

Birth-One Month



Oshkosh - 920-233-6630
Appleton- 920-831-1132
Menasha - 920-739-4226

TOUCHING...

...CRYING

SEEING....

...FEVER



This month the baby may...

- Make movements that are mostly reflexive. Fingers grab or grasp, though most often hands are clenched in a fist position. Arms and legs make quick jerky motions.
- Lift his head briefly when on his tummy but still needs lots of support because he cannot hold his head up alone.
- Sleep sixteen to eighteen hours a day with brief periods of alertness.
- Begin to suck on fist and fingers and respond to certain voices.
- Make eye to eye contact at a close range of eight to twelve inches.
- Prefer looking at patterns and staring at objects.
- Show a trace of a short-lived smile.

ENCOURAGING ACTIVITIES:

- Talk, sing and play with baby during alert periods.
- Hold your baby close while you sing or sway to a favorite song.
- Tape pictures of large, brightly colored objects in her crib, carriage or bassinet. Change the pictures from time to time so she does not get bored with them.
- Put your face close to your baby's to make eye contact, then talk to him and encourage baby to follow you as you move your face very slowly from side to side or up and down.
- Place brightly colored mobiles or a slow moving toy on the crib rail. Place the mobile to the left or right of baby's face as she will probably have her head tilted to one side most of the time.
- Babies can hear love in your voice. Talk to baby softly during diapering, feeding and playtime.

BABY HINTS:

- Never leave your baby unattended on any high place such as a couch, changing table, or even a bed. Even newborns can wiggle and may roll and fall off.
- While rocking baby, read your favorite book aloud to him. He will think you are talking to him as you catch up on your reading.
- If you are nursing your baby, and your baby has trouble sleeping, watch what **you** eat. Limit caffeine products such as coffee, tea, cola drinks, and chocolate.
- If your baby insists on night feeding, play it down. Do not turn on the lights or make any unnecessary motions to make her think it is time to wake up.

I AM A NEWBORN

Dear Mom and Dad,

I need your help to get a good start in life.

You can help me by showing me love. Hold, kiss and cuddle me. Do not call me bad names or yell at me when I am crying because crying is the only way I know how to talk to you when I need something.

Please keep my doctor appointments so that you know I am growing healthy and strong.

CRYING:

Many babies my age start to have regular "fussy crying" periods. We often do this in evening hours. We may need to burn off energy. If you know I am not hungry, wet, or hurt, try holding me, taking me for a walk, turning on soft music, or wrapping me snugly in a blanket. If you are tired of listening to me cry, let someone else hold me or lay me in my crib for a short time and give yourself a break.

FEVER:

Call the clinic or Nurse hotline if my **rectal** temperature is **101 degrees** or higher.

SEEING:

I love to look at faces. Anything that is 8-12 inches from my face, I can see clearly. Therefore, when you hold me, I will begin to know your face and your voice. I see black and white until I am 4 months old. I prefer sharp color contrasts, faces and geometric patterns.

HEARING:

It is normal for me to jump at sudden noises. This is a good sign that I am able to hear. However, I'd rather listen to gentle voices or soft music. I may have received a hearing screen before I left the hospital.

TOUCHING:

Hold me often! You will not spoil me. It feels so good when you touch my face, tummy, back or feet. I love to be rocked.

SUCKING:

I may need to suck on something even when I am not hungry. It is okay to let me suck on my hand or fingers or give me a pacifier but **never** hang it on a cord around my neck.

...I am a Newborn

HICCUPS:

I do this a lot during the first two months because air gets into my tummy from crying and gulping my bottle.

SNEEZING:

The reason I sneeze is not because I have a cold, but it is the only way I can clear my airways.

FEEDING:

I WILL CRY TO BE FED EVERY 2-3 HOURS, BUT ONLY GIVE ME BREAST MILK OR FORMULA. If I am breastfeeding, I may feed more frequently. Please do not prop my bottle because I could choke. I would rather be held.



SLEEPING:

It's not unusual for me to sleep all day except for the times I wake up to be fed. Lay me on my back when I sleep. By doing this you reduce my risk for Sudden Infant Death Syndrome (SIDS).

BOWEL MOVEMENTS:

It is normal for me to strain when I poop. My stool should be seedy-looking, yellowish-greenish, and mushy. If it is ball shaped and hard, call my doctor or the clinic.

SAFETY:

Do not leave me alone on a sofa or bed because I might roll off. Do not lay me on a beanbag, waterbed or pillow because I might not be able to breathe. Always put my car seat in the back seat and me in it. I need to be rear facing until I am 20 pounds AND one year old.

FEEDING PRACTICES - MYTHS AND BELIEFS

FEEDING MYTHS AND BELIEF	POSSIBLE PROBLEMS	SUGGESTIONS
1) Baby bottle equipment does not need to be cleaned thoroughly.	Illness with possible diarrhea vomiting and dehydration.	Wash bottle, nipples, and rings with hot, soapy water and scrub with a brush. Rinse well and put this clean equipment in hot boiling water for 5 minutes to sanitize.
2.) Watering down the formula or breast milk is no cause for concern.	Cause water intoxication, and illness	Mix the formula exactly according to the directions.
3.) Over-concentrating the formula is not cause for concern.	<i>Life-threatening</i> Could be <i>hospitalized</i> for dehydration, weight loss and shock.	Mix the formula exactly according to the directions.
4.) An infant needs at least 2 ounces of additional water after each feeding to prevent constipation.	Over-hydration or water intoxication could develop.	Give no more than one ounce of extra water for every 6-8 ounces of formula.
5.) Left over formula/breast milk may be fed again to an infant.	Illness with possible diarrhea, vomiting and dehydration.	Any breast milk or mixed formula must be thrown away after a feeding. Do not mix new formula with old formula or new breast milk with old breast milk.
6.) Breast milk/formula does not need to be refrigerated.	Illness with possible diarrhea, vomiting and dehydration.	Bottles of mixed formula should be stored in refrigerator and used within 48 hours (2 days). Breast milk should be refrigerated and used within 72 hours or frozen.

FEEDING PRACTICES- MYTHS AND BELIEFS

FEEDING MYTHS AND BELIEFS

POSSIBLE PROBLEMS

SUGGESTIONS

7) Formula made from evaporated or condensed milk is as good as infant formula.

Slow growth from inadequate protein levels; iron deficiency; anemia; skin rash; increased risk of allergies.

Breastfeeding or commercial infant formula should be given the first year of life.

8) Microwaving of formula or breast milk is a good heating method.

Burns of the mouth and throat; contents in bottles heats to a higher temperature than outside the bottle.

Warm breast milk or formula by placing bottle in bowl of warm water.

9) Babies receiving low-iron formulas have less spitting up.

High rate of iron-deficiency anemia; impaired mental and physical development.

Iron fortified formula should be used the entire first year.

10) Giving cow's milk can start at any age.

Cow's milk has too much protein and sodium for baby's kidneys; not enough vitamin C or iron; and does not meet the baby's nutritional needs.

Start giving cow's milk at age 1.

11) Feeding an infant solid food early (before 4 months) helps them sleep through the night.

Increases risk of allergies; reduces total amount of formula consumed, which could slow growth; may cause choking.

Start solid foods around 4-6 months. Sleeping through the night will come with maturity.

12) The best way to feed infant cereal is from the bottle.

Danger of choking from an enlarged hole in nipple; learning to eat from a spoon is slowed; may lead to overeating.

Always feed cereal and other solid food from a spoon.

13) Adding honey to formula helps bowel function.

Could lead to Clostridium Botulism food poisoning.

Never give an infant honey.

SAFETY RULES FOR YOUR BABY

- NEVER PROP A BOTTLE FOR YOUR BABY. Babies can choke when drinking by themselves. Hold your baby's bottle yourself!
- NEVER PUT A PILLOW IN YOUR BABY'S CRIB. Babies can not lift their heads from pillows. They could suffocate.
- NEVER LET BABIES HOLD ANYTHING SMALLER THAN THEIR FISTS. Make sure toys have no little pieces that might come off in a baby's mouth. Don't give your baby a nipple or pacifier without a safety ring, either.
- NEVER HAVE SPACE BETWEEN THE MATTRESS AND THE CRIB SIDE. Your baby could get caught. If using bumper pads, make sure they are secure.
- KEEP PLASTIC BAGS AND OTHER THIN PLASTIC OUT OF YOUR BABY'S REACH. Babies can suffocate if they get plastic over their mouths. Never put plastic in cribs.
- DO NOT TIE ANYTHING AROUND YOUR BABY'S NECK. A cord on a pacifier could choke your baby.
- DO NOT LET YOUR BABY NEAR CHIPPED PAINT. Some paint contains lead, and lead is poisonous.
- DO NOT LEAVE YOUR BABY ALONE, EVEN FOR A SECOND ON A CHANGING TABLE, BED, OR OTHER HIGH PLACE.
- DO NOT LET A YOUNG CHILD CARRY OR TAKE CARE OF YOUR BABY. In case of an emergency, a young child can not make the quick decisions an adult can.
- DO NOT LEAVE YOUR BABY ALONE, EVEN FOR A SECOND, IN A BATHTUB.
- DO NOT LEAVE YOUR BABY ALONE WITH A LOOSE ANIMAL. Even a gentle pet can be too rough for a little baby.
- DO NOT LET YOUR BABY RIDE IN A CAR WITHOUT A CAR SEAT. The back seat is the safest place for the car seat.
- DO NOT SMOKE AROUND YOUR BABY. Ashes can fall into baby's eyes. Your baby will also be burned if they touch the cigarette. Besides, when you smoke, the smoke goes into his or her lungs. Smoking is bad for adults, and worse for babies.

Handling Stress

Don't let stress get the best of you

Few jobs are as stressful as parenting. Stress is built into family life. The demands of parenting, jobs, and your personal needs are often at odds. Change, which all families experience, is a big source of stress.

Stress is not all bad. It can be the "fuel" that powers you over obstacles, from job interviews to personal tragedy and loss. But stress can be harmful, to yourself and your children and family. If not handled well, stress can lead to such things as abusive behavior, especially abuse directed toward your children. Stress can contribute to depression, physical illnesses, alcohol abuse and drug abuse. Stress can also damage relationships.

Stress is a part of life. Learning how to handle it is important to the health and happiness of your family and yourself. No matter how much you wish children acted like small adults, they won't. Children do not misbehave on purpose. They have their own way of thinking and acting. The more you know about how your children develop and grow, the easier it will be to understand their behavior and be more forgiving when they misbehave.

Take a Break Once in Awhile

Some mothers wouldn't think of having a babysitter watch their child when they take a break. But mothers need some time for themselves. Have someone take over once in awhile, if only for a few hours. A pause in a demanding household routine can be refreshing and helpful in preventing stress from building. The greater your support network, the less likely you are to run yourself down or reach the point where stress gets the best of you.

Staying healthy is an important part of managing stress. Making sure you get enough exercise is a good way to ease stress. A simple walk every day will help. You may want to consult your doctor before going on a vigorous exercise program.

Eating right is also important. And getting enough sleep and rest to feel refreshed will help you deal with your child patiently and lovingly.

Information provided by a publication of University of Pittsburgh Office of Child Development made possible with help from the Frank and Theresa Caplan Fund for Early Childhood Development and Parenting Education.

Too Much Water is Dangerous for your Baby

Nothing is more refreshing than a tall glass of ice water. In fact, health experts recommend that adults drink ten cups of fluid (including water, juice and milk) per day. But too much of a good thing for adults is dangerous for babies.

Babies can overdose on water. Technically called "water intoxication" many babies are rushed to hospital emergency rooms because they were given too many fluids **besides** breast milk or formula. Water intoxication occurs most frequently during summer. When babies get too much water, their kidneys cannot process it quickly enough. The bloodstream then becomes too diluted, dangerously lowering the level of minerals and sodium.

Water intoxication causes seizures and convulsions. Seizures are characterized by facial twitching, lip smacking, jerking, cessation of breathing and stiffness. To prevent water intoxication do not dilute your baby's formula with extra water. Also, give no more than one ounce of extra water to every six or eight ounces of formula or breast milk.

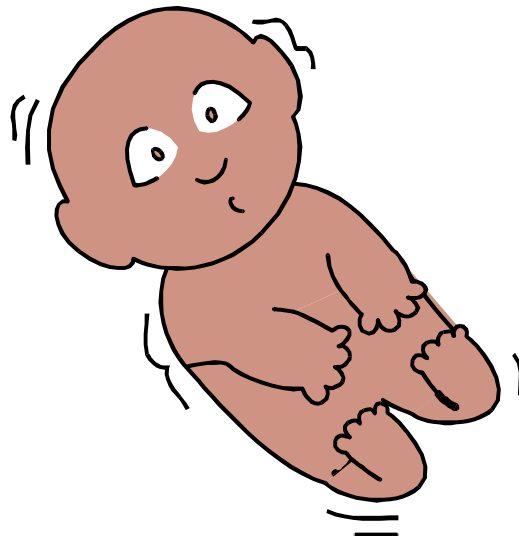


Information provided by the City of Milwaukee Health Department with grants from the Wisconsin Division of Health

Keep Your Baby's Head in Good Shape

Now that babies are sleeping on their backs to reduce the risk of Sudden Infant Death Syndrome, there appears to be more children with misshaped heads. Here are some ideas to help prevent this with your baby:

- 1.) Alternate baby's head from one side to the other while baby is sleeping in the crib.
- 2.) Reverse baby's sleeping position.
- 3.) Change the orientation of baby to outside activities (e.g.: Change how the crib faces the door of the room, or change where the baby's swing, bouncy seat or playpen is placed in the room.)
- 4.) Reposition crib toys and mobiles or favored wall decorations to encourage the turning of the head.
- 5.) Vary baby's sleep position between side and back. *Remember* to reduce the risk of possibility of Sudden Infant Death Syndrome by placing a sleeping infant on his back. Babies sleeping on their backs has shown to decrease SIDS.
- 6.) Avoid leaving baby in car seat, infant carrier or swing for long periods of time.
- 7.) Place baby on his tummy during play time and other waking hours. This will reduce the time baby spends resting on the back of his head.



This information was taken from June 29, 2001 issue of babyparenting.about.com

Activities & Games

Muscle Control & Body Awareness

Hearing & Language

Baby Massage

In the first weeks of life, your newborn gradually begins to discover her own body and to learn how to move parts of it voluntarily. You can aid her body awareness by gentle massage. Start by rubbing her arms or legs with the flattened palm of your hand, working toward the center of her body.

Rhythm and Movement

While your baby lies on her back, sing to her and move her arms up and down to the rhythm of the song. In the same manner, grasp her feet and gently move her legs in a bicycling motion. These motions not only tone muscles but encourage a consciousness of rhythm. Two to five minutes is long enough for one of these sessions; watch your baby closely. If she seems unhappy or averts her eyes, it is probably because she is tired of the activity, and you should stop.



New Textures

You can enlarge your baby's experience of textures by stroking her hands and arms with fabric-silk, velvet, flannel, terry cloth, wool. Watch carefully to be sure your child is enjoying this. Some babies are made uncomfortable by a light, ticklish touch.

Hand Practice

Stimulate your baby's grasp by touching the palm of her hand with your finger. At this time, the resulting grasp is purely reflexive and short-lived, but the exercise strengthens her finger muscles and sets the stage for controlled grasping, which will be one of the child's first voluntary and sustainable muscle skills. You can make the activity fun for both of you by talking to the infant as you gently shake the grasping hand.

Making Music

When you sing nursery rhymes to your baby, softly clap your hands to emphasize the song's cadence. Enliven her spirits by playing a radio, record player or music box near her crib, but do so only when the child is alert, not when she is drifting off to sleep. And do not leave the sound on as background music: You want your baby to learn to attend to sounds, not ignore them.

Naming

Hold the baby in your arms or sit on the floor and prop her against your raised knees. As you make eye contact with her, say her name so she can begin to recognize the sound. Also call her name whenever you approach the crib to pick her up.

Where is the sound coming from?

Lay your baby on her back on the floor. Kneel behind her head and hold a rattle about a foot above her head. Shake the rattle until her eyes find it. Slowly move the toy from side to side as your child pursues it with her eyes. You can use your voice for a similar purpose. Stand behind the head of the baby's crib where she does not see you. Speak to her, then lean into her field of vision as you continue speaking, so she will make the connection between your voice and your presence.



Activities & Games

Vision and Perception

Changing Perspectives

Vary the baby's view by occasionally moving her crib to different parts of the room. Change her position in the crib for her waking periods, shifting her from back to stomach, and from the head of the crib to the foot.

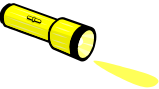
Visual Delight

Faces are a favorite with newborns. Prop a picture with bold, contrasting colors against one side of the crib for a while. Then move it to the other side so your baby is drawn to turn her head. Remove the picture from the crib when you leave. A special infant safety mirror fixed to the side of the crib can give her even more visual excitement as she looks at herself.

Silly Games

Bring your face close to the baby's. Let her follow your face with her eyes as you move side to side. Make buzzing and smacking noises. Flutter your eyelids while you hold her fingers to your eyelashes so she can watch and feel at the same time. For a sensory surprise, blow gently onto her face.

Light Show

 In a dimly light room, move the beam of a flashlight back and forth in front of your baby - but NEVER into her eyes. See if she tracks its motion. Visual tracking exercises give her practice in following moving objects.

Emotional & Social

Making Conversation

Talk to your baby frequently; not in baby talk but in real sentences, properly enunciated. She is not ready to understand you in the conventional sense, but she can pick up your mood from your tone of voice and will begin to understand that communication is good, that people who love one another show it in this way as in many others. For the same reason, try reading aloud to your baby-not only children's books but even the daily paper or any book you are reading. At her age, the material does not matter, but the sound of your voice is delightful.

Kissing & Cuddling



Cuddle your baby often.

Touch her whenever you feel the instinct. Pick her up when she cries and try to offer her the comfort she is telling you she needs. Rock her. Hold her

close. Smile at her and kiss her frequently. By giving her plenty of security and reassurance at this time, you are helping her to develop into a confident, competent and loving child.

The Mobile Infant

Carry your baby with you in an infant sling as you move about the house, shop or go out for a stroll. For family mealtimes, place the baby in her infant seat where she can be a part of the activities.

** Source: Your Baby's First Year*

The Toy Box

The best toys for a baby's first month are people, especially her parents. But the following items can help you stimulate interaction with your baby: a safe, sturdy rattle that is too large to swallow; a soft mobile of stuffed fabric; a music box; and an infant-safe mirror attached securely inside the crib.



Bathing Your Baby

Bathing can be fun for you and your baby. Choose a place that is safe, warm and free of drafts. It is best to take your telephone off the hook during a bath, as this is a distraction and your baby should never be left unattended. Be prepared ahead of time:

- ✓ Cotton balls
- ✓ Soft washcloth
- ✓ Two Towels
- ✓ Clean diaper
- ✓ Clean clothes
- ✓ Bar of mild soap or liquid baby soap (Do not use fragrance or deodorant products.)
- ✓ Non-tear baby shampoo

Fill a tub or sink bath with three inches of warm water and use a liner to keep baby from slipping. (Always check the temperature of the water with your elbow. If the water is uncomfortably warm, it is too warm for baby.)

A baby only needs a complete bath one or two times a week. Your baby's skin is sensitive and can become very dry with frequent bathing. Your baby's face should be washed daily with plain water. Their bottom should be washed daily with soap.

Cord Care:

The cord clamp that was applied at birth is usually removed 24-48 hours after birth. The remaining stump will dry up and fall off within one or two weeks. It is important to keep the cord area dry until it falls off. Until then, give your baby only sponge baths and diaper your baby below the navel. Follow your doctor's advice regarding the care of the cord. A small amount of bleeding may be noticed in the diaper when the cord falls off. Notify your doctor if a foul odor, a discharge or redness develops around the cord.

Bulb Syringe:

A bulb syringe is used to remove excess mucus from the baby's mouth and nose. **TO USE THE SYRINGE:** Depress or squeeze the bulb before putting it in the baby's mouth or nostrils. Place it in the side of the mouth or up the nostril and slowly release the bulb. This creates suction that will draw out extra mucus. After use, wash the bulb syringe in warm, soapy water and rinse well.

Circumcision:

A circumcision is a surgical procedure to remove the foreskin from the head of the penis. If your baby boy has been circumcised, cleanse his genitals gently. Apply petroleum jelly to head of penis for several days to prevent the penis from sticking to the diaper. If your baby was not circumcised, the penis should be gently cleansed daily.