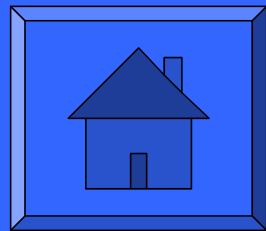


Let's Eat!	Safety	Poop!	Washing	General Health
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>

Why do we say that breast milk is
best?

Breast Milk

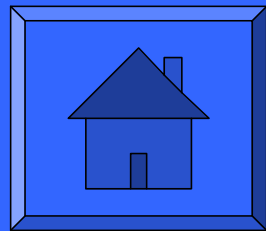
- Is easily digested
- Has vitamins and minerals that are easily absorbed
- Has antibodies to prevent infection
- Is FREE!!
- Helps mom lose weight quickly
- Breastfeeding is a special part of the unique relationship between mom and baby



What are some advantages of using formula?

Advantages of Formula

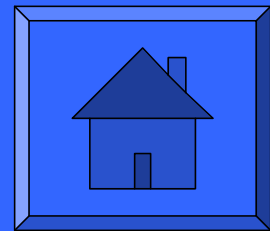
- Takes less time (leaving more time for other responsibilities)
- Other family members can help give it to the baby (helps build relationships).
- It's easy to measure how much milk the baby is drinking



How do we know if we're
producing enough breast milk?

Breastfeeding

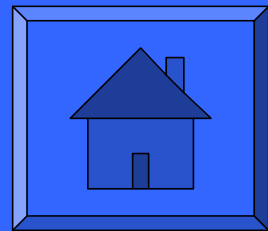
- Many women think they can't produce enough milk – this is almost never true.
- What the baby asks for, the mom's body will produce. Therefore, breastfeeding more often will make mom's body produce more milk.
- At first, it is usually necessary to breastfeed at least every 2 hours.
- Mom has to stay well hydrated in order to produce milk, so it is important to drink plenty of liquids while breastfeeding.
- At first, the breastfed baby may lose weight. This is normal.



My baby is burping up all the
milk! Why?

Burps

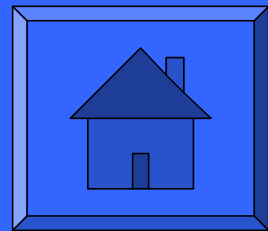
- Some babies need to be burped every ounce or two.
- The baby's tummy is the size of its hand. Babies will vomit if more than 2 or 3 ounces are given at once.
- All newborns have hiccups. This is normal – they don't need to be given water.
- If your baby is vomiting with every feed, with a lot of force, or if the vomit is green, call your pediatrician.



When can we start other types of
food?

Other Types of Food

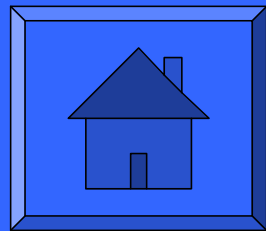
- During the first 4 months, babies should only take breast milk or formula.
- They do not need water, juice, or cereal.
- Honey, eggs, and other foods are very dangerous for babies.
- Rice cereal in a bowl (not in the bottle) is often started around 4 months, and other solids are added at 6 months.



In what position should we put
our babies to sleep?

Sleeping Position

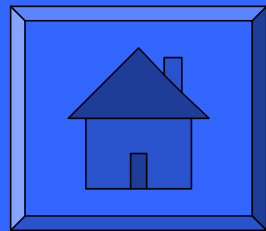
- **BACK TO SLEEP!!** To decrease the risk of Sudden Infant Death Syndrome (SIDS), all babies must sleep on their backs.
- Sleeping on the side IS NOT as safe as sleeping on the back.



How do we decrease the risk of
SIDS?

Decreasing the Risk of SIDS

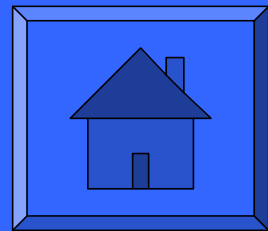
- Back to sleep
- Cribs should have a firm mattress with a sheet or blanket tucked in around the mattress. The blanket should reach no higher than the infant's chest.
- Do not put toys in the crib.
- Do not smoke.



How do we prevent lead poisoning?

Lead

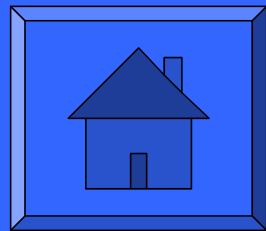
- The paint in homes constructed before 1980 may contain lead.
- Tell your pediatrician if you have old paint in your house or paint dust around your windowsills.
- If family members work in construction or in factories, they should change their clothing and shower before being with the baby.



My baby's brother just fed him
detergent! Who should I call?

Poisonings

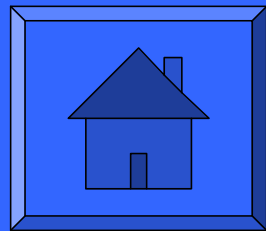
- 911
- 1-212-POISONS
- Always bring the container of whatever the baby ingested with you to the Emergency Room.



How do we prevent falls?

Fall Prevention

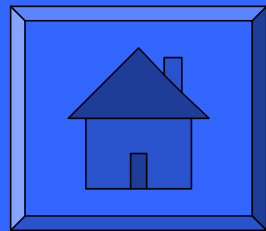
- Don't put your baby on high surfaces
- If you have to turn while changing the baby's diaper, always keep one hand on the baby.



What is the first poop of the baby called?

Baby's First Poop

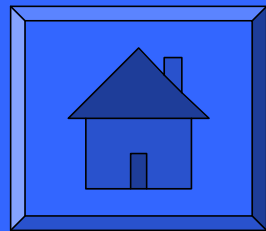
- Meconium
- It is black and sticky, like tar.
- Babies usually pass meconium for the first two to three days of life.



How many times a day should
the breastfed baby poop?

Frequency of Poop with Breastfed Babies

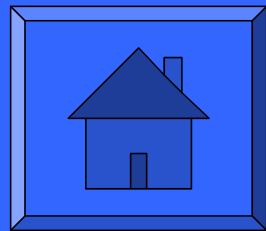
- At first, the breastfed baby may poop 10 times a day.
- Later, there is a lot of variability: babies may poop with each feed or once every two days.



How do we know when the baby
is constipated?

Constipation

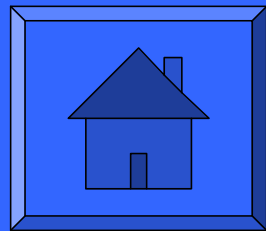
- With constipation, the poop is very hard, like stones or pebbles.
- All babies strain and turn red when they are pooping – this is not constipation.
- Talk to your pediatrician about any concerns you have regarding constipation.



What does the baby's poop look like?

Poop

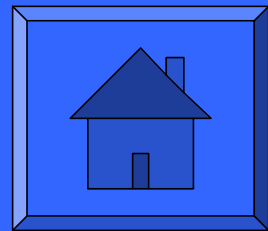
- It is soft, sometimes with little seed-like pieces.
- It may be yellow, green, or brown.



How often do formula-fed babies
poop?

The Frequency of Poop in Formula-Fed Babies

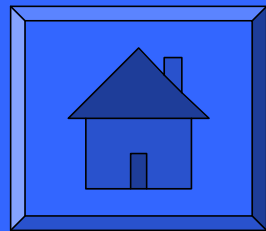
- Formula-fed babies usually poop once or twice a day.
- Iron in the formula is necessary for the baby's health – it does not cause constipation.



When will the belly button fall
off?

Belly Buttons

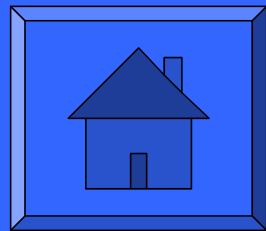
- Belly buttons usually fall off between 1-2 weeks of life.
- Do not immerse the baby in water until the belly button looks like an adult belly button.



Should we clean belly buttons?

Cleaning the Belly Button

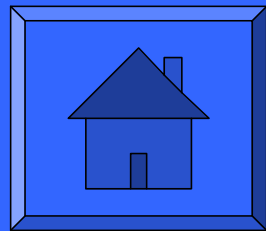
- It is not necessary to clean the belly button.
- If you like, you may clean around the belly button with alcohol (it does not hurt).
- If the belly button becomes very smelly, red, or swollen, call your pediatrician.



How do we bathe babies?

Bathing

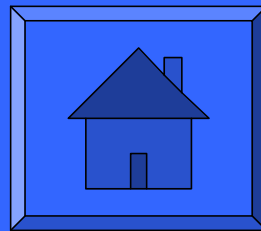
- Use warm water with a delicate soap like Dove.
- Do not use soap or lotion with perfumes.
- Never leave the baby unattended while bathing.



How do we clean the genitals of
baby boys?

Cleaning the Genitals of Baby Boys

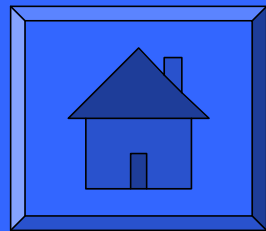
- Clean the genitals with warm water at each diaper change.
- If the baby is circumcised, clean with warm water and apply “A&D” or antibacterial ointment.
- Do not retract the foreskin of uncircumcised babies.
- Call your pediatrician if the penis becomes swollen or red.



How do we clean the genitals of
baby girls?

Cleaning the Genitals of Baby Girls

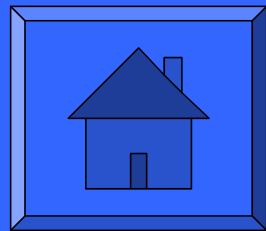
- Wipe gently with warm water
- Wipe from front to back
- Baby girls may have vaginal bleeding due to mom's hormones – this is normal and will pass.



What is “Postpartum Depression?”

Postpartum Depression

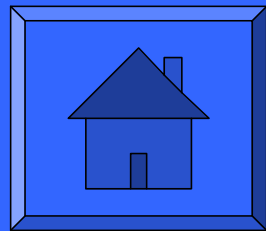
- After childbirth, it is very common to be tearful or wish for more help and support.
- Feelings of sadness, desperation, and helplessness may be signs of depression.
- Call your obstetrician or pediatrician if you have these feelings – they can help.



True or False: the birth of a baby may increase the risk of domestic violence against the mother

Domestic Violence

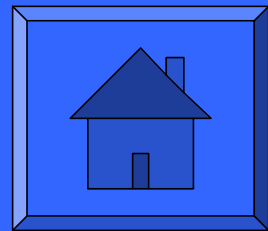
- True: the birth of a baby may increase the risk of domestic violence.
- Domestic violence may be physical, emotional, mental, or verbal.
- It can affect married couples, divorced couples, or dating couples.
- You are not alone. Call your doctor for help. If you are in immediate danger, call 911.



When should I start birth control?

Birth Control

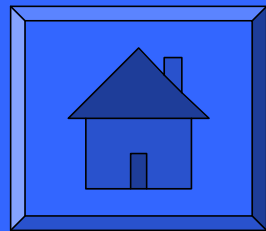
- Now!
- You should talk to your obstetrician about birth control before leaving the hospital.



When should I call my
pediatrician?

Call Your Pediatrician When:

- The baby has a temperature of 100.4 or more (measured rectally).
- The baby is coughing a lot or having difficulty breathing.
- The skin or eyes are becoming yellow.
- The baby stops eating or peeing.



When is the first pediatric visit?

The First Pediatric Visit

- Should be within the first two weeks of life.
- Before you leave the hospital, make sure you have an appointment.
- You can call your pediatrician with questions even before your first visit.

