

Cradle Education

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Danger of Over-Feeding

ANOTHER very important thing to remember is that the baby must not be overfed. Many young mothers, nursing their babies themselves, are in a constant state of anxiety lest their milk may be insufficient for the child's needs. But it is necessary to realise that over-feeding is far more common than under-feeding, and that it is possible to overfeed a baby not only from the bottle but also from the breast. The risk of over-feeding is as a rule less for breast-fed babies, because they usually need to suck more vigorously at the mother's nipple than at the teat of a bottle to obtain the same amount of nourishment.

Very often an overfed baby gets rid of the surplus milk after each feed by vomiting. This may set up

but the moral results are equally important. "On sound health, a good character leans confidently," and training in regular habits is also one of the best ways of training the will.

There is a good deal more need for moral training during the first few months of life than is generally realised. Take the baby of three months. He was born without any knowledge at all. He did not even know his body belonged to him. But in twelve weeks he has gained enough knowledge of his own personality to try to get his way with others. He cries to be picked up or to be amused, and if his fond mother always reacts to his cries, she sets a premium on his crying. Then comes a delightful time for him when Baby uses his power without scruple. He has discovered the "Open Sesame" for all his desires



MAN: "I'm in a terrible funk! A fellow wrote me a letter saying he'd shoot me if I didn't keep away from his wife."
 WOMAN: "Why don't you keep away from his wife?"
 MAN: "He didn't sign his name."

a habit of vomiting which worries the mother and also has its effect on the child's health in that he may retain too little food for his needs. The moral effect of over-feeding must not be forgotten either. Is it a mother's part to form in her child habits of gross living? Let us remember that more people die of over-eating than of over-drinking.

Cleanliness is another most important factor in cradle education. A baby's toilet should be attended to immediately he needs it. Careful watching is necessary if the right moment is to be seized, but the trouble is certainly worth while, for it is possible to train a three months' old baby to be clean and regular in his physical habits if you go about it in the right way.

Need for Moral Training

THE first object of cradle education, then, is to regulate the physical behaviour of the baby so that good habits become automatic and remain so throughout life. This is obviously important for health,

and naturally enough he utilises it to the full.

Interpreting Baby's Cries

OF course, he starts out with an advantage over us. Crying is so worrying if one does not know the cause. The cry is the only language of the baby, and it is necessary for the mother to learn to interpret it. There is the cry of pain which ought to be relieved if possible. There is the cry of hunger which, if it occurs repeatedly soon after meals, should lead one to suspect that the child is underfed. There is the cry of temper which may be judiciously neglected. There is the cry of discomfort which may mean that the baby has grown tired of lying too long in one position and must be turned over, or that he wants changing. An experienced mother always knows by the sound of the cry what the baby is telling her, but the young mother needs to listen very carefully and must often

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