay your baby on their back on your lap and observe their teeth. Clean the teeth with gauze while observing the condition. When both the upper and lower teeth begin to appear around 8-9 months old, brush them softly. It is important to clean babies' teeth; however, it is more important that babies become used to the feel of a toothbrush and develop a liking for brushing their teeth.

Health checkup information



*When your baby turns 1-year-old, have them receive vaccination for measles and rubella.

Kanazawa Childcare Information

Information about childcare according to the baby's age (months) is provided on the "Kanazawa Childcare Lectures" website.



"Nobinobi-no" provides information about places where you can take your children, nursing services and certified centers for early childhood education



Please use the "Kanazawa Childcare App" to receive notices tailored to your baby's age (months) and the season, and record your baby's health information.



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Childcare Guidebook

From around 4-months-old to 1-year-old



- For babies to grow up healthy, it's important to focus not only on height and weight but also on developing their physical functions, including the brain—what we call “**building a strong body.**”
- Babies' development is facilitated through their daily activities such as **drinking, eating, sleeping and playing** as well as receiving stimulation through their experiences and relationships with the people around them.



For how to proceed in weaning, please read the brochure “Mogumogu, Gokkun (Yum-yum!)”.



Please use this brochure as your childcare guide.

Health and Welfare Centers provide individual consultation regarding infants' health and growth, childcare and vaccination. Please feel free to contact them.

Ekinishi Health and Welfare Center
Tel: (076)234-5103
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Inquiries about childcare
Tel: (076)234-3500

Izumino Health and Welfare Center
Tel: (076)242-1131
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Inquiries about childcare
Tel: (076)244-4500

Motomachi Health and Welfare Center
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Fax: (076)251-5704
Inquiries about childcare
Tel: (076)251-3500

Inquiries about nutrition
Tel: (076) 234-1498

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