

Chu Ben Yan's Development Report

Chu Ben Yan, female, nicknamed Xiao Yan Zi, was born on May 30, 2001. She was found abandoned at Xifang Temple in Chuzhou City, and she was brought to the orphanage at 3:00 pm on May 31, 2001.

The origin of Chu Ben Yan's name: "Chu" is the same as the "Chu" in the orphanage's name and the city of Chuzhou. "Yan" means "flying swallow," which is a sincere hope that she can fly as freely as a bird in the sky and have a bright and better life.

When Ben Yan entered the orphanage, she was wrapped in some old clothes. She had delicate skin, a rosy complexion, and sparse hair. Her umbilical cord was well covered and was not dry, so she was approximately one day old. The physical exam upon arrival showed that she weighed 3 kg, had a head circumference of 34 cm, had a chest circumference of 34 cm and was 50 cm tall. She looked around when she opened her sleepy eyes. Her limbs and other parts are normal. There was no note or other object found with her.

In order for the children to grow healthy, our orphanage has always actively studied and explored scientific methods of raising children. In terms of feeding, we progress from liquid food to dry, from soft to hard, from little to much, and from one kind of supplemental food to many kinds. During her first three months, Ben Yan drank milk, like Chuzhou milk-based formula, Sanlu milk-based formula, etc. After three months, we gradually added some supplemental food, such as rice-based formula, steamed eggs, and vegetable juice etc. In terms of physical and mental development, we combine nursing and education, not only to provide adequate nutrition for the children, but at the same time to create favorable circumstances for the babies' mental development. These methods include: Constantly alternating toys with all kinds of different colors, textures, and sounds according to her age, in order to provide opportunities for Ben Yan to study and recognize objects. We often play children's songs or soft music in her room. When feeding her, changing her diaper, or playing with her, we would talk to her, call her name, touch her, kiss her, or hold her in our arms... By doing this we not only stimulate her language development, but also facilitate communication between child and adult so as to create a feeling of love, trust, and dependence in the child's heart. This also establishes a good foundation for the development of her complete character. In August 2001, the American Half the Sky Foundation began a "Grandma's Love Program" in our orphanage. This project not only provides more chances for the children's physical exercise, but also enriches the children's minds and emotions, which in turn helps to promote the children's development. Cute little Ben Yan and her sisters are fortunate to enjoy the benefits of the project.

Ben Yan has been raised in an orphanage care setting and has very good habits. Her life follows a regular routine of four meals, two snacks, and two activity times. She wakes up at 5:30 am, and after washing her face and brushing her teeth, she has breakfast, which is usually 240-260 mL of rice cereal (rice-based formula, milk-based formula, eggs, and sugar mixed together). As part of the Grandma Program, she has a certain "Grandma" who takes her to the activity room to play at 7:30 am. At 9 am she had some supplemental food like little snacks, crackers, cakes and steamed eggs, etc. At 10:30 am she has her lunch. Ben Yan can eat rice with some vegetables like winter melon, potato, or radish, along with some broth or minced meat. She naps from

11:30 am – 1:30 pm, and her “Grandma” brings her back to the activity room when she wakes up. At 3 pm she had some supplemental food and at 4:30 pm she eats dinner. After that she has a bath and rests in her crib. At 10 pm she has her last bottle of 240 mL of rice cereal. Ben Yan sleeps quietly, and she sleeps about 10-12 hours a night. Usually she urinates about 10 times a day and has either one or two BMs a day in the morning and evening.

Ben Yan’s immunizations are up to date, including Hepatitis A and Hepatitis B. Her health has been very good and she rarely falls ill. She is not allergic to any medicine so far.

Just like her name, Xiao Yan Zi is full of energy. You can see her youthful vigor whether she is with the nannies or in the activity room. She is an active and lively little girl. It seems like she is bursting with unlimited energy from head to foot and never knows what tired means. To Xiao Yan Zi, it seems every day strikes her as new and interesting, like sunshine. She will happily move around everywhere in the walker and sometimes goes to visit different nursing groups. In the activity room, Xiao Yan Zi seems to have found her sky in which to fly. She loves all kinds of colorful toys and she will not let them out of her hand. She has special preference for those toys that move or make sound, such as a little piano, little phone, rubber ball and little cars. She is learning to “play” the little piano with her “Grandma’s” help. She can pull the string of the toy car to make it move. Xiao Yan Zi crawls back and forth in the activity room. Sometimes she holds the railing and stands in front of the mirror to enjoy herself and baby talk to herself. She walks steadily while being led by one hand, but she is very afraid of walking by herself. Like all kids before walking on their own, we believe that Xiao Yan Zi will soon walk by herself without any help from an adult.

Xiao Yan Zi is very talkative and sometimes she baby talks to her friends. Her clearest sounds are “mama” and “dada.” She imitates well and knows how to shake her head, clap her hands for welcome, and wave bye-bye. Yan Zi has a very good appetite and is not picky. She likes cakes, *xianbei* seafood crackers, *xuebing* rice crackers, milk, and juice, etc. Her favorite fruits are bananas and watermelon.

Now Xiao Yan Zi is very healthy and is growing strong under the loving care of the nannies and “Grandma.” We sincerely hope that beautiful and cute Xiao Yan Zi will soon be able to have a broader and more beautiful sky in which to fly. We hope she will soon have a warm and fortunate home.

Chuzhou City Children’s Welfare Institute, Anhui Province

Signed: Bin Ming Hui

October 30, 2002