

INFANCY - NEWBORN

Promotion of healthy habits

Injury and illness prevention

All infants should be in a rear facing car safety seat secured in the back seat. Your baby must remain in the car safety seat at all times during travel.

Help your baby establish a routine for sleeping and eating.

Put your baby to sleep on their back or side. Calm your baby by stroking their head or gentle rocking.

Ensure that your baby's crib is safe. The slats should be no more than 2 3/8" apart, and the mattress should be firm and fit snugly into the crib. Keep the sides of the crib raised. Do not put your baby to sleep on a soft surface such as a waterbed, couch, or pillow. Have your baby sleep in your room, in their own crib.

Set hot water heater thermostat at less than 120° F.
Test the water temperature with your wrist to make sure it is not hot before bathing your baby.

Change your baby's diaper frequently to help prevent diaper rash. Use fragrance-free soaps /lotions and avoid using powder.

Do not leave your baby alone in a tub of water or on high places such as changing tables, beds, sofas, or chairs. Always keep one hand on your baby.

Cord care; keep diaper below cord to allow it to air dry. Call the doctor if you notice a bad odor, redness or fluid discharge from the area.

Wash your hands often.

Never leave your baby alone or with a young sibling or pet.

Keep your baby's environment free of smoke. Make the home and car nonsmoking zones.

Do not drink hot liquids or smoke while holding your baby.

Avoid putting your baby in direct sunlight.

Ask your child care provider what you should do when an emergency occurs in the child care setting

Nutrition

Review successful breastfeeding practices with your health professional such as; how to hold your baby and get them to latch on properly; feeding on cue 8-12 times a day for the first four to six weeks; and feeding until your baby seems content.

Review your care with your health professional. Be sure you are obtaining plenty of rest, drinking plenty of fluids; relieving breast engorgement; caring for nipples; and eating properly. Receive follow-up support from your health professional by telephone, home visit, nurse visit, or early office visit.

Newborn breastfed babies should have six to eight wet diapers per day as well as several "mustardy" stools per day.

If you are bottle-feeding: Ask your health professional about type of formula, preparation, feeding techniques, and equipment. Feed 2oz every 2-3 hours. You may give more if your baby still seems hungry. Hold your baby in a semi sitting position to feed.

Do not use a microwave oven to heat formula.

To avoid developing a habit that will harm your baby's teeth, do not put them to bed with a bottle or prop it in their mouth.

Infant care

Discuss with your healthcare professional any questions or concerns you have about:

Cord care

Circumcision care; noncircumcised infant care

Skin and nail care: bathing, soaps, lotions, diaper area preparations, detergent

Vaginal discharge or bleeding

Crying

Sneezing and hiccups

Burping, spitting up

Thumb sucking and pacifiers

Change from meconium to transitional stools

Normal sleep patterns; sleeping arrangements

Amount of clothing needed; exposure to hot or cold temperatures

Use of thermometer (in infants, a rectal temperature of 38.0°C/100.5° F or higher is considered a fever)

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Promotion of parent-infant interaction that is mutually satisfying and enjoyable

Learn about your baby's temperament and how it affects the way they relate to the world.

Try to console your baby, but recognize that they may not always be consolable regardless of what you do. Discuss this with the health professional.

Nurture your baby by holding, cuddling, rocking, talking and singing to them.

Promotion of constructive family relationships and parental health

Encourage your partner to attend the health supervision visits.

Try to rest when your baby is sleeping.

Realize that there may be times when you feel tired, overwhelmed, inadequate, or depressed. If it continues, contact your healthcare professional.

Accept support from your partner, family members, and friends.

Discuss with your health professional how to deal with unwanted advice from family and friends.

Discuss sibling reactions with the health professional.

For mother returning to work: Begin to make plans for child care.

Address your own oral health needs.