

HEALTH ISSUES

Breastfeed or use an iron fortified formula.

Do not put bottle in bed with baby.

Do not give baby honey.

Learn how to use a thermometer to take a rectal temperature. Fever greater than 100.3 is an emergency.

Do not over-bundle baby - a simple rule is to add one layer (like a blanket) for baby to whatever seems comfortable for you (if a T-shirt is comfortable for you, have baby wear a T-shirt PLUS one layer).

Use a vitamin supplement recommended by your pediatrician if you are exclusively breastfeeding.

SAFETY ISSUES

Read instructions for proper installation. Here are some general guidelines:

Place seat in the back seat, rear facing.

Ensure that the crib you use is safe and relatively new. Spaces between slats should be no more than 2 3/8 inches.

Do not place fluffy pillows, blankets, or stuffed animals in crib with baby.

Place baby on his or her BACK for sleeping.

Always keep a hand on your baby when lying on a changing table, bed, or sofa.

Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.

Install a smoke detector in or near your baby's room.

NEVER SHAKE YOUR BABY!!!!!!

If you feel stressed out (to the point where you want to hurt your baby), place your child in a safe place (such as the crib) and walk away for a few minutes (5 minutes or less) to cool down.

YOUR BABY SHOULD...

Respond to sounds by startling or blinking.

By a few weeks of age, looks at your face and follows with eyes.

Initially sleep a lot, up to 20 hours a day.

Have bowel movements at least once every 3 days if formula fed, once every week if breast fed (most breast fed babies will stool many times a day in the first few weeks).

YOU SHOULD...

Hold, cuddle, and rock baby.

Talk and sing regularly to baby.

Start reading books to baby - it is never too early!

Get your naps during the day when baby is resting.

Encourage your partner to assist in caring for baby.

Spend time alone with your partner - one of the best things you can do for your baby is to maintain a quality relationship with your partner.

Spend time alone with your baby's sibling(s) to make them know they remain special