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The First Year in a Baby's Life

How does a baby experience its first year of life? What does it see, hear and feel, and what function has Nature assigned to the parents in all of this? These are the questions which this series seeks to answer in an entertaining and easy-to-understand way. A wonderful journey of discovery for the new-born, and for the parents too: rich in perceptions and impressions, with new surprises by the day. How to feed the baby is a problem which many mothers worry about. Proper nutrition creates an ideal foundation for lifelong health; poor nutrition, by contrast, can lead to irreversible damage.

- 01 Seeing – Hearing – Smelling – Tasting – Touching
The Perceptions of the First Few Months
- 02 Grasping – by Hand and by Brain
- 03 Communication without Words – Making Contact with the Outside World
- 04 Mobility – Pleasure in Movement
- 05 The First Sounds – Language Development
- 06 Breast Versus Bottle
- 07 Mother's Milk
- 08 Alternatives from the Bottle
- 09 Digestive Problems – Causes and Solutions
- 10 Weaning – When Should the Baby Eat What?
- 11 Increased Risk of Allergy Through Wrong Food
- 12 Too Fat, Too Thin? – How Much Energy Do Babies Need?
- 13 At Last – Eating Like Grown-ups