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**Countryside Public Health**



# **TRACKS**

## **Newborn**

### *Your child's health care*

#### **Well-Child Check Ups:**

Regular checkups with a doctor or clinic help keep your baby healthy. The first check-up is usually at 2-4 weeks of age or as your doctor requests. If your child receives Minnesota Health Care programs insurance, remember to ask for a Child & Teen Checkup on every clinic visit for well child care. Ask your doctor if your baby should have fluoride if you are breast-feeding or bottle feeding.

### *Your growing child*

At birth, babies can see, hear, taste, smell and touch. You will notice that your baby can do the following:

- ♥ Look at you
- ♥ Squeeze your finger
- ♥ Startle at the sound of a loud noise
- ♥ Cry to communicate his needs
- ♥ Turn his head towards your face
- ♥ Suck on a pacifier

All babies are different and develop at different rates.

#### **Immunizations**

They are an important part of preventive healthcare. These shots give protection from childhood diseases that can cause severe illness and even death.

Immunizations you child will need at 2 months include:

- ♥ DTaP-Diphtheria, Tetanus, Pertussis (whooping cough) Vaccine
- ♥ IPV-Inactivated Polio Vaccine
- ♥ HIB Haemophilus Influenza B Vaccine
- ♥ HBV Hepatitis B Vaccine (1<sup>st</sup> is recommended at birth)
- ♥ Prevnar-Pneumonia Vaccine
- ♥ Rotateq-Rotavirus Vaccine (Oral)

Some vaccines may be combined such as DTaP-IPV-HBV called Pediarix or HIB-HBV called Comvax. Low cost vaccinations are available if your child has no insurance or the insurance does

not cover vaccinations. You may call us for more information.

As parents it is important that you keep a record of your child's immunizations. Ask for a Gold Card. All MN clinics in our area and the local public health agencies report immunization dates to the Minnesota Immunization Information Connection (MIIC). If you lose your child's immunization record, you may contact us for a replacement.

## *Babies are wonderful*

They are born with reflexes designed to help them after birth. The following are some reflexes you are most likely to see in your baby.

**Startle Reflex (Moro Reflex):** This reaction occurs when your baby becomes startled by something, for instance, a sudden change in position, jarring of his crib, or even a loud noise. This may cause him to draw up his legs, bring up his arms, and cry.

**Rooting Reflex:** This causes your baby to turn toward anything that touches his cheek. Brushing his cheek with your finger or breast helps him find the nipple of the bottle or breast much easier.

**Sucking Reflex:** This comes about each time anything touches the lips and is followed by the swallowing reflex.

**Blinking Reflex:** This happens when the infant's eyes are exposed to bright lights, or when something comes too close to or touches the eyes.

**Cough & Sneeze Reflex:** This reflex helps infants clear their breathing passageways. You may notice your baby sneezing more than you expect during the first few weeks.

**Crying:** Crying is the baby's way of letting you know something about himself. Infants cry for many reasons -- some are easily known and others are not. You will soon be able to know a hungry cry from a cry that comes from being tired and cranky. Crying can result from being too warm or not warm enough; from too much stimulation (noise, excessive handling) or not enough stimulation. Infants may cry from being undressed, during their bath and before they move their bowels. It takes a little time for the mother to become acquainted with the baby's cry and to associate the cry with what the infant is trying to say. Eventually you will be able to tell the different cries and what they mean for both your baby and you.

**tip**

Draw a large face on cardboard and place in crib. Babies love faces.

# Safety check

Here are a few simple rules to follow to make sure that your baby is safe:

- ✓ Don't tie a pacifier around his neck. Baby could get strangled.
- ✓ Do not use a pillow or large stuffed toys - baby could suffocate.
- ✓ Be sure mobiles are out of baby's reach.
- ✓ Do not leave baby alone on a bed or table - baby will learn to roll before you know it.
- ✓ Don't use talcum powder - dust can be harmful to baby's lungs.
- ✓ Do not prop the bottle - it can cause ear infections.
- ✓ Do not heat bottle in microwave - it gets too hot.
- ✓ Turn hot water heater down to 120 degrees F.
- ✓ Be sure to have smoke detector in working order.
- ✓ Use the safety strap in infant seats and never leave baby unattended.
- ✓ It's nice to know CPR.
- ✓ Consult your doctor on proper sleep positions.



## **Car Seat Safety:**

- ✓ Use an approved safety seat every time your child rides in the car. It's the law and car seats save lives.
- ✓ Baby should be rear-facing when in a car seat.
- ✓ Car seat should be less than 6 years old.
- ✓ Never leave baby unattended in the car.
- ✓ For more information on car seat safety, or if you are in need of a car seat, contact Countryside PHS at 1-800-657-3291.

## **Crib Safety:**

- ✓ Slats should be no more than 2-3/8 inches apart (or the width of a pop can), be sure to have no missing or cracked slats.
- ✓ Mattress should be firm and fit snugly in crib.
- ✓ Mattress pad and sheet should also fit snugly.
- ✓ Be sure the mattress support is securely attached to head and foot boards.
- ✓ Be sure the side that drops latches securely and holds the side in a raised position.
- ✓ Avoid the use of bumper pads.

## *Feeding your child*

During the first few weeks, newborns wake up every 2-4 hours to be fed and changed. Expect to be awakened several times at night.

**Formula or breast milk is all your baby needs for several months. Please do not give your baby honey or corn syrup for the first year - it can cause severe illness.**

- ♥ Breast milk provides nourishment and protection from many illnesses.
- ♥ If you are breast feeding, ask your doctor about giving your baby vitamins.
- ♥ It takes time to adjust to breast-feeding. Please don't give up. Please call Countryside Public Health or WIC if you have questions.
- ♥ If using formula, it is important that you continue to use the same formula unless your health care provider tells you to change. Switching formulas (on your own) may cause your baby to have an upset stomach.
- ♥ Consult your health care professional about mouth care for your baby.
  - ♥ If bottle feeding, ask your doctor about the type of water to use when mixing formula. Only use municipal, bottled or well water that has been tested and found safe.

**WIC is a program that provides nutrition education and special foods to pregnant and breastfeeding women, infants and children to age five.  
Call 1-800-244-6026 to see if you are eligible to receive WIC Program benefits.**

## Common health concerns

□ *It's important for you to know how to take your baby's temperature so you can tell if he has a fever.*

□ *Many babies begin a fussy time of crying around 2 weeks of age, and it can be very frustrating because it is hard to comfort him. This may be colic, but discuss this with your doctor because he may have another problem. Colic usually disappears by 3 months. In the meantime, here are some things to try:*

- *Hold him face to face and talk in a soft voice*
- *Rock gently.*
- *Sing softly to him.*
- *Rub your baby gently.*
- *Wrap his arms tightly against his body in a small blanket.*
- *Give a warm bath.*
- *Ride in car with car seat in rear facing position.*
- *Ask family and friends for support.*
- *NEVER SHAKE A BABY!!*

*Experiment and see which measure works for you and your baby. Don't be discouraged: a method that doesn't work one day may work the next day. If you feel frustrated, put baby in a safe place, like a crib, walk away until you have calmed down.*

□ *Many babies get a rash in the diaper area.*

*Here are a few tips:*

- *Cleanse diaper area with every diaper change.*
- *Change diapers at least at every feeding.*
- *If rash occurs, use diaper rash ointment on rash after cleaning diaper area.*
- *Call your doctor if rash does not improve in 2 days.*
- *Allow buttocks to air dry during naps.*

□ *After a shot, babies may be fussy, have a low fever, or soreness at the shot site. Try putting a cool or warm cloth on the area where the shot was given. (Don't use a warm cloth if your baby has a temperature over 102°).*

## *Positive parenting*

**Babies need lots of love and patience. Help him develop a sense of trust and security.**

- ♥ **Feed baby when he is hungry.**
- ♥ **Change him when he is wet.**
- ♥ **Bathe baby, give him clean clothes.**
- ♥ **Talk and sing to baby.**
- ♥ **Comfort him when baby cries.**
- ♥ **Hold baby securely, and often.**
- ♥ **Hug baby, kiss baby.**
- ♥ **Don't shake, hit, or spank baby.**
- ♥ **Love and enjoy baby for who he is.**
- ♥ **Don't worry about spoiling baby by picking him up when he cries.**

**We will be writing to you again before your baby is 2 months old. Meanwhile, rest when you can, eat a good and balanced diet, and enjoy your baby and being a parent!**

**Please feel free to contact Countryside Public Health with any questions or concerns.**