

INFANCY - NEWBORN

Promotion of healthy habits

Injury and illness prevention

Use an infant car seat that is properly secured at all times.

Ensure that the baby's crib is safe. The slats should be no more than 2 3/8" apart, and the mattress should be firm and fit snugly into the crib. Keep the sides of the crib raised. Do not put the baby to sleep on a soft surface such as a waterbed, couch, or pillow.

Put the baby to sleep on his back or side.

Set hot water heater thermostat at less than 120° F.

Test the water temperature with your wrist to make sure it is not hot before bathing the baby.

Never leave the baby alone or with a young sibling or pet.

Do not leave him alone in a tub of water or on high places such as changing tables, beds, sofas, or chairs. Always keep one hand on the baby.

Keep the baby's environment free of smoke. Make the home and car nonsmoking zones.

Do not drink hot liquids or smoke while holding the baby.

Avoid overexposure to the sun.

Recognize early signs of illness:

Fever

Failure to eat

Vomiting

Diarrhea

Dehydration

Unusual irritability, lethargy

Jaundice, skin rash

Know what to do in case of emergency:

When to call the health care professional

When to go to which emergency department

Ask your child care provider what happens when an emergency occurs in the child care setting

Nutrition

Review successful breastfeeding practices with the health professional; how to hold the baby and get him to latch on properly; feeding on cue 8-12 times a day for the first four to six weeks; and feeding until the infant seems content.

Review your care with the health professional: obtaining plenty of rest, drinking plenty of fluids; relieving breast engorgement; caring for nipples; and eating properly. Receive follow-up support from the health professional by telephone, home visit, nurse visit, or early office visit.

Newborn breastfed babies should have six to eight wet diapers per day as well as several "mustardy" stools per day.

Give the breastfeeding infant 400 I.U.s of vitamin D daily if he is deeply pigmented or does not receive enough sunlight

If you are bottle-feeding: Ask the health professional about type of formula, preparation, feeding techniques, and equipment. Hold baby in a semi sitting position to feed. Do not use a microwave oven to heat formula.

To avoid developing a habit that will harm your infant's teeth, do not put him to bed with a bottle or prop it in his mouth.

Infant care

Discuss any questions or concerns you have about:

Cord care

Circumcision care; noncircumcised infant care

Skin and nail care: bathing, soaps, lotions, diaper area preparations, detergent

Vaginal discharge or bleeding

Crying

Sneezing and hiccups

Burping, spitting up

Thumb sucking and pacifiers

Change from meconium to transitional stools

Normal sleep patterns; sleeping arrangements

Amount of clothing needed; exposure to hot or cold temperatures

Use of thermometer (in infants, a rectal temperature of 38.0°C/100.5° F or higher is considered a fever)

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Promotion of parent-infant interaction that is mutually satisfying and enjoyable

Learn about the baby's temperament and how it affects the way he relates to the world.

Try to console the infant, but recognize that the infant may not always be consolable regardless of what you do. Discuss this with the health professional.

Nurture the baby by holding, cuddling, and rocking him, and by talking and singing to him.

Promotion of constructive family relationships and parental health

Encourage your partner to attend the health supervision visits.

Try to rest when the baby is sleeping.

Realize that there may be times when you feel tired, overwhelmed, inadequate, or depressed.

Accept support from your partner, family members, and friends.

Discuss with the health professional how to deal with unwanted advice from family and friends.

Discuss sibling reactions with the health professional.

For mother returning to work: Begin to make plans for child care.

Address your own oral health needs.