

NEWBORN



My photo
at birth.

HELP ME BE HEALTHY...

Before I go home from the hospital:

- I may have a hepatitis shot.
- I will have a blood test designed to screen babies for several genetic disorders.

The doctor or nurse will take a small amount of blood by pricking my heel before I leave the hospital. I will need to have another test done before I am 2 weeks old. The hospital will give you information saying where I need to go to have the second blood test done. If the tests indicate a possible problem, you and my doctor will be notified and an appropriate follow-up will be arranged.

When I go for my first checkup:

- I will be weighed and measured.
- I will be looked at everywhere.
- The doctor will look in my eyes, ears and nose.
- They will listen to my heart and lungs.
- My hips, abdomen and umbilical cord stump will all be examined.
- The doctor will want to know how we are all doing as a family and will answer any questions that you have. Do not be afraid to ask questions. My health is very important. That is why we go to a doctor or clinic for my well-baby checkups.

Keep me away from cigarette smoke, cigar smoke and e-cigarette vapors.

It is hard on my developing lungs. To keep my clothes and car seat free of smoke, please do not allow anyone to smoke in our home or vehicles.

FEED ME WHEN I AM HUNGRY...

Breast milk or iron-fortified formula is the only food I need. It will probably take us several weeks to adjust to a feeding schedule. This is normal. If I am breast-feeding, I may eat every two or three hours.

I am getting enough to eat if I am:

- Growing.
- Having at least six wet diapers a day.
- Having at least one stool a day.

For additional breast-feeding information, check out the Centers for Disease Control and Prevention's (CDC) "Guide to Strategies to Support Breastfeeding Mothers and Babies" at www.cdc.gov/breastfeeding/resources/guide.htm/.

WATCH FOR ME TO...

- Look to see who is talking.
- Move my eyes to follow something that moves in front of my face.
- Look at you, look away and then look at you again when we are playing. I can see best when an object is about 8 inches from my face.
- Sleep a lot. I do not know when it is night, so I will wake up during the night and want to eat.
- Eat every few hours. When I am not eating, I might sleep most of the time.
- Be fussy and cry more than you would like me to cry. Do not be afraid to hold me.
- Suck on my fingers or pacifiers. I like to suck even when I am not hungry.
- Be startled by loud noises.

DID YOU KNOW YOU COULD RECEIVE A "PARENTING TIP OF THE MONTH" EMAIL?

Child Care Aware® of Eastern Kansas sends out a monthly email covering a topic affecting parents. To sign up for this monthly email, simply email your name, email address and county you live in to info@east.ks.childcareaware.org. Be sure to state that you would like to receive the "Parenting Tip of the Month" email!

HOW I AM GROWING...

My Length: _____

My Weight: _____

Sleeping Habits: _____

New Skills & Talents: _____

Favorite Things & Activities: _____

PLAY WITH ME. IT HELPS ME LEARN!

- Hold me, cuddle me, rock me, hug me and let me look at your face.
- Change my position every once in a while.
- Talk to me, sing to me and read to me.
- Listen to gentle music with me.

HELP ME BE SAFE...

When we ride in the car, put me in a car seat and secure the straps on me correctly. Kansas law requires that I be in a car seat when I am in a vehicle until I am old enough to wear a regular seat belt. Be sure my car seat is properly installed and rear-facing. The car seat is the only safe place for me to be. Use the car seat even if I fuss. Fussing is my way of telling you that I know I am in a different place. Check out www.kansasboosterseat.org to know which car seat is right for me.

Place me on my back to sleep and tummy to play. I should sleep on my back until I am able to turn over by myself. Visit www.safesleepkansas.org for information about reducing my risk of infant sleep related death.

Have you considered fire safety since I was born? Check the batteries in our smoke detectors. Have you thought of how you would help me get out if there was a fire? Practice a fire escape.

Never leave me alone with pets.

I TALK BY CRYING...

If I am crying, it could mean that:

- I am wet.
- I am too hot or too cold.
- I am sleepy.
- I am hungry.
- I want to change position.
- I want to be held.
- I need to be burped.
- I have colic.

If nothing seems to help me calm down, check with my doctor to see if something is wrong. You will soon be able to tell the difference between my "feed me" cry and "pick me up and hold me" cry.

Remember, it is common for babies to have a fussy time each day.

For more ideas to help me calm down, read "How You Can Help Your Crying Baby" on page 27 of this calendar.