



Welcome Words for your One Month Old

Getting to Know Your Baby

Nothing compares to caring for a newborn. No matter how much you've read, or heard, getting to know your own baby is a unique experience.

Here are tips that may help you through the ups and downs of your first month together:

- Feeding, changing, bathing and soothing a newborn are all time-consuming activities that offer opportunities for play.
- Get face-to-face and talk or sing to your baby. Soon you'll develop a special language just for her.
- Gradually you'll learn if your baby's crying means she's hungry, tired, wet, or just needs to release tension. In the meantime, comforting her is a matter of trial and error. Going outside for some fresh air may help — sitting in the sun, going for a walk, or even a ride in the car. Some babies are soothed by hearing the noise of a fan, running water, or vacuum cleaner.
- Four out of five babies have daily crying episodes that last from 15 minutes to one hour and can't be readily explained. Often this crying occurs in the evening, which suggests it may have something to do with overstimulation after a full day of observing the world.
- Colic is characterized a high-pitched scream rather than a cry, and can occur in the 2nd or 3rd week for several hours each day. Baby's legs are usually drawn up to her stomach or stretched out straight and her face is red. Colic reaches its peak at 6 weeks and usually ends at around 3 months. This can be extremely stressful, but studies show that babies with colic are healthy and continue to thrive.
- Ask rather than worry. Welcome Baby, your baby's doctor and other parents are resources if you have questions about any aspect of your baby's care.
- Remember, there's no other job more demanding. Friends and family can help — by cooking meals or doing laundry. Your partner can change diapers and bring you the baby when she needs to be breastfed, or, if you're bottle-feeding, handle a feeding so you can sleep.
- Feeling blue at a time when you expected to be happy is tough, but it's normal. For most moms, the period of feeling down (crying for no apparent reason, irritability, anxiety and restlessness) passes within a few days. If you feel this way for longer than a week, or if your feelings are so strong you can't cope, call your doctor or Welcome Baby.
- Try not to be a mind reader or expect your partner to be one.
- Communicate— it's a tough time for both of you.
- If you're a single parent, seek out a listener who knows what it's like to care for a newborn. With time, you and your family will adjust to this great change in your lives.



First Milestones

- ◆ At one week, you know my voice and may move your eyes, arms or body in response.
- ◆ You'll lose weight during your first week, but by day 14 will have regained your birth weight.
- ◆ After two weeks, if I speak with my face near yours (8-10 inches), you may open and close your mouth in response.
- ◆ Your head needs support to keep from flopping backward.
- ◆ You calm down if I speak in a soothing voice and become distressed if I speak in rough tones.
- ◆ By 1 month, you can follow a moving object with your eyes and focus on an object three feet away.
- ◆ You prefer the human face to all other patterns.

Give your baby

- ◆ The chance to focus on objects by rattling toys in her line of vision (about 8 to 15 inches)
- ◆ Eye-to-eye contact while you smile, talk, sing, or hum.
- ◆ Skin-to-skin contact, especially so that she can hear your heartbeat.
- ◆ Comfort whenever she needs it. It's impossible to spoil her during these first months.

Safety Tips

- ◆ Don't jiggle or shake your baby's head, even in play. Newborns' heads always need to be supported.
- ◆ Keep pillows and stuffed toys out of the crib or bassinet.
- ◆ Never leave your baby alone with other children or a pet, even one you believe is entirely trustworthy.
- ◆ It's the law: Use a rear-facing, properly installed, federally-approved car seat, which is safest in the rear seat. Never put the car seat up front in a car equipped with a passenger-side airbag. (Experts warn that front seat airbags are also unsafe for any child under age 13.)
- ◆ Never leave your baby alone on any surface above the floor (even in a baby carrier). She can extend her body and flip over.
- ◆ Until the umbilical cord falls off, your baby will be limited to sponge baths. Once the cord's gone, let her sit on a bath cloth to keep from slipping in the bath. Adjust the hot water heater to 120 degrees, and always test water on your bare forearm before bathing her.
- ◆ The cause of crib death or Sudden Infant Death Syndrome (SIDS), in which a healthy baby dies while sleeping, is still a mystery.

Continued on pg 2

FEEDING YOUR BABY

Breastfeeding

If breastfeeding, try to make the most of this time to relax and enjoy each other: hold her close, make eye contact, and talk softly or sing to her. Then, family members and friends can have special time to burp her or cuddle to sleep. If bottle feeding, your partner or other family members can get some special time with the baby.

Breast milk is your baby's best possible food and has the added advantages of being convenient and inexpensive. Successful breastfeeding is a team effort, a partnership between you and your baby. For more assistance, call us at 560-7150 or visit www.la lecheleague.org. Here are some tips:

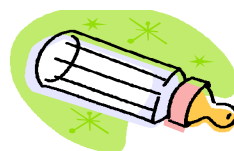
- The sucking instinct is inborn, but your baby may not know how to latch on. To help her, support your breast with your fingers under the breast and thumb on top, back from the areolar tissue. Tickle her lips with your nipple, and when she opens wide, pull her onto the breast. (Stroking her cheek will cause her to root for your nipple.) The entire nipple and some of the areola must be inside her mouth to stimulate your letdown reflex (or milk release).
- How your baby latches on is very important. Done properly, your nipples will be less likely to get sore. If your nipples are sore, start on the side that's least tender. After nursing leave your bra flaps open so your nipples can air dry. You also might try rubbing a little breast milk onto your nipples and letting them air dry. If pain with feeding continues for more than five days, seek assistance to evaluate the latching on process.
- If your baby is getting enough milk, she will wet six to eight times a day and have at least two bowel movements (possibly one after each feeding).
- Tiny cracks in your nipples can bleed as your baby nurses, causing blood to appear in her spit-up. Call your doctor's office or a lactation consultant for suggestions. Be sure you're eating a healthy diet and drinking plenty of fluids to keep your body in balance and to recover from labor and delivery.
- Check with your doctor before taking any medication, even over-the-counter drugs.

Bottlefeeding

If you've decided to bottle-feed your baby, here are some things to keep in mind.

- Ask your doctor for information on sterilizing water for making formula and whether you should sterilize bottles. If you make formula in advance, store it in the refrigerator. (Discard unused formula within 24 hours.)

- Once formula has been taken out of refrigeration, throw away any that's left over in a bottle (where bacteria quickly multiply).
- Most babies prefer formula at room temperature. It does not have to be heated. If you do warm it, shake a few drops on your arm to be sure it's not too hot. **Never use a microwave to heat the bottle.** This causes hot spots that won't be noticed in those few drops. Instead, warm the bottle in a pot of hot water.
- Holding your baby close during feedings is important to her development. Never prop the bottle in baby's mouth. She may choke and get formula in her lungs.



Burping

- Don't forget to burp your baby often. This helps her get rid of air swallowed while sucking. You can hold her upright over your shoulder, face down on your lap, or hold her slightly forward in a sitting position while supporting her head, and gently rub or pat her back.
- A little spit up with a burp is normal. If you're breastfeeding, you can burp her as you change breasts (usually 10-20 minutes on the first breast, then burp and switch to the other breast). When bottle-feeding, take a break in the middle to burp.
- In the first few weeks a baby's stomach can only hold 2-3 ounces of milk at a time, whether from breast or bottle. For now, formula-fed babies need to eat every three to four hours, and breast-fed babies often eat every two to three hours. Hang in there! It won't be long before the time between feedings stretches out.

Safety Tips (continued from page 1)

To decrease the chance of SIDS, the American Academy of Pediatrics recommends:

- ◆ Put baby down to sleep on her back.
- ◆ Do not cover baby's head or bundle up in blankets.
- ◆ Try to keep her away from cigarette or other smoke.
- ◆ Help baby keep cool. Don't overdress her for sleep in a heated bedroom. One light layer more than you need should be sufficient unless the doctor told you otherwise.
- ◆ Always leave baby with a responsible adult, never alone, even for a moment, in a car, yard or house.
- ◆ Don't attach any item with a cord or necklace to or near baby (pacifier, medallion, toy, drawstring, window blind).