

Take Good Care of Your New Baby

A Guide to Keeping
Your Baby Healthy



Keep this information handy!

My baby's doctor is

**My doctor's
phone number is**

Congratulations on Your New Baby!

This is a very exciting time! Your baby will grow and change a lot over the next 2 years. It's important that you take care of your baby. This book can help you. Use it to help keep your baby healthy.

**This
book
tells
you:**

- When to take your baby to the doctor
- How to feed your baby
- How your baby will grow and change from birth to age 2
- What to do if your baby is sick or hurt
- What to keep handy to help with injuries or sickness



Take this book everywhere you go. You can even put it in your diaper bag and carry it with you. That way you'll have it when you need it.

If you have questions about anything in this book, ask your doctor.

Zachary's mom carries her book in his diaper bag.

Your Baby Needs to See the Doctor

Your baby needs to see the doctor often, even when he or she is not sick. This is called a **well child visit**, and it helps your baby stay well.

At your baby's well child visit, your doctor may:

- Check vision and hearing
- Measure height, weight, and head size
- Take blood samples
- Screen for lead and TB
- Check your baby's teeth
- Advise you on feeding your baby
- Calculate Body Mass Index (BMI) at age 2

Your doctor may call your child's well child visit an **"Early and Periodic Screening, Diagnosis, and Treatment"** or **"EPSDT."** This is the name of Medicaid's well child visit program. **Body Mass Index (BMI)** is a term you may hear: It helps your doctor see if your baby is growing well. Your doctor should check your baby's BMI every year beginning at age two.



At Orion's well child visit, the doctor checks to see how much he is growing.

Remember:

Don't wait until your baby is sick to go to the doctor. Keep all of your well child visit appointments.

Your Baby Needs Shots

Sometimes during well child visits, your doctor will give your baby shots. Without shots, your baby could get very sick!

Babies should get their first shots when they're born. They should get all of their main shots by age 2.

Make sure to get your baby's shots on time. This will protect your child from certain types of infections and help your baby stay well. (The next page tells you when to take your baby to the doctor for shots.)



Nurse Nancy gives Sarah her shots on time.

Ask your doctor for an up-to-date record of your baby's shots.

- **Chicken Pox** ("Var" or "Varicella" shot)
- **Diphtheria, Tetanus, and Whooping Cough** ("DTaP" shot)
- **Haemophilus Influenza Type B** ("Hib" shot)
- **Hepatitis A**, which causes liver disease ("HepA" shot)
- **Hepatitis B**, which causes liver disease ("HepB" shot)
- **Influenza** ("Flu shot")
- **Measles, Mumps, and Rubella** ("MMR" shot)
- **Pneumococcal Conjugate Vaccine** ("PCV shot")
- **Polio** ("IPV" shot)
- **Rotavirus**, a common cause of vomiting and diarrhea

When Should My Baby See the Doctor?

Seeing your baby's doctor on time is important. Your child needs to see the doctor for a well child visit at the ages listed below.

My Baby's First Year

Birth

- Well child screen
- Hearing screen
- **Shot:** Hepatitis B

1–2 weeks old

- Well child visit

1 month old

- Well child visit
- **Shot:** Hepatitis B

2 months old

- Well child visit
- **Shots:** Diphtheria, Tetanus, and Whooping Cough; Hib; Pneumococcal; Polio; and Rotavirus

4 months old

- Well child visit
- **Shots:** Diphtheria, Tetanus, and Whooping Cough; Hib; Pneumococcal; Polio; and Rotavirus

6 months old

- Well child visit
- **Shots:** Diphtheria, Tetanus, and Whooping Cough; Hepatitis B*; Hib; Influenza**, Pneumococcal; Polio*; and Rotavirus

9 months old

- Well child visit

12 months old

- Well child visit

*May be given any time between 6 and 18 months.

**Give yearly after 6 months of age.

When Should My Baby See the Doctor? (Cont.)

My Baby's Second Year

15 months old

- Well child visit
- **Shots:** Chicken Pox; Diphtheria, Tetanus, and Whooping Cough; Hepatitis A†; Hib; Measles, Mumps, and Rubella; and Pneumococcal

18 months old

- Well child visit

2 years old

- Well child visit
- Calculate BMI

†May be given any time between 12 and 18 months.



Grace's mom always takes Grace to her well child visits on time, even if she doesn't need shots.

Feeding Your New Baby

The best food for your newborn baby is breast milk. Breast feeding does take time to learn. You may feel funny doing it at first.

Sometimes mothers can't breast feed. If you cannot breast feed, you should feed your baby formula in a bottle. Ask your doctor about a formula. Be sure to follow your doctor's directions.

DO NOT change your baby's formula unless your doctor says it's ok.

It's good to feed your baby at scheduled times, but you will have to be flexible. Don't feed your baby more often than every 2 hours unless your doctor says it's ok. Feed your baby as much as he or she will eat at each feeding, unless your doctor tells you not to.

Most of all, your baby needs to feel loved and accepted. This is just as important as the type of food you give your baby. When feeding, hold your baby comfortably close. Feeding time is a time to build a strong bond between you and your baby.



Brendan's mother breast feeds him if she can because breast feeding is the best thing for him.

Continued on next page

Feeding Your New Baby (Cont.)

Your doctor can give you tips on feeding your baby. You might talk to your doctor about this even before you have your baby.



Hunter's mother holds him comfortably close during feeding times. This makes Hunter feel loved and accepted.

What Your Baby Should Eat

Babies grow quickly during their first year. Your baby will eat a lot at first. Your baby's eating habits will change during the first year.

- **From ages 0–4 months:** Only feed your baby breast milk or formula. Feed your baby as much as he or she wants to eat, unless your doctor tells you not to.
- **Starting at age 4 months:** Add baby cereal fed with a spoon and you may begin infant juices (or half regular juice and half water.)
- **At age 6 months:** Add first foods, such as baby vegetables and fruits. **DO NOT** give your baby more than 1 new food every 1-2 weeks! This will help you see if your baby is allergic to any foods.
- **Age 1 and older:** Introduce your baby to whole milk. Stop feeding your baby formula. Because of a wider variety of foods introduced into your baby's diet, your baby will eat less than before. The goal at this time is for your baby to drink between 10 to 16 ounces of milk each day. Talk to your doctor if you think that your baby is not eating enough.

Remember:

During the first year, your baby should eat between 18–24 ounces of breast milk or iron-fortified formula every day.

Try to feed your child meals and snacks at scheduled times. Feed your child a variety of well-balanced foods. This will give your child a good start on a healthy diet.

What Your Baby Should Not Eat

NEVER give your baby food that could make him or her choke. These include:

- **Hard Candy**
 - **Hot Dogs**
 - **Peanuts**
 - **Grapes**
 - **Popcorn**
- **Gum**
 - **Any food with seeds**
(like oranges or watermelon)
 - **Any food that's large or needs lots of chewing**



Bethany just turned 1 year old. Her grandmother feeds her healthy snacks at scheduled times. She makes sure her food is easy to chew and swallow so that she won't choke.

Your Baby Will Grow and Change

Age 0–3 months

(This is just a guide. Your baby might be a little different.)

How will my baby grow?

- Gains 5 to 7 ounces each week
- Grows 1 inch each month

What does my baby do?

- Watches things with his or her eyes
- Smiles
- Begins knowing things he or she sees and hears often

What will my baby think or say?

- Coos
- Makes sounds
- Cries to get attention

How will my baby move?

- Begins to turn head
- Needs help sitting up
- Moves arms and legs
- Begins holding self up on forearms by age 3 months

What will my baby eat?

- Breast milk or formula

Talk to your doctor if you have questions.

Your Baby Will Grow and Change

Age 4–6 months

(This is just a guide. Your baby might be a little different.)

How will my baby grow?

- Weighs 2 times as much as when first born
- Begins drooling and teething

What does my baby do?

- Enjoys being around people
- Smiles at self in a mirror
- Becomes scared of strangers
- Lets you know what he or she likes and doesn't like

What will my baby think or say?

- Makes vowel and consonant sounds (like "eee" or "oh")
- Babbles in 1-syllable words (like "ba," "ma")
- Repeats sounds others make

How will my baby move?

- Sits with some help
- Stands with help
- Grasps and holds objects (by 6 months)

What will my baby eat?

- Breast milk or formula
- Baby cereal fed with a spoon
- Infant juice (or half regular juice and half water)

Talk to your doctor if you have questions.

Your Baby Will Grow and Change

Age 7–9 months

(This is just a guide. Your baby might be a little different.)

How will my baby grow?

- Gains 3 to 5 ounces each week
- Grows ½ inch each month
- Grows more teeth

What does my baby do?

- “Pee-pees” and “poo-poops” at regular times
- Becomes scared when mother leaves
- Becomes scared of strangers
- Becomes afraid of being alone at bedtime
- Plays “peek-a-boo”

What will my baby think or say?

- Uses longer words like “mama”
- Knows simple commands like “no”
- “Listens” when you talk

How will my baby move?

- Sits without help and may begin to crawl
- Stands if holding onto something
- Begins using 1 “favorite” hand to do things (right-handed or left-handed)

What will my baby eat?

- Breast milk or formula
- Baby cereal fed with a spoon
- Infant juice (or half regular juice and half water)
- Baby foods that are easy to chew and swallow.
(Add only 1 new food every 1-2 weeks. This will help you see if your baby is allergic to any foods.)

Talk to your doctor if you have questions.

Your Baby Will Grow and Change

Age 10 months to 1 year old

(This is just a guide. Your baby might be a little different.)

How will my baby grow?

- Weighs 3 times as much as when born
- Grows more teeth
- “Soft spot” on top of head is almost closed

What does my baby do?

- Shows feelings (like mad, happy)
- Waves “bye-bye”
- Plays “pat-a-cake”
- Leaves parents’ and grandparents’ side to explore

What will my baby think or say?

- Knows own name
- Knows some things by name
- Obeys simple commands (“Give me the toy.”)
- Speaks 2 words at a time
- Knows many words

How will my baby move?

- Walks if you hold 1 hand
- Holds crayon
- Turns book pages

What will my baby eat?

- Breast milk or formula* (10 to 16 ounces a day)
- Baby cereal
- Infant juice (or half regular juice and half water)
- Soft foods that are easy to chew and swallow

**Begin whole milk at 1 year of age*

Talk to your doctor if you have questions.

Your Baby Will Grow and Change

Age 18 months

(This is just a guide. Your baby might be a little different.)

How will my baby grow?

- Eats less
- Grows less quickly
- Starts having control when “pee-pees” and “poo-poops”

What does my baby do?

- Throws temper tantrums
- Copies mom and dad
- May carry “security blanket” or toy
- Likes to play alone

What will my baby think or say?

- Points to things he or she knows
- Points to body parts
- Says 6 to 10 words at a time
- Uses names of things and words to describe them (like “hot” and “big”)

How will my baby move?

- Walks up stairs if you hold 1 hand
- Uses a spoon
- Squats to pick up objects
- Is clumsy when running

What will my baby eat?

- Whole milk (10 to 16 ounces a day)
- Cereal
- Juice
- Solid foods that are easy to chew and swallow

Talk to your doctor if you have questions.

Your Baby Will Grow and Change

Age 2 years

(This is just a guide. Your baby might be a little different.)

How will my baby grow?

- Weighs 26 to 28 pounds
- Is 32 to 33 inches tall
- Has 16 teeth

What does my baby do?

- Pays attention longer
- Plays next to others
- Helps dress self
- Does not like to share
- May begin potty training

What will my baby think or say?

- Talks a lot
- Calls self by name
- Asks for foods and drinks
- Knows 300 words

How will my baby move?

- Claps hands
- Builds a tower with 5 to 7 blocks
- Turns door knobs
- Holds cup with 1 hand
- Walks up stairs alone

What will my baby eat?

- Whole milk (10 to 16 ounces a day)
- Cereal
- Juice
- Solid foods that are easy to chew and swallow

Talk to your doctor if you have questions.

What If My Baby Is Sick or Hurt?

1. Treat your baby AT HOME if:

- Your child has a mild cold or mild diarrhea.
- Your baby is over 3 months old and doesn't have any of the problems listed on these 2 pages. Books on childhood illnesses can give you advice on how to treat

common conditions like colds, mild diarrhea, and stomach aches.

Call your doctor's office for advice on how to treat your baby at home. Also call if you have questions about which medicines to give your child.

2. Take your child to the DOCTOR if your baby:

- Was treated at home but isn't getting well.
- Is under 6 weeks old and seems sick.
- Is extra quiet or moves a lot less than normal.
- Is crying a high pitched cry.
- Has been crying constantly for 3 hours.
- Has a green runny nose, stuffy nose, sore throat, swollen tonsils, a bad cough or other similar symptoms. These mean the child may have an infection.
- Cries a lot more than normal for no obvious reason.

- Has a rash.
- Hasn't wanted to eat much for 3 or more days.
- Has uncontrolled diarrhea or vomiting.



Sheryl's mother took her to the doctor when she cried for over 3 hours straight.

Continued on next page

What If My Baby Is Sick or Hurt? (Cont.)

3. Call 911 or go to the EMERGENCY ROOM right away if your child:

- Isn't breathing or has no heartbeat.
- Passes out, is unconscious, or is not alert.
- Has pale, gray, or cool skin.
- Has trouble breathing.
- Is choking.
- Hurts his or her neck or back.
- Is bleeding badly.
- Is having a seizure.
- Is poisoned.
- Has a bad pain.

- Has a head injury or a bad injury, such as a broken bone or bad burn.
- Throws up a lot or has bad diarrhea, especially in a baby.
- Your baby is less than 2 months old and has a rectal temperature of 100.4 degrees or higher.

If you think your child has a bad problem, get help **right away**. Take your child to the nearest emergency room, call 911, or call 0 for the operator. Ask for an ambulance or an emergency response team.

What if my child has a fever?

Call your doctor if your baby is:

- Less than 3 months old and has a rectal temperature of 100.2 or higher.
- Between 3 and 6 months old and has a rectal or armpit temperature of 101 or higher.
- Older than 6 months and has a rectal or armpit temperature of 103 or higher.

Go to the emergency room if:

- Your baby is less than 2 months old and has a rectal temperature of 100.4 degrees or higher.

Medicine Cabinet Shopping List

Keep your medicine cabinet full to help deal with sickness and accidents. The list below shows what medicine and first aid supplies you should keep at home:

- Acetaminophen** (like Infant Tylenol® or Tempra®) is usually best for pain and fever. Ask your doctor how much and how often to give to your baby. Even acetaminophen can be life-threatening in high doses. **DO NOT give aspirin to any child unless your DOCTOR tells you to.**
- Stick-on bandages** (like Band-Aid™ brand) in many different sizes.
- Antibiotic ointment or cream** (like Neosporin®) is used for cuts, scrapes, and minor skin infections.
- Diphenhydramine** (such as Benadryl® liquid) is used for allergic reactions and itching. Ask your doctor how much and how often to give to your baby.
- Eye wash** is useful to clean things out of the eyes.
- Hydrogen peroxide** is used to clean wounds.
- Ibuprofen** (such as Children's Motrin® or Children's Advil® Suspension) is very good at relieving fever in children older than 6 months, or as directed by your doctor.
- Pedialyte®** is a solution of sugar and salt, which is effective in preventing and treating dehydration (when your body doesn't get enough water).

Continued on next page

Medicine Cabinet Shopping List (Cont.)

Petroleum or water-soluble jelly (like Vaseline® or KY Jelly®) can be put on the end of the rectal thermometer to make it go in easier. Clean the thermometer after each use.

Rectal thermometer (ear thermometers may be used after 1 year of age).

Rubbing alcohol to clean around your baby's umbilical cord, until it falls off.

Sterile gauze pads are used for covering wounds or to soak-up wound drainage.

Sunblock or sunscreen (SPF 15 or higher) to prevent skin damage.

Zinc oxide cream (like Balmex® or Desitin®) is used to protect against diaper rash.



Paige's mother keeps first-aid supplies at home in case Paige gets sick or hurt.

Remember:

- 1. Keep all medicine out of the reach of children.** They can't tell pills or liquids from candy or juice. Any drug can hurt your child.
- 2. Talk with your doctor before giving your child any medicine.**
Always give the right amount at the right time.
- 3. Call Poison Control (1-800-222-1222)** if your child ever takes something not prescribed for him or her.
- 4. Throw away** any drug after the expiration date.



Catherine's mom makes sure she gives Catherine the right amount of medicine at the right time.

Helpful Numbers

To find out about healthcare services
and resources call:



1-800-275-1131
(TDD) 1-800-322-5580

ARKids 1st
1-888-474-8275

For questions about the
Vaccines for Children
Program
call: **1-501-661-2170**



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