

- If bottle feeding, no bottle in bed.
- Wipe baby's gums gently with a soft, clean, wet cloth every day.
- For breastfeeding babies, it's best to wait until one month of age to use a pacifier.
- Do not dip pacifier in honey or anything sweet. Honey can make baby very sick.
- Only give a clean pacifier. If it falls out-wash it. Don't blow on, lick, or put it in your own mouth to "clean."
- The germs that cause cavities can be spread from your mouth to your baby's. Don't share anything that has been in your mouth with your baby.



**Parents:**  
**Stop the spread of cavity germs - take care of your own teeth:**

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouth washes to prevent cavities in your mouth.

### Breastfeeding is best.

- **Moms:** Eat healthy and drink lots of water.
- Nurse often, 8-12 times in 24 hours.
- The more you nurse, the more milk you will make.
- Ask your doctor about Vitamin D for baby.
- Pump and freeze milk for later use.

### If formula feeding, give formula with iron

- Always hold baby close while feeding.
- Do not prop the bottle.
- Feed newborn about 2 ounces of formula every 2-3 hours – watch for baby's cues.
- Feed a 1-2 month old about 2-3 ounces of formula every 3-4 hours.
- It is OK if baby does not finish bottle.

### Seek help early for any feeding problems.

- Feed baby more as baby grows.
- Learn baby cues when hungry or full.
  - Hungry: Fusses or cries
  - Full: Turns head away, closes mouth, or relaxes hands.
- Put only breast milk or formula in bottle.

## Growing Up Healthy



Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_

### Next Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9675

Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3663



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## Keeping Baby Healthy

- Take baby for regular health checkups and immunizations (shots).
- Talk to doctor before giving baby medicines or home remedies.
- Keep baby's hair, body, clothes, and bedding clean and dry.
- Keep baby away from loud noises and music to protect hearing.
- Keep baby away from tobacco smoke and products.
- Keep baby away from crowds and sick people.
- Wash your hands with soap and water after changing diapers.

## Injury Prevention

- Never leave baby alone on a bed or changing table.
- Never leave baby alone or with a stranger or a pet.
- Never shake, toss, or swing baby in the air.
- Remove string from sweatshirt hood.
- Never tie pacifier around neck.
- Use childproof safety latches, locks on cabinets.
- Keep medicines, cleaning supplies, plants out of the reach of children.
- Baby can choke on small objects. Keep keys, unsafe toys, plastic bags and balloons away from baby.
- Keep baby away from crowds and sick people.

## Taking care of a new baby can give you joy, worry, and stress.

Baby may not always grow or act like other babies. Get to know what makes your baby special. Tell your baby "I love you."

## Crying

Remember, crying is one way your baby talks to you. It could mean baby:

- Is hungry
- Has a wet diaper
- Is tired or sick
- Needs to be held
- Is scared.

## If baby is still crying:

- Wrap baby in a blanket
- Rock baby
- Sing or play soothing music
- Stroke baby's back gently
- Take baby for a ride in stroller or car
- Call the doctor.

## Tips and Activities

- Give baby bright colored, soft toys.
- Take baby outdoors.
- Protect baby with hat or shade to prevent sunburns or overheating. No sunscreen until 6 months.
- Under adult supervision, place baby on stomach to build head control.



## Sleep Safety

- Always place baby on back to sleep on a firm mattress with fitted sheet.
- No pillows, soft bedding, or toys in crib.
- Don't overdress baby.
- Use a crib without lead-based paint, with bars no more than 23/8 inches apart.
- Keep crib away from windows, drapes, cords, and blinds.

## Bath Safety

- Set water heater to less than 120°F.
- Check water before putting baby in bath.
- Never leave baby alone in bath.

## Car Safety

- Never leave baby alone in a car.
- Use a rear-facing car seat in the back seat, properly buckled in; never in front of an airbag.

## Safety Tips for Parents:

- Be prepared, plan for emergencies
- Learn infant CPR.
- Install smoke and carbon monoxide alarms in hallway and near bedrooms.
- Check alarms every 6 months.

## Resources for Parents:

If you feel overwhelmed, sad or about to shake or harm your baby, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.

To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)