



BREASTFEEDING

Your baby should nurse 8-12 times per day. Feedings may last 10 to 30 minutes; alternate sides and positions.

BOTTLE FEEDING

Your baby should bottle feed at least every 3-4 hours and may take 15 to 45 ml (½ to 1 ½ ounces) each feeding. Hold your baby when bottle feeding, do not prop the bottle.

Do not microwave bottles.

Burp regularly. Remember that spit up is normal in babies as long as they gain weight and do not have any projectile vomiting or greenish vomit.

ELIMINATION

After a week of age, your baby should have 6-10 wet diapers a day. Breastfed babies can have up to 10 stools (poop) a day. Formula fed babies can have anywhere from one stool with every feeding to only one stool a day. **Baby stool can be watery, yellow/green color and seedy.**

SKIN CARE

Use no soap or unscented soap in bath. Do not use baby oil or talcum powder. Unscented lotion is okay, but not needed. Babies often need their nails clipped or filed down after birth to prevent scratching their skin.

CIRCUMCISION CARE

Put petroleum jelly (Vaseline®) on the circumcision area with every diaper change for up to a week.

UNCIRCUMCISED FORESKIN CARE

Wash with warm water. Pull foreskin back gently – it should never be forced.

BELLY BUTTON/CORD CARE

Only give sponge baths until the cord falls off, which usually happens in a week to 10 days.

Keep the cord dry by folding the diaper away from the belly button.

SLEEP

Place babies on their BACK to sleep in a crib on a hard mattress with no big blankets or stuffed animals in the crib.

Do not sleep with your baby because of the risk of suffocation.

CRYING AND BREATHING

Babies can cry for 2-3 hours a day. **NEVER SHAKE A BABY.** It can cause brain damage and death. You cannot spoil a baby by holding him/her too much.

Babies can have noisy, gurgly breathing. They will sneeze and hiccup. All of this is normal as long as their skin color has not changed and they look comfortable.

SAFETY

Make sure the smoke alarm is working in your home.

Keep baby in a smoke-free environment to decrease the risk of SIDS (Sudden Infant Death Syndrome), ear infections, pneumonia and asthma.

Lower the temperature on the hot water heater to 120 degrees Fahrenheit to prevent burns.

Always use a car seat! Place car seat in the back seat of the car, facing backwards.

Try to keep babies away from large crowds and sick people for 6 to 8 weeks after birth.

All people who have contact with your baby should have yearly flu shots and whooping cough (pertussis) shots to protect your baby from these diseases.

Make people wash their hands before they hold or touch your baby.

REASONS TO CALL YOUR PEDIATRICIAN:

- Any problems breathing, especially with skin color change.
- Irritability, acting lethargic, feeding poorly.
- Signs of worsening jaundice (yellowing of the skin or white parts of the eyes).
- **A fever in a baby is a temperature greater than 100.4 degrees (F). A rectal temperature is the best way to take a temperature in your baby.** Do not use pacifier, forehead or ear thermometers as they are not accurate. Under the arm temperature is okay. Remember, babies can be very sick and not have a fever.
- Skin around the belly button or circumcision becomes very red.
- Any questions or concerns.

(continued)

LANGUAGE / HEARING DEVELOPMENTAL MILESTONES

Although every child develops differently, these guidelines can help identify problems. Consult your child's doctor if you have any concerns about how your baby is developing.

Information is provided from the Indiana State Department of Health.

BIRTH TO 3 MONTHS

- Startles at loud noises
- Soothed by familiar voices
- Makes vowel sounds—ooh, ahh
- Squeals, coos, laughs, gurgles

THREE TO SIX MONTHS

- Makes a variety of sounds such as “ba-ba” or “ga-ga”
- Seems to enjoy babbling
- Uses a variety of pitches
- Likes sound-making toys
- Turns eyes and head to sounds, including voices

SIX TO NINE MONTHS

- Responds to his/her name
- Imitates speech by making non-speech sounds, coughing, clicking tongue, smacking lips
- Plays with sound through repetition “la-la-la”
- Understands “no” and “bye-bye”
- Says “da-da” or “ma-ma”
- Listens to music or singing

NINE TO TWELVE MONTHS

- Responds differently to happy or angry talking
- Turns head toward loud or soft sounds
- Jabbers in response to human voice
- Uses two or three words in addition to “da-da” or “ma-ma”
- Gives toys when asked
- Stops in response to “no”
- Follows simple directions

TWELVE TO EIGHTEEN MONTHS

- Identifies people, body parts and toys on request
- Locates sounds in all directions
- Names what he/she wants
- Talks in what sounds like sentences, with few understandable words
- Gestures with speech
- Bounces to music
- Repeats some words you say

EIGHTEEN TO TWENTY-FOUR MONTHS

- Follows simple commands
- Speaks in two word phrases, somewhat understandable
- Recognizes sounds in the environment (car, dog, vacuum, doorbell)
- Has a vocabulary of 20 words or more

