

A Healthy Child... A Happy Home...



Getting to Know Your Special Baby

newborn

*There's a new baby at your house.
Things are probably busy as you and
your baby get to know one another.*

Each baby is special and acts a little differently. Here are some things to know about newborn babies. It's normal for newborn babies to spend their time sleeping, crying or being awake and alert.

Crying Times:

- Normal babies can cry as much as 1-4 hours a day.
- Crying is the way babies tell us things. They're telling us they are hungry, tired or uncomfortable. There are also times when babies just need to cry.
- Babies often cry less when they get to be 6-8 weeks old.

TO CALM YOUR CRYING BABY:

- Check to see if Baby is hungry.
- Is Baby in pain?
- Does Baby need a diaper change?
- Is Baby cold or too warm?
- Look at baby's mouth and body to see if there are any areas that might hurt (rashes, cuts, sores).
- Talk to your baby in a soft, quiet voice.
- Gently wrap (swaddle) your baby in a blanket.
- Hold and rock your baby.

IF YOUR BABY DOESN'T STOP CRYING NO MATTER WHAT YOU DO:

- Ask a friend or relative to watch your baby while you take a break.
- Gently place the baby in a safe, quiet place for a minute while you relax.
- **Most important**, *never* shake your baby. It can cause permanent brain damage.



Sleeping Times:

- Babies are pretty quiet when they sleep.
- Sometimes they twitch or make little sounds. This is normal.
- When your baby is sleeping, it's a good time for you to rest.

Awake and Alert:

- Your baby's eyes are wide open.
- This is a **great** time to hold, rock, cuddle or feed, or talk or sing to your baby.
- Don't worry about spoiling your baby. The time you are spending with your baby now is building love and trust.



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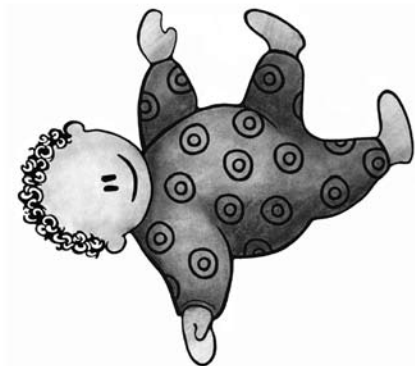


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BETTER TOGETHER



To learn about feeding your baby, look at the other side of this paper.



Keeping Baby Safe and Healthy

Sleep Safely - Put Baby to bed on his back.

Travel Safely - Always put Baby in a car seat when you go in the car. Make sure the car seat is placed in the back seat, facing the rear window and buckled in.

Prevent Falls - Never leave Baby alone on the bed, couch or changing table. Little babies can wiggle, fall off and get hurt.

Prevent Fires - Have a working smoke detector in your house.

Don't let anyone smoke around your baby. It harms Baby's health, and increases the risk of asthma, ear infections and SIDS.

Keep a thermometer at home. If you need to take the baby's temperature, place the thermometer under Baby's arm or in the rectum. A normal temperature is 97.6 to 99 degrees.

When to call the advice nurse:

- Baby has a temperature of 100 degrees or higher.

Coming Attractions

In the next months, most babies:

- Smile in response to your smile
- Make "coo-ing" sounds
- Lift up their heads while lying on their stomachs
- Respond to sounds by crying, laughing or getting quiet

Feeding Baby

BREAST MILK

- Nurse your baby on demand, every 1-2 hours. Use both breasts at each feeding.
- Let Baby nurse 5-10 minutes from each breast.
- If Baby finishes nursing on the left breast, start with the right breast at the next feeding.
- Don't worry about having enough milk. The more you nurse, the more milk you make.
- Take care of yourself. Drink a lot of fluids and get rest. It'll help you nurse.

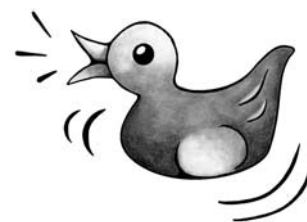
FORMULA

- Hold and look at your baby as you bottle feed. Your closeness is very important to Baby.
- Never prop a bottle in Baby's mouth. Your baby can choke.
- Don't give Baby honey or Karo syrup until he is 1 year old. It can cause serious illness.

Did You Know?

Just spending five minutes alone with your older child can help your child accept their new brother or sister.

Prevent dental problems. Don't put baby to bed with a bottle.



Your baby's next well-child visit is at age 2 months.

Remember to ask about baby's shots. See you then!



It's normal to be excited, tired, happy and even a little scared right now!