## 649.1 FAO

## CONTENT

		Page
Preface		v
Introduction		1
1.	Preparing a good home for a baby	4
2.	Making a safe world for babies and children	8
3.	What children need for healthy growth	13
4.	Making a healthy life for children	17
5.	How a baby grows	22
6.	A dangerous time: caring for a child through the second year of life	26
7.	The years before school are for growing and learning	31
8.	When children go to school	35
9.	Sleeping and resting: important for everyone	39
10.	Proper clothing for children	43
11.	How children learn through play	47
12.	Keeping children well and happy	51
Appe	endix	
A	United Nations Declaration of the Rights of the Child	55
В	Helping the Leader	57