

Growing Together



Because My First Years Last Forever

Volume 1

Issue 1

Newborn to One Month

Inside:

What It's

Like to Be

a Newborn page 4

What It's

Like to Be One

Month Old. page 4

Activities

for Baby. page 5

Just for

Parents page 6-7

Feeding

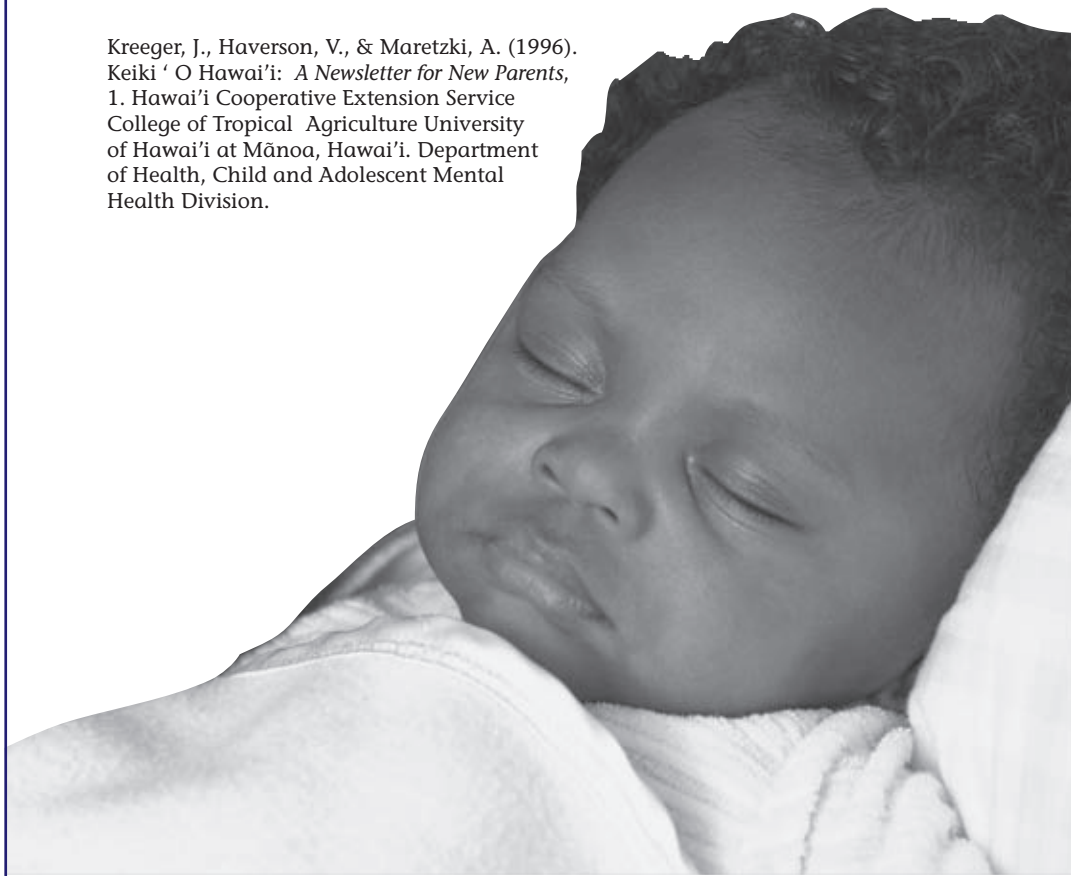
Your Baby page 7-8

Safety Tips. page 9

Dear Parent,

Congratulations and welcome to the first issue of *Growing Together*! As you begin life as a family, you and your baby are already learning many wonderful things about each other. Every cuddle, feeding, song and naptime teaches your little one something new! Every day brings joy, pride, tiredness and new questions, especially if you are a first-time parent. Don't worry; learning to care for your new baby takes time and practice for everyone! It doesn't always come naturally. *Growing Together* is a series of newsletters especially designed for new parents in Cuyahoga County. We have gathered up-to-date answers to your most common questions to lend a little support in the important first five years of your family's life. We hope you enjoy the newsletters.

Kreeger, J., Haverson, V., & Maretzki, A. (1996). *Keiki 'O Hawai'i: A Newsletter for New Parents*, 1. Hawai'i Cooperative Extension Service College of Tropical Agriculture University of Hawai'i at Mānoa, Hawai'i. Department of Health, Child and Adolescent Mental Health Division.



This newsletter is provided to parents by Help Me Grow of Cuyahoga County

Reprinted with authors' permission.

What It's Like to Be...

How You
Help Me
Learn...

A NEWBORN

How I Grow

I like to sleep a lot.
I am hungry every few hours.
My face may be wrinkled, puffy or red.
I have a large head.
I grasp an object or your finger if it is placed in my hand.
I need my head supported when I am lifted or carried.

How I Talk

I may be fussy and cry frequently.
This may just be my way of relieving stress.

How I Respond

I like to look at your face.
I'm quiet when someone picks me up.
I like to listen to your voice.
I may pucker my eyes, make a fist or curl my toes. These signs may be my way of telling you I need less excitement.
I startle and cry when I hear noises or when my crib is bumped.
I am sensitive to light and will keep my eyes shut in a brightly lit room.

How I Understand

I like to be held gently and close to you. I get a sense of your love that way.

How I Feel

I like to feel warm and safe.
I don't like lots of noise.
I show distress when I am in pain.

ONE MONTH OLD

How I Grow

I turn my head sideways when on my stomach.
I root around and try to suck, even when I'm not feeding.
I may use only one eye at a time, keeping the other one closed. I may cross my eyes sometimes.

How I Talk

I am beginning to make some throaty sounds.
I cry when I'm hungry, wet, tired or when I want to be held.

How I Respond

I make eye contact with you.
I stare at things but I don't grab for them yet.
I may smile when I see or hear you.
I get scared by loud noises, bright lights and rough handling.

How I Understand

I prefer looking at patterns instead of bold colors.
I expect to be fed at certain times.
I may show a preference for my right or left side.

How I Feel

I feel comfortable when you hold me close.

Kreeger, J., Haverson, V., & Maretzki, A. (1996). *What it's like to be*. Keiki 'O Hawai'i: A Newsletter for New Parents, 1. Cooperative Extension Service College of Tropical Agriculture University of Hawai'i at Mānoa, Hawai'i. Department of Health, Child and Adolescent Mental Health Division.

NEWBORN

- Change my position regularly.
- Hold me close and cuddle, hug and rock me.
- Sing a lullaby to me - I like "Rock-a-Bye Baby."
- Put mobiles about 8" - 12" from my far left or right side so I can see them.
- Let me listen to wind chimes, musical toys or soft music.
- Talk to me about what I'm looking at and what's happening as you change my diaper and bathe me.

ONE MONTH OLD

- Smile and talk gently to me. Don't be afraid of spoiling me.
- Show me bright colors (red and yellow are my favorites).
- Put a mirror or poster next to my diapering area.
- Hang a mobile in the center of the crib in front of me.
- Hold me close to your chest. I like to feel you breathing and your heart beat helps me feel secure.

The information in this newsletter describes an average child at each age. Because your child is unique, he may do things somewhat earlier or later than is indicated.

Even professionals are not always in agreement on specific child-rearing and feeding recommendations. Consult your doctor if you receive conflicting information.

If you have concerns about how your child is growing and developing, call Help Me Grow at 216-736-4300 or visit www.helpmegrow.org

Activities for Babies

Babies Are Talented Newborns are able to do many things.

Even in these early days, your baby is learning through what happens to him.

Newborns can see shortly after birth.

They see objects well that are about eight inches from their face. They like watching adults, and are especially fond of contrasting colors like black and white or red and yellow.

They can hear.

They react to noise by blinking their eyes, waking from a sleep, crying or moving their entire bodies. They like the sound of human voices.

They can smell.

They can even recognize you by your smell.

Newborns have reflexes.

Reflexes are behaviors that help babies survive and learn. Look for your baby to have these reflexes:

- Stroke the corner of your baby's mouth. The baby will turn his head to root, looking for a nipple.
- Place a clean finger or nipple in the baby's mouth and he will suck.
- Press the palm of your baby's hand. Watch for the baby's hand to close.
- Press the ball of the baby's foot and watch for his toes to flex.

If you don't notice these reflexes while playing with your baby, mention this to your doctor at the next visit.

Read and Sing

Your baby loves the sound of your voice. Nursery rhymes are fun ways to talk with your new baby.

This little pig went to market, (Touch your baby's fingers or toes.)
This little pig stayed home, This little pig had roast beef,
This little pig had none, And this little pig cried, wee, wee, wee, All the way home.
(Walk fingers up your baby's leg or arm.)



Helping Your Baby to Learn

Your little one starts learning right away from all that she sees, hears and feels. Did you know that children who hear complex musical sounds, such as classical music, tend to learn math more easily? Classical music also helps your child better determine how spaces relate to each other (i.e. up and down, left and right, and top and bottom). Libraries are a great place to find classical music that you and your family can enjoy at no cost!

Your baby will also like to hear wind chimes, musical toys and soft music like lullabies. Singing to your baby about what's happening in the room helps your child learn how much you love her.

Your baby will enjoy watching toys that move, her own face in a mirror on her changing table, or a mobile overhead. Your baby learns about you from your gentle, loving voice, and even your steady heartbeat and breathing when you hold her close!

Steinberg, J., Riley, D. & Schatell, D. (Revised 2006). Activities for babies (adapted). *Parenting the First Year*. University of Wisconsin-Extension Cooperative Extension, NCR publication No. 321.

Just For Parents

Crying Is a Call for Help

Crying means your baby needs your help. During the first few months, she can't control when she starts to cry. She cries only when in need, and can't stop until her needs are met, or she's too tired to go on.

Studies show that mothers who responded quickly to their baby's cries had babies who later cried less often and for shorter times. These babies had more energy for learning and interacting with people.

Why Does Baby Cry?

Hungry: Babies often cry when they're hungry. If it has been at least two hours since he was fed, see if he's hungry.

Lonely: If baby calms down and stays calm as soon as you pick him up, he missed you! Remember, he was in a snugly womb, hearing a heartbeat for nine months. His need for closeness is very real. You can't spoil a baby by cuddling him when he needs it or when you need it.

Cold/Hot: Feel the baby's back or tummy to see if he's too cool or hot, and adjust his clothes to make him comfortable. Dress him like yourself, or one layer warmer.

Overstimulated: Lots of people bouncing or talking to the baby at once may overdo it. Give him some calm and quiet. Rocking him in a dimly lit room may help.

Undressing: Put a cloth on his tummy until you redress him.

Startling: The baby may move suddenly, startle himself and cry. Wrapping the baby firmly in blankets and holding him close may calm him.

Wet Diapers: Some babies don't mind wet diapers, others do.

Pain: Baby may be ill or uncomfortable because a pin is pricking him or his clothes have sharp tags or zippers.

Sleepiness: Some babies need to fuss a bit before sleeping.

Colic: Colicky babies have tummy pains, and a loud, piercing cry that can last for a few minutes or several hours, usually at the same time each day. Sometimes, a colicky baby won't stop crying even after you've tried the usual things. It's not your fault, or the baby's.

When You Have Had Enough

Sometimes it may seem like your baby never stops crying. This can be very stressful and hard to listen to, but don't take your angry feelings out on your baby. He can't help it.

If you've tried everything and the baby still cries, try this: Put the baby in his crib and shut the door. Take a shower or do vacuuming. You won't hear him and the noise might calm him down. Look in on him every 15 minutes.

Call a friend or relative and ask her to watch your baby for half an hour or an hour. Everyone needs a break like this at times. If you think your baby is ill, call your doctor.



Never shake a baby.

This can cause blindness, brain damage or death. Bellflower Center's 24-hour help line 216-229-8800 Anonymous service offers support, referrals and information.

Steinberg, J., Riley, D. & Schatell, D. (Revised 2006). Baby's crying pattern. (adapted). *Parenting the First Year*. University of Wisconsin-Extension Cooperative Extension, NCR publication No. 321

Feeding Your Baby

Healthy Start for Your Baby

Healthful feeding not only provides adequate nutrition for the baby's growth, it also helps develop a strong emotional bond between the parent and the newborn. Breastfeeding or bottle feeding, both can successfully meet these goals.

Breastfeeding

Breast milk is nature's way of providing ideal nourishment for your baby. The amount and nutrient content of breast milk changes to meet the needs of a growing baby. The American Academy of Pediatrics recommends breastfeeding for at least a year, and for up to about six months breast milk alone can meet all of a baby's needs. A fully breastfed baby does not need any supplemental water unless ordered by a health care provider when a medical indication exists. It is recommended that your breastfed baby get daily oral vitamin D drops – talk to your health care provider to get a recommendation.

Benefits of breastfeeding for the baby

- Easy to digest, clean and safe
- Potentially fewer allergies and infections
- Protection against SIDS—sudden infant death syndrome
- Reduced risk of cancer, heart disease, diabetes, obesity and asthma later in life
- Lower mortality rate for infants
- Early and easy bonding with mother

Benefits of breastfeeding for the mother

- Decreased postpartum bleeding
- Helps to lose the weight gained during pregnancy
- Sense of fulfillment, strong, early bonding with baby
- Fewer incidents of breast and premenopausal ovarian cancer
- Calming effect of nursing your baby
- Saves money

Your breastfed baby is getting enough as long as

- He has at least 4-6 wet diapers and 3-6 stools every 24 hours.
- He nurses at least 8-12 times during 24 hours.
- While nursing you hear the baby sucking and swallowing milk.
- He is gaining about an ounce a day by 5-7 days after birth.

continues on next page

When to Call Your Baby's Doctor

Call your doctor or nurse if your baby is younger than 2 months old and:

- Has breathing problems.
- Has a temperature higher than 100° F.
- Vomits more than two or three times in a day.
- Passes blood or blood clots with urine or bowel movement.
- Looks yellow or jaundiced.
- Has a convulsion.
- Seems weak, or has no energy to cry as loudly as usual.
- Just doesn't "seem right" and you are worried.
- Will not breastfeed or take a bottle.
- Has redness, swelling, discharge or odor at the circumcision site or umbilical cord site.

Reprinted from the Help Me Grow Web site:
<http://www.ohiohelpmegrow.org>

To Work or Not to Work

Deciding whether one or both parents will work will be a personal one made in consultation with others in the family. Going to work doesn't make you a "bad" parent just as staying home doesn't automatically make you a "good" parent. Whatever decision your family agrees upon will be the right one for you. Try not to feel guilty about the decision you make.

If you do choose to work outside the home, quality child care is important. The following resources can help you find quality child care: **Starting Point** 216-575-0061 or 1-800-880-0971

Web Sites:

<http://jfs.ohio.gov>

Search by zip code, city, county, type of facility and age of child

<http://www.occrra.org>

Ohio Child Care Resource & Referral Association

<http://www.nncc.org>

National Network for Child Care

<http://www.zerotothree.org>

So what are the hallmarks of quality child care?

And how do you select a caregiver?

ZERO TO THREE can help you answer these tough questions.

Lois Clark, CFCS, OSU Extension Educator, Family and Consumer Sciences, Auglaize County, adapted from <http://ohioline.osu.edu/hyg-fact/5000/5232.html>. (2006)

Baby Blues

As a new mother, you may feel wonderful or confused. You may cry at little things.

These feelings are a normal part of your body adjusting to the hormones of pregnancy and delivery.

If these feelings keep you from caring for yourself or your baby, tell your doctor or nurse. Help is available 24 hours a day at First Call for Help, 216-436-2000 or 2-1-1.

When you breastfeed, what you eat and drink can affect your baby.

- You need about 500 additional calories - make sure these come from whole grains, fruits, vegetables, and low-fat dairy.
- Drink plenty of fluids – water, juice, milk.
- Avoid caffeine or reduce intake.



Avoid using pacifiers and artificial nipples until breastfeeding is well established!

Formula Bottle Feeding

For formula bottle fed babies, iron-fortified formula is the best choice, unless your health care provider advises otherwise. Infant formulas available commercially are very similar in composition to breast milk.

Helpful Hints on Bottle Feeding

- Always hold baby at feeding time. This makes baby feel loved and secure. Propping the bottle can cause ear infections and is a choking hazard.
- Keep it clean - wash hands before preparing formula, wash the top of can before opening, wash the can opener after use.
- Wash bottles and nipples in hot, sudsy water with a bottle brush. Use regular shaped bottles that are easy to clean.
- Boiled tap water is safe for making formula. Bring water to a rolling boil for a minute; allow it to cool before mixing with formula concentrate.
- Follow direction for mixing formula carefully. Adding too much or too little water can be harmful to the baby.
- Once opened, ready-to-feed formula and liquid concentrate must be refrigerated and used within 48 hours.
- Discard formula if it has been out for more than 2 hours.
- Warm a bottle by running hot tap water on it or let it sit in a pan of hot water. DO NOT use the microwave. Some babies have been badly burned.
- Check the temperature of the formula by sprinkling it on your wrist before offering it to the baby.
- Bottle fed babies do not need additional feedings of water



unless recommended by your health care provider for a specific health reason.

- Do not give any honey, sugar water or soft drinks to the baby.
- DO NOT give baby cereal in the bottle to get the baby to sleep through the night.

How Much To Give Baby?

Newborn babies need to be fed often. Your breastfed baby needs to eat at least 10-12 times in 24 hours. If you are formula feeding your newborn, you can expect him to eat every 2 to 3 hours and take about 2-3 ounces at each feeding. Follow baby's cues rather than the clock to feed him. Whether you are breastfeeding or bottle feeding let the baby decide when he is full. The baby may close his lips, release the nipple, turn away, or fall asleep when full. As baby gets older and bigger, he will go longer between feeding and take more at each feeding.



You may qualify for WIC

If you are pregnant, have a baby under the age of six months, breastfeeding, or have a child up to the age of five, the WIC (Women, Infants, and Children) program may be able to help.

WIC is a nutrition education and breastfeeding support program that also provides coupons for nutritious foods to eligible participants. Eligibility is based on income and health assessment (<http://www.odh.ohio.gov/odhPrograms/ns/wicn/weligible.aspx>). In addition to the supplemental foods, breastfeeding mothers receive breast pumps, if needed. For families who cannot or choose not to breastfeed, iron-fortified infant formula is provided. To find a clinic closest to you call: 216-961-2233.

Punam Ohri-Vachaspati, Ph.D., R.D., L.D.
Assistant Professor, Extension Educator
Ohio State University Extension

References:

American Academy of Pediatrics. Breastfeeding and the Use of Human Milk. PEDIATRICS Vol. 115 No. 2 February 2005, pp. 496-506

Duyff RL. The American Dietetic Association's Complete Food and Nutrition Guide (3rd Ed). New York: John Wiley and CO. 2006

Ohio Department of Health, Help Me Grow. Retrieved from ODH Web site at <http://www.ohiohelpmegrow.org> on December 1, 2006

All types of feeding questions

Help Me Grow 216-736-4300
<http://www.ohiohelpmegrow.org>

Cuyahoga County Board of Health 216-201-2000

Breastfeeding only
La Leche League 1-800-525-3243

Safety Tips

Immunizations Are Important for Your Baby

Remember parents... It is important to take your baby to get all of his shots before age two. Follow your doctor or health care provider's schedule. For more information about immunizations, call the **Cuyahoga County Board of Health at 216-201-2000**.

Crib Safety Tips

There should be:

- A firm tight-fitting mattress, with no more than the width of two fingers between the mattress and the crib.
- No missing, loose, broken or improperly installed screws, brackets, or other hardware on the crib or mattress support.
- No more than $2\frac{3}{8}$ inches (about the width of a soda can) between the crib slats, no missing or cracked slats.
- No corner posts over $\frac{1}{16}$ inch high so a baby's clothing can't catch.
- Do not put pillows, quilts, comforters, sheepskins, pillow-like bumper pads or pillow-like stuffed toys in the crib.
- Use only a fitted bottom sheet made specifically for crib use.
- Do not use a painted crib manufactured before 1978 because of the lead content.

For more information, contact:
U.S. CONSUMER PRODUCT SAFETY COMMISSION
1-800-638-2772

If you do not have the resources to purchase a crib, call First Call for Help at 216-436-2000 or 2-1-1.

Do not smoke around the baby. Secondhand smoke increases the risk of SIDS.

A Safe Sleep Environment Means:

- Baby sleeps on his or her back
- Baby sleeps alone
- Baby sleeps in a crib on a firm mattress
- Baby sleeps in an area that is free of toys, pillows, loose blankets or other soft items
- Baby does NOT sleep on a couch, sofa or other soft furniture
- Baby sleeps in a smoke free, drug free, alcohol free environment

Remember, babies need tummy time while awake for proper development.

Call 216-778-BABY for more information

Car Safety

You will need a car safety seat to bring your baby home from the hospital. Never let your baby ride in a vehicle without an infant car safety seat.

Buy your safety seat from a store that will let you return it if it does not work in your car. Buying and using a car safety seat are not as easy as they sound.

Buying a new car safety seat is best. Your health insurance may help pay for a new car safety seat.

Learn how to install your car safety seat right. Figure out how to safely strap in your baby by reading the safety seat manual.

If you use an old car safety seat, be sure it...

- Was made after 1981 and has a sticker with the model number and date of manufacture.
- Has a manual. If not, ask the manufacturer for instructions for the model name and date on the sticker.
- Has no cracks or missing pieces.
- Was never in a crash not even a minor one.
- Has not been recalled. To find out, call the Auto Safety Hotline at 888-327-4236 (toll-free, weekdays until 10 p.m. EST, Spanish help available).

For more information contact the Rainbow Babies and Children's Hospital car seat hotline, 216-844-2277. Your local police department will also provide guidance.

Steinberg, J., Riley, D. & Schatell, D. *Parenting the First Year*. University of Wisconsin-Extension Cooperative Extension, NCR publication No. 321



Health Insurance

Remember to call your insurance company after your baby is born. They will need to know you have a new family member!

If you do not have health insurance, you may qualify for a special program that provides insurance for children. Ask your doctor or nurse for more information.

Him or her? *This series of newsletters gives equal time to both sexes. That's why we take turns referring to children as "him" or "her." Keep in mind that we are talking about all children when we use "him" or "her."*

Ohio State University Extension embraces human diversity and is committed to ensuring that all research and related educational programs are available to clientele on a nondiscriminatory basis without regard to race, color, religion, sex, age, national origin, sexual orientation, gender identity or expression, disability, or veteran status. This statement is in accordance with United States Civil Rights Laws and the USDA.

Keith L. Smith, Ph.D., Associate Vice President for Agricultural Administration and Director, Ohio State University Extension.

TDD No. 800-589-8292 (Ohio only) or 614-292-1868

EMPOWERMENT THROUGH EDUCATION. www.extension.osu.edu.



Ohio State University Extension
 Cuyahoga County
 9127 Miles Avenue
 Cleveland, OH 44105-6136

Call any one of these Invest in Children partners below for support or information on how to make sure your child is healthy, well cared for and ready for school.

Prenatal Hotline • 216-778-BABY

Prenatal information and support for expectant mothers

MomsFirst • 216-664-4194

Prenatal care and support for expectant mothers in the City of Cleveland

Help Me Grow • 216-736-4300

Services and support for children prenatal to age three

Healthy Start • 216-987-7346

Health Insurance (Medicaid) for children prenatal to age nineteen

Starting Point • 216-575-0061

Child care services and information on care for children with special needs

Family Help Line • 216-229-8800

Free, anonymous support, information, referrals and crisis intervention

Tot-Line • 216-431-8200

Information on child development

First Call For Help • 2-1-1 or 216-436-2000

Free, confidential information and support for referrals to other local health or social services

This newsletter is provided to parents by Help Me Grow of Cuyahoga County.

Help Me Grow is a statewide child development program and a partner of Invest in Children. As Cuyahoga County's early childhood initiative, Invest in Children works to increase the development, funding, visibility and impact of early childhood services in the county, so our children start kindergarten healthy, well cared for and ready for school.



COMMISSIONERS
 Jimmy Dimora
 Timothy F. Hagan
 Peter Lawson Jones



This newsletter is produced by Ohio State University Extension, Cuyahoga County, with funding provided by the Ohio Department of Health. If you have a change of address or would like your name removed from the mailing list, please call 216-429-8216.

If you have specific questions about your child's health or development, or concerns about your own health and well-being, please contact your physician.