

# ElternMail Berlin

## YOUR BABY IN THE 7TH - 9TH MONTH OF LIFE

Dear parents,  
we are delighted to present you with the first online edition of "ElternMail Berlin".

This and each subsequent online edition consists of 3 e-mails, each dealing with different topics. In this issue, you will find topics relating to DEVELOPMENT, NUTRITION and MEDIA USE in the 7th to 9th month of your baby's life. Over the next two months, you will receive two more ElternMails on the topics of parenthood and care work, as well as daycare centres, childcare and settling-in periods.

*Your ElternMail-Team*



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### Introduction

You realised long ago: It won't be boring with your baby. During this exciting time of growth, your baby becomes more and more active and continues to develop rapidly. It crawls, wants to sit down or is already trying to stand up. Your baby's world is getting bigger and wants to be discovered. Perhaps you have a baby whose development is slower, and with whom you experience the developmental milestones at a slightly different pace. Sometimes, babies also need

additional support, be it with speech development, motor skills or other aspects. Every baby develops individually, and it is okay to observe different rates of progress. This phase of your baby's development raises new questions, which we are happy to answer in this online edition of ElternMail. You can expect important tips and valuable knowledge about the 7th to 9th month of life.

# YOUR BABY DISCOVERS OTHER BABIES

It's nice to see how children attract each other. They look at each other, smile and make contact. Sometimes not as gently as you would like as a mum or dad, but one thing is certain: Even babies seek social contact with their fellow human beings. Your baby is not only aware of its carers and itself, but also of other people. Other babies and older children are particularly important. Babies do not yet play together, but they enjoy being close to each other and usually learn a lot from each other.

There are various ways in which you can make contact with other children, mums and dads. Perhaps you have friends or family members who have children of the same age that you would like to meet up with. If this is not the case or you would like to make new friends, there are so-called parent-child groups that you can join.

### **Mirjam (28) on attending a PEKiP course:**

"In the first six months with the baby, I sometimes felt like someone from another planet. My whole life and perception had changed completely. The others around me, on the other hand, just seemed to get on with their jobs, their friends, their everyday lives.

We were all in the same boat on the course. I felt invigorated after every course session. Suddenly I knew that sooner or later I would meet friends again and do all the things that used to be normal."

Parent-child groups are led by a group leader and offer a safe space for children to explore and discover their little world. There is singing, dancing and laughter. The children have the opportunity to socialise with children of the same age and can try out new, age-appropriate play materials. Mums and dads can also take the opportunity to talk to other parents. Perhaps new friendships will develop between parents, as well as between children.

Mums and dads often experience their children very differently in a group than at home. It's great to see how children develop, become braver and are soon able to perceive the group as a safe environment. If you have a child whose development is delayed, it can be particularly valuable and helpful to share experiences with other mums and dads.

### **Other opportunities to get to know other parents and children:**

- Baby swimming
- Family cafés and other open offers in family centres or multi-generational houses
- For example, apply for a health cure from the health insurance company, family recreation programmes

You can also find out about valuable services specifically for fathers, single parents, rainbow families, parents of premature babies, parents of children with special needs, disabilities, etc. at the family centres.

### **Remember:**

A visit to a parent-child group or baby swimming can be very exciting for your child. Many new impressions and stimuli can be processed. Make sure that your child gets some rest in a safe environment afterwards.

And don't forget that every child and every parent is different. Try to bear this in mind if you feel insecure or under pressure due to experiences and conversations in a group. It works best if you try to listen to your gut feeling with your child, because you have the best connection to each other and can judge well what is good for you.



# DEVELOPMENT: CRAWLING, LEARNING TO WALK, LANGUAGE

Prepare yourself for exciting times. Your baby is now very active and wants to discover everything in his little big world. At the same time, your baby's understanding of language is developing rapidly.

Reminder for you: The next check-up - U6 - with your paediatrician takes place in the 10th - 12th month of life. Remember to make an appointment in good time.

## Learning to crawl and walk

If your baby has been lying quietly on the blanket up to now, it may have been trying for some time to turn from its tummy to its back and vice versa. In addition, your baby now turns in circles when lying on its tummy. Your child can now roll - this is your baby's first form of motion.

Some children also learn to **"move like a seal"** which means that they move forwards by alternately using their forearms and sometimes their legs. The best way for your child to learn to crawl and walk is to leave them barefoot as often as possible.

**Caution:** With rolling, moving like a seal, pushing backwards and crawling in circles, your child is now able to get anywhere in the room! Make sure to secure sockets and dangerous corners and edges now! Your child will also orientate themselves more and more upwards and will soon be able to reach upwards with hand support. Things hanging down can be a hazard.

The prerequisite for **crawling** is the four-footed stance. Many babies rock back and forth in this position for a while before they "stretch out". On average, babies start crawling at around 8 months. Deviations of several months in either direction are completely normal. Some children even skip crawling altogether - without any negative consequences for their development. Some babies need support to develop their motor skills, so talk to your paediatrician about this.

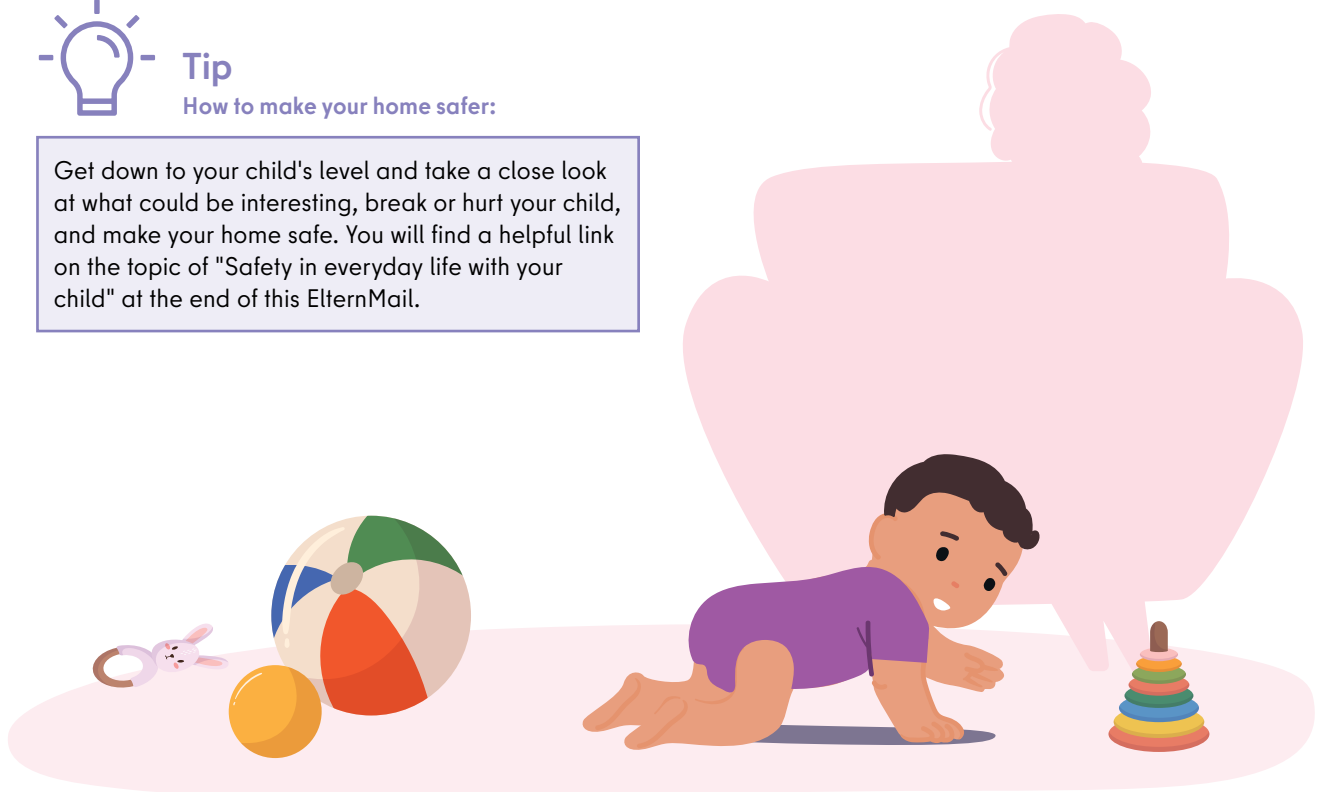
**Fine motor skills:** Many children can now use the tweezer grip, i.e. the thumb and index finger specifically grasp small objects, e.g. small stones, crumbs or similar.



### Tip

How to make your home safer:

Get down to your child's level and take a close look at what could be interesting, break or hurt your child, and make your home safe. You will find a helpful link on the topic of "Safety in everyday life with your child" at the end of this ElternMail.



# DEVELOPMENT: CRAWLING, LEARNING TO WALK, LANGUAGE



## Good to know:

How your baby learns to control their little body

Your baby was not yet able to make skilful movements after birth. The brain must first learn to control different areas of the body.

**Exciting:** Development begins at the head and then moves on to the body. A newborn baby first practises how to use its face, mouth, lips and tongue. Before the baby can move its arms and hands, it must learn how to control its shoulders. This, in turn, is only possible if the neck is under control. The whole system is a finely tuned interplay!

In some babies, this interaction is different for various reasons and development then proceeds differently for each individual. If this is the case in your family, it is certainly often not easy for you. It is, therefore, all the more important that you seek advice and support as early as possible.

## How your baby speaks

Your baby can already distinguish between different types of sentences, such as questions and exclamations. It answers you with different tones and sounds.

From about the 8th or 9th month of life, your child will begin to understand their first words. However, its understanding of language still differs from ours. Your baby's understanding of language is inextricably linked to a specific object, e.g. only **his** blue car is a car. Around the 9th month of life, your baby will look more and more at the finger of the other person when they point at something. This is important for word learning because your child can associate a word with things more easily when they see them.

## How to support your child

- **Naming games.** If your baby focuses its attention on an object, e.g. a particular toy, or holds it out to you, you can point to it and name it: "Do you want the ball?" This can be repeated several times as long as your child is attentive: "Where is the BALL? There's the BALL!"
- **Music** is a wonderful tool for language development. Sing to your baby. Whether you have a talent for singing or not, your baby will listen spellbound and recognise the words and melodies. If you also play with your facial expressions and gesticulate with your hands, this is particularly stimulating.



# DEVELOPMENT BOOST - THE 37TH WEEK

You can recognise this development spurt by five typical characteristics.

When your baby is around 37 weeks and shows these signs, you can assume that it is making another developmental leap.



**Good to know:**  
Time and duration

**Start:** usually around the 33rd and 34th week of life  
**End:** usually around the 37th to 39th week  
**Duration:** about 4 weeks

## 5 typical characteristics (symptoms) of the developmental spurt

- **Restlessness and sleep problems:** As with the previous developmental episodes, sleep is often more difficult than in the period between episodes. As many babies are particularly afraid of separation during this time, it is usually not a good time to introduce new sleep rituals.
- **Rapidly changing mood and frequent whining:** Here, babies often show rapid mood changes from "absolutely happy" to "extremely tearful".
- **Appetite:** Many babies have more appetite during this phase - but, of course, there are individual variations.
- **Digestive abnormalities & digestive problems:** They can also occur in this growth spurt, but tend to be rarer than in the previous spurts.
- **Separation anxiety and the joy of discovery:** Here too, babies often fluctuate between extremes. On the one hand, they often have initial separation anxiety and want to be close to their carers. On the other hand, curiosity increases about everything there is to discover in the house and elsewhere. Other people are also becoming increasingly interesting.

## YOUR BABY'S SLEEP

As already mentioned in the symptoms of the developmental spurt, sleeping around the 9th month of life can be a problem. The first month of life can be challenging. It may be that you have already been able to put your child in the cot and it has found its own way to sleep. But suddenly it cries more often and wants to be carried. Perhaps only one carer will be allowed to put the child to bed. You yourself have thoughts like: "Everything has already worked out so well to date. What's going on?" Many parents have these concerns. However, it is not at all unusual for children to need more company from time to time to fall asleep. Your child develops quickly and processes everything in their sleep. During the evening routine, make sure to give your child physical closeness and security. Rituals that are repeated daily give your child a sense of security and help them to prepare for sleep.



**Possible reasons for the change in sleep behaviour**

- Separation anxiety
- The shy phase
- Changed sleep requirements. Many children switch from 3 to 2 daytime naps.

**Your baby's sleep needs**

- 2 - 3 daytime naps
- 2 - 3 hours sleep during the day
- 3 hours awake between daytime naps
- 3 - 3.5 hours awake up until evening nap

# MY BABY IS ACTING ALL SHY!

A new face leaning over the pram? Yay! A complete stranger is gifted with a cheerful laughing face. This goes on for many months. But from one day to the next, the reaction is completely different: Your baby cries a lot and seems to be afraid of the new face. This "shy" phase is an important step in your baby's development.



## Good to know: when and why babies become alienated

- From the 7th to 8th month of life, babies will start to act in a shy way.
- When your baby realises that the person approaching them is not familiar, i.e. a stranger, they react with fear and defence.
- The reason for this reaction is an ancient protective mechanism, because the fearful reaction protects the little one. A stranger could mean danger for your baby, so it instinctively seeks protection and closeness to its carers. At this age, children are not yet able to consciously recognise dangers.

## Why this shy phase is important

If your baby reacts with fright or crying, not only strangers but also mums and dads are unsettled. Children of this age "cling" closely to their mum or dad and often don't want to let go of them. That's a compliment! Because your child realises that they have their own "self" and that their mother or father is not a part of them. The parents are not always there! A realisation that deeply unsettles your baby and to which it reacts with crying and clinging. In this developmental phase, some babies really follow their carer and cry when they leave the room. And the stranger - the grandma who has travelled all the way to see them? Your baby notices that she is "not mummy or daddy" and reacts with defence and crying.

## What you can do

- Acknowledge your child's feelings and take them seriously.
- Children should not be forced to be on someone else's arm, for example, even if it is their grandparents or other family members.
- It is important for children to feel safe and secure with their carers so that they can "rely" on their mother or father.
- Through security, children usually open up to other people and slowly make contact.

## When the other parent is no longer accepted

The safe haven is almost always the parent who spends the most time with the child. This is a stressful time for the other parent. If, for example, the carer is very busy at work and often comes home late, some babies become alienated.

**Marc (32):** "When I came home from work, I thought I no longer recognised my little son. I wanted to take him in my arms, but he stretched out his arms longingly towards his mum. I was totally frustrated and, to be honest, a bit jealous of Lydia."

**Lydia (30):** "Marc is a great dad. But recently he often only came home from work when our baby was already asleep. It was during this phase that the shyness started. We then agreed that Marc would come home early three days a week and put our baby to bed. This has improved the situation and we are dividing our time with our baby better and in more partnership."

Babies cry and stretch their arms longingly towards the more familiar parent. This is frustrating for the whole family: The less familiar parent feels rejected and the more familiar parent feels responsible. He has the feeling that he has to take care of things at all times - without getting a break. However, it helps if you look after your baby together as partners. As is so often the case, it also helps to realise that this phase will pass.

# MY BABY IS ACTING ALL SHY!

## This can help:

- Take turns as often as possible, sometimes one parent puts the baby to bed, sometimes the other, feeds, etc.
- Intensive time for three.
- Playtime together without the more familiar carer.
- The more familiar carer leaves the house. This way, your child learns that the other carer is also able to comfort them.

Remember: You as parents decide who is responsible for the child, not your child. This is because children always choose the parent who is more familiar during such phases. The important thing is that both parents trust each other to calm their child down.

## Fun and games during the shyness phase

You can also playfully support your baby during the shyness phase. Cuddly toys can be distributed around the apartment and found together. Babies of this age also love to hide under a blanket and emerge with loud cries. Everything then pops up again. Mum, dad, cuddly toys and even the baby itself. That gives your baby confidence.

### Recharging your own batteries as a parent

It's important that you take good care of yourself during a period of unfamiliarity: As soon as the baby is asleep, get some rest. Everything else can wait - and maybe even left alone for someone else. Only if you have little breaks in between can you return to your role as a mother or father with renewed strength, and with each day your baby learns that their loved ones are leaving them - but that mummy will be out of the bath again soon, and daddy has just been shopping. It learns that unknown people do not have to be frightening.



## Your baby's first separation anxiety

As a mum or dad, you are the anchor for your baby. It has now learnt to recognise and distinguish faces and trusts its carers. In this phase, it scares your baby to be separated from you, even if it is only for brief moments. It helps to know that this is part of your baby's growth. With loving support, your child will overcome the first phase of separation anxiety with strength. Give your child time to overcome these fears at their own pace. And remember: Tears are allowed and can even help to cope with the separation.

**Tip:** Reflect your child's feelings. Reflect what you perceive. For example: "I know, it's a little scary." Or: "I understand that you're crying." This shows that you see your child and take their needs seriously. Children who feel understood are more likely to come to terms with their feelings than children who feel wrong because they are told that they "don't need to be afraid".

## Would you like to understand even better what your child needs right now?

If your child needs your safety,  
it would say:

"Protect me!"

"Comfort me!"

"Help me with my feelings!"

"Support me when I can't do it  
alone!"

"Show me that I can always  
come to you!"

"Cuddle with me!"

If your child wants to discover the world,  
it would say:

"Let me discover!"

"Enjoy what I can  
already do!"

"Have fun with me!"

"Trust me, I can do  
it on my own!"

"Let me experience  
it for myself!"

"Let me try it out!"

# YOUR CHILD'S DIET

Some babies at this age are already eating three formula feeds and only consuming 1 - 3 milk feeds. Others are still learning to eat from a spoon because complementary feeding started later. Babies with Baby

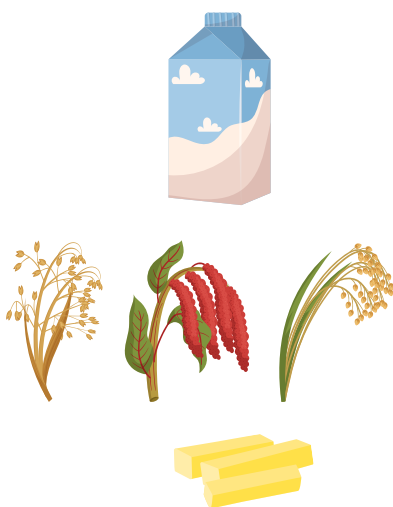
Led Weaning (BLW) may manage to eat half a meal themselves and still need a lot of milk. If your child is healthy and lively and developing well, these differences are completely okay.

## Complementary food with baby porridge

With this method, all the types of baby porridge are coordinated and contain all the important nutrients that your baby needs for rapid growth and development in the first year of life. Here are a few tips:



- Feel free to include additional foods in your diet. For the midday porridge, add more vegetables and alternate between potatoes, rice, pasta or couscous. When babies learn about different foods, they are less likely to be picky at family meals!
- **Be careful with ready-made baby meals:** Some contain ingredients that your baby doesn't need (salt, spices, flavourings), and the nutritional composition is often not ideal. It's better to use jars and porridge with just a few ingredients on the label.
- The food can now be a little chunkier. If you cook it yourself, you no longer have to puree it very finely. Jars from the 8th month already contain small pieces.
- Meat can be fed 2 - 3 times a week, fish 1 - 2 times a week, the rest of the mash is vegetarian.
- Whole cow's milk is recommended for the evening feed, all other milk feeds are breast milk or pre- or 1-milk formula. There are no advantages to later stage formula milk. Plant-based drinks (oat, almond, soya etc.) contain fewer nutrients and are not recommended.
- If you opt for vegetarian complementary food, it can be enriched with wholemeal cereal flakes containing iron, e.g. oats, millet, amaranth or multigrain flakes.
- Your baby can also try snack food alongside the porridge, e.g. soft pears, boiled potatoes or a corn stick. It learns to bite off or nibble the food and practice what a person "does" with the food in its mouth. This is training for later, when there is real food at the family table.



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# YOUR CHILD'S DIET

## What is Baby Led Weaning (BLW)?

BLW is another method for the transition from milk to family meals. This means "weaning from breast milk, guided by the baby". Your baby is offered bite-sized pieces and decides what to eat. It will continue to breastfeed until it can eat from the family table.

- It needs suitable food so that it can feed itself. These are cooked vegetables - such as potato or pumpkin florets or pieces of cauliflower florets. Bananas, pears or bread are also suitable. You have to think a little differently when cooking, e.g. take the food to one side for the child and only then add salt/seasoning. It is important that the pieces are longer than your baby's hand so that it can reach them easily. Many children at this age can already use the tweezer grip to pick up smaller pieces.
- Especially at the beginning of BLW, they can't manage a whole meal. They still need milk (breast milk or bottle) to feed them.
- One advantage of BLW is that the baby learns to eat independently right from the start. Motor skills and hand-mouth coordination are trained. There are also "real foods" that are similar to those that the parents eat. This allows the children to familiarise themselves with parts of the family diet.



## Additional liquid

Now is also the right time to get your baby used to extra fluids. Preferably water and straight from a small cup or mug. No juice please, this damages the teeth. It may take a while for your baby to learn to drink. As long as there is still a lot of breastfeeding and milk feeding, 100 ml per day is sufficient.

## Eating problems

What to do if you have eating problems: Eating development can also stall or regress, e.g. when your baby is teething, has an infection or is very restless. Most eating problems pass. Some babies need special support when learning to eat or are not allowed to eat everything. Babies are different and so is their development. Please discuss any questions with your paediatrician.

## Vegan nutrition for children

**Important:** An exclusively vegan diet is not recommended for babies and children in Germany!

- A vegan diet can lead to a deficiency of certain nutrients. This is a disadvantage for growth, weight development and the brain.
- There is not yet sufficient data on the long-term effects, i.e. when the baby has become an adult. Critical nutrients include energy intake, iron, certain fatty acids and vitamin B12.
- If parents nevertheless decide in favour of a vegan diet, various nutrients must be provided via food supplements. Talk to your paediatrician about this and get qualified nutritional advice. You can also get advice on the subject of iodine.
- In contrast, a vegetarian diet with milk and dairy products and eggs can cover the child's nutritional requirements if parents are well-informed and the meals are cooked and prepared in a varied and balanced way.

# MEDIA USE - SMARTPHONE, TABLET & THE LIKE

Digital media have become an integral part of our everyday lives. There are different ideas about the extent to which smartphones, tablets & the like can or should be included in everyday family life. Even babies observe their parents' media behaviour very closely – what mum and dad do is "right" and exciting in their eyes.

Make yourself aware: Your baby is now becoming increasingly aware of its surroundings. It wants to examine, feel and touch everything. Remember that as a mother and father you have a role model function. Your baby learns from you. Every day anew. This also applies to the use of digital media, which needs to be practised early on.

And what exactly does that mean? Of course, it's okay to google something or answer an e-mail in your baby's presence. However: The temptation to spend more time with digital media than actually planned is great.

It can happen that you overlook the needs that your baby expresses. And your baby also has a hard time. It is well-known that facial features often appear "frozen" when scrolling on a mobile phone. Your child cannot read anything in an expressionless face (facial expressions) and cannot reassure themselves. That's why it starts to whinge – it needs your attention.

In principle, the following applies: Babies also have to learn to accept that mums and dads sometimes don't have time. As long as there is a loving, attachment-orientated relationship, your child will not be harmed.

## Important information:

- Babies don't need television, laptops, smartphones, tablets & etc. Your baby can't do anything with all those fast-paced pictures yet. It is, therefore, quickly overwhelmed.
- It is important for your baby's development that they are allowed to discover the world with all their senses. With the hands, eyes, mouth and nose. **NOT through a screen.**



OFF

## Tips for healthy media use

- Keep reminding yourself that you are a role model for your baby. It needs eye contact with you. Your baby reads your face and learns to understand emotions over time. If you beam at your baby, for example, it notices your emotion (joy) and thus comes into its own joy.
- Keep your mobile phone, tablet & etc. out of reach when playing, reading to your baby or doing other things with them. Consciously put your mobile phone away.
- Put your mobile phone away when you are feeding your baby. Here too, your baby is dependent on your attention. It promotes a stable bond between you if you give your baby this feeling: "I'm here for you, you're very important to me, I see you."
- If possible, leave your mobile phone in your pocket when you are in the playground from time to time.
- Observe yourself. How often (and for how long) do you use your smartphone every day, for example? Is it possible that you can put it down for a while – maybe you can do it more often than you think? Be happy when it works and don't be too hard on yourself if you find it difficult. Keep at it and practise. You can do it!

## Official recommendation on daily media usage times for children aged 0 - 3 years:

- **Picture books, books**  
Look at and read picture books regularly (from around 6 months)
- **Audio media, audio stories**  
Maximum 30 minutes
- **Screen media: TV, video, computers, tablets, smartphones, games consoles**  
Preferably not at all!



# SUPPORT SERVICES IN BERLIN



## Berlin Family Portal

The Berlin Family Portal contains a wealth of valuable service information on the topic of family, a calendar of events for children, young people and the whole family, as well as guides on a wide range of topics (e.g. leisure, finances, single parenthood, childcare, etc.)

← [www.berlin.de/familie](http://www.berlin.de/familie)



## Early help services

Early help services are available for parents from pregnancy and families with children up to the age of three. They are particularly aimed at families in difficult circumstances. These include, for example, families with a high risk of poverty, parents with mental illness, a history of migration or flight, or families with multiple and high levels of stress.

Information on this can be found at:

← [www.berlin.de/sen/jugend/familie-und-kinder/kinderschutz/fruehe-hilfen](http://www.berlin.de/sen/jugend/familie-und-kinder/kinderschutz/fruehe-hilfen)



## Meeting places: Family centres and others

Contact opportunities with other babies and parents are offered by Berlin's family and district centres, as well as neighbourhood homes with a variety of open groups, courses and advice.

Special services are also provided, e.g. for families with premature babies, for families with children with developmental delays or for parents of multiple births.

← [www.berliner-familienzentren.de](http://www.berliner-familienzentren.de)



← [www.berlin.de/familie/informationen/nachbarschaftshaeuser-und-stadtteilzentren-127](http://www.berlin.de/familie/informationen/nachbarschaftshaeuser-und-stadtteilzentren-127)



There are also specialised family centres for LGBTQIA\* families in Berlin:

← [www.berlin.de/familie/informationen/regenbogenfamilien-343](http://www.berlin.de/familie/informationen/regenbogenfamilien-343)



... and offers for fathers

← [www.berlin.de/familie/informationen/beratung-von-vaetern](http://www.berlin.de/familie/informationen/beratung-von-vaetern)



... and single parents

← <https://shia-berlin.de>



← [www.vamv-berlin.de](http://www.vamv-berlin.de)



← <https://kiwu-beratung.de>



← [www.zentrum-kindesentwicklung.de/sozialpaedagogik.html](http://www.zentrum-kindesentwicklung.de/sozialpaedagogik.html)

# SUPPORT SERVICES IN BERLIN



## Child development check-ups (U-Untersuchungen)

Further information on the child development check-ups (U-Untersuchungen) is available in addition to the ElternMails on:

← [www.berlin.de/familie/informationen/kindervorsorgeuntersuchungen-77](http://www.berlin.de/familie/informationen/kindervorsorgeuntersuchungen-77)



## Safety in everyday life - a safe environment for your child

← [www.berliner-mieterverein.de/magazin/online/mm0521/die-kindersichere-wohnung-wo-das-abenteuer-lockt-verstecken-sich-gefahren-052124.htm](http://www.berliner-mieterverein.de/magazin/online/mm0521/die-kindersichere-wohnung-wo-das-abenteuer-lockt-verstecken-sich-gefahren-052124.htm)



## Recharge your battery - Volunteering opportunities

Volunteer programmes such as "wellcome - Praktische Hilfe nach der Geburt, Känguru hilft und begleitet, bärenstark ins Leben, der Großelterndienst" and others provide support and relief in everyday life with child(ren).

← [www.berlin.de/sen/jugend/familie-und-kinder/familienfoerderung/netzwerk-fruehe-hilfen](http://www.berlin.de/sen/jugend/familie-und-kinder/familienfoerderung/netzwerk-fruehe-hilfen)



## Media behaviour

Useful tips and information on the subject of media behaviour can also be found at:

← [www.berlin.de/familie/informationen/mediennutzung-in-der-familie-324](http://www.berlin.de/familie/informationen/mediennutzung-in-der-familie-324)



or ...

← [www.kindergesundheit-info.de/themen/medien/mediennutzung/kinder-und-medien](http://www.kindergesundheit-info.de/themen/medien/mediennutzung/kinder-und-medien)



## WELL SUPPORTED, RIGHT FROM THE START

With the **ElternMail Berlin** the **Senate Department for Education, Youth and Family** aims to support and strengthen all parents at the start of their family life and along their journey. The service, which is free of charge for families, is designed to provide mums and dads with helpful information about their child's development and practical tips and advice on local support services.

### Preview of the second online edition of **ElternMail - 7th to 9th month of your baby's life**

1. Strengthening a couple's relationship
2. Dealing with conflicts and disputes in parenthood
3. What does care work mean?
4. How parents can share care work



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