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Title: The Effects of mental care of mothers in pregnancy period and infant care on child's mental health and social maturity

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Abstract: This study use metaanalysis method and try to improve awareness and function of families and health staff in children's care. Improving quality of mental health of mothers and children is one of major goals of WHO. To achieve this goal, different activities and effort should be done. Emotional interactions of mother and child affect child's physical, mental, nutritional, and motor health and mother's stress in pregnancy related to birth problems. Increasing awareness of mothers and preparing them for pregnancy results in fewer infant's problems. Strong emotional bond between mother and child enable child to achieve personality maturation easily and better interaction in society. Also, emotional relationship of child with mother and others help him to feel secure. Breastfeeding makes mother and child feel happy. Children who have strong emotional relationship with their parents, due to sense of security and peace in their lives, interest more in play and search their environment actively and react better and faster to new information. If child deprive from mother's love and attention, he may not show normal emotional reactions in appropriate situations.

Mother, Child, Mental health, social maturity

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