

Monroe Pediatrics

70 Gilbert Street, Monroe, NY 10950

## **WELL CHILD TIPS**

### **AT 1-2 WEEKS**

#### **Safety**

- Make sure your baby rides in a child seat every time you go driving, never hold your baby while riding in a car. Check your car owner's manual and the safety seat manual to make sure you are putting the safety seat in correctly. The back seat is the safest place for the safety seat. Buckle the seat to the car and your baby to the seat. Never put padding under your baby or on their shoulders, as the padding prevents the straps from holding the baby snugly in the safety seat. The chest clip should be at the same height as your baby's armpits. Also, the safety seat should face backwards in a reclined position until the baby is 1 year old.
- Some safety belts lock tightly only in a crash or are loose during normal driving. You may need to use the locking clip that comes with your child's safety seat to secure the belt snugly. You can purchase extra locking clips at baby supply stores.
- Use only safety seats that have been approved for travel in motor vehicles or airplanes. Infant carriers and bouncy seats are not safe for these purposes.
- If car has a passenger-side air bag, you must put your baby's seat in the back seat. Air bags will injure a rear-facing baby in the front seat.
- Never leave your baby alone in the bathtub, not even to answer the door or the phone. Babies can drown in less than one minute in just two inches of water.
- Test your baby's bath water with your elbow to make sure it's warm, but not too hot. To prevent burns from hot tap water, set your water heater at 120 degrees Fahrenheit or lower. Ask your landlord to do this for you if you live in an apartment.
- Never leave your baby alone on a high place. Even a young baby can roll off a changing table or bed. Remember to pull up the crib sides every time you put your baby into a crib.
- To prevent suffocation, never let your baby sleep on a waterbed, or with pillows or large blankets. Babies can even suffocate while sleeping in a bed with their parents. Ask your health care provider for guidance on the best place for your baby to sleep. Your health care provider can also recommend the best sleeping position for your baby.

## Nutrition

- Breast-feeding, rather than bottle-feeding, is best for babies and for moms. It can protect your baby from getting sick and may help you lose your “baby weight”, but it won’t keep you from getting pregnant.
- If you choose to breast-feed, be sure to eat healthful foods and avoid medicines and alcohol, because these things can be passed to your baby in your milk.
- To make sure your breast-fed baby is getting enough milk, watch their diapers, They should have at least six to eight very wet diapers a day. If they don’t, call your health care provider because your baby may not be getting enough milk.
- If you decide to bottle-feed, ask your health care provider which formula to use. Place bottles and nipples in hot soapy water or in the dishwasher to clean them. Sterilize them only if your water is from a well.
- Babies tend to eat every two to three hours if they are breast-fed and every three to four hours if bottle-fed. Between feedings they may want to suck on something, like a pacifier.
- Some babies like to sleep all day. Wake a sleeping baby every four hours to eat during the daytime. At night, do not wake your baby; instead, let them tell you when they are hungry.
- Do not start baby food or cereal until your baby is 4 or 5 months old, and consult your health care provider first.

## Development

- Babies like to be held, so go ahead and cuddle your baby as much as you want.
- Your baby likes to look at faces, especially yours. Look right into their eyes with your face about eight inches from theirs.
- Babies like music and gentle voices. Talk and sing to your baby-even if you’re off-key.
- New babies may sleep 12-20 hours a day.

## Parenting

- Don't be afraid of spoiling your baby. Babies can't be spoiled. When they cry, they are telling you they need something. They could be hot, cold, lonely, hungry or wet.
- Don't wash your newborn baby in the bathtub until the umbilical cord falls off and the belly button heals. Clean your baby with a damp washcloth instead. Leave the umbilical stump open to air as often as possible to help it heal faster.
- Take time out for yourself. Being a parent is hard work, and sometimes you need a break. Ask a family member or good friend who has experience with babies to care for your baby, even just for an hour or two. Or take a nap while your baby is sleeping in their crib.
- If you're going back to work, start planning now for child care. Ask friends, family and church members for their suggestions.

Note: These tips are just a guide and do not give you all the information you need to raise a healthy and safe child. Remember, children develop and grow at different rates, and you know your child best. If you have any questions or concerns, be sure to ask your health care provider.