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SP418-B-Healthy Children_ New Born

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UT Extension
SP418-B

PARENTS COMMUNITIES

Healthy Children Ready to Learn

NEW BORN!

Dear Parents . . . Congratulations, you have a new baby!

What's it like to be a new parent? Do you sometimes feel that you will never sleep through the night again? Are you a little nervous about taking care of this helpless but demanding baby? Do you feel tired a lot, but excited, too? If you answer "yes" to any of these questions, then you are like most new parents!

There are many changes that take place and new things to learn when you become a parent. It doesn't happen overnight. There will be good times, and there will be bad times, and you and your baby will survive them all!

Each month, *HEALTHY CHILDREN* will be addressing how babies grow and develop. All babies are different and grow at their own pace. So don't worry if your baby isn't doing exactly the same things as a friend's baby.

HE or SHE? HIM or HER?

HEALTHY CHILDREN gives equal time and space to both sexes! That's why we take turns referring to babies as "he" or "she." So keep in mind that even if we say "he" or "she," we are talking about all babies.

THE UNIVERSITY of TENNESSEE UT
INSTITUTE of AGRICULTURE

WHAT'S IT LIKE TO BE A NEWBORN BABY?

- I need others to take care of me.
- I can't decide things for myself.
- I need someone to love, feed, hold and play with me.
- I like to feel warm, and I don't like lots of noise.
- I like to be held gently and very close.
- I like to sleep a lot.
- I am hungry every few hours.
- I may be fussy and cry a lot.
- My face may be wrinkled, puffy or red, and I may have a large head—I'm normal!

A special word for fathers . . .

Sometimes fathers feel shy about touching their babies. Others are willing to try, even if they feel all thumbs.

Knowing how to take care of a baby takes time and practice. Give yourself a chance — pretty soon you will feel like you've been a father all your life!

FEEDING YOUR

Most babies set up their own fairly regular feeding times. Some babies may like to eat every four hours, others are ready to eat every three hours, and some prefer eating more often than that. Newborn babies drink only breast milk and water, or formula and water.

Feeding your baby when he gets fussy or cries will not spoil him. It will help you to be more sensitive to his needs.

Some babies like to sleep for longer periods during the day than at night. If your baby is a lengthy daytime sleeper and stays awake most of the night, you can reverse this pattern. Try waking him up for feeding instead of letting him sleep for long periods during the day.

You can get a pretty good idea of your baby's feeding pattern by keeping track of the times when he seems to be hungry. Remember, your baby may not be hungry every time he is fussy. He may need burping, a diaper changed, a drink of water, or he may just want to be held.

BREAST FEEDING

You can do it! The size of your breasts or the breast feeding experiences of other women in your family do not affect how much milk you will produce. The first thing to remember is to RELAX! Being tense and uptight can affect the natural flow of milk. You can sit in a chair or lie down, whichever is more comfortable for you. Your baby's nursing will help your milk to flow. Don't rush. Take your time. It doesn't hurt to let your baby cry a few minutes so you can get comfortable. This is a learning time for both of you.

During the first few days, your nipples may be slightly tender from your baby's sucking. But as you learn to relax and you become used to nursing, the soreness will disappear. You may need to limit the amount of time you nurse in the beginning and gradually work up to longer feeding times. Start out with about five minutes on each breast every one to two hours. Gradually work up to 15 to 20 minutes on each breast every two to three hours.

BABY

Remind yourself that the time you spend relaxing and enjoying your new baby is very important for both of you.

If you are interested in breast feeding, you can get more information from your local UT Extension office or your local health department.

BOTTLE FEEDING

If you have decided to bottle feed your baby, use a formula with iron. Formulas are usually made from cow's milk, soy or other special products, to meet the needs of a growing baby. There are three different forms of formula:

- Powdered Formula — the cheapest, and fairly easy to prepare.
- Concentrated Formula — more expensive than powdered formula. You have to add the right amount of water.
- Ready-to-Feed Formula — the most expensive, but the easiest to use.

Whichever formula you use, follow instructions carefully. Make sure that bottles and nipples are washed and clean.

When you bottle feed your baby, keep the nipple full of formula so he doesn't swallow air. Hold your baby close with his head up. Don't leave your baby alone with the bottle propped up, and don't put him to bed with a bottle.

BABIES AND WATER

Usually, babies get all the water they need from breast milk or formula. You can offer a bottle of water, especially in hot weather, or when he has a fever or diarrhea. Don't add sugar to the water unless prescribed by your doctor, and don't give flavored drinks, soda pop or even fruit juice to a newborn.

If your baby is healthy and refuses to drink the water, don't force it. He or she may not be thirsty.

QUESTIONS?

Does my baby need any special shots or immunizations? Yes, your baby will need to be immunized against certain diseases. Check with your doctor, clinic or the Health Department for information.

GAMES BABIES PLAY

Babies learn through playing games. Games are more than just fun. They teach babies to

- Use their bodies
- Learn language
- Develop their thinking
- Feel good about themselves
- Feel good about the person taking care of them

You can play with your baby by quietly talking to her, singing to her, reading to her, or smiling at her. Even though she is a newborn baby, she will respond by listening to you, and will love the attention. As she grows older, she will reward you with a smile, a coo or a gurgle and will try to reach for you.

HOW TO MAKE A MEMORY BOOK

If you saved the front page of the newspaper on the day your baby was born and any public announcements of his birth, you can use them to start a Memory Book. You can either use a scrapbook or a school size notebook, or make up your own book. You can make it as fancy or as simple as you like.

Put in the front page of the newspaper and the birth announcement. Later he can look at it and see all the things that were happening on that important day. Put down all the great "firsts" in your baby's life — the first time he smiles, walks, talks, sits up, crawls, etc.

Write down dates and symptoms of illnesses, dates of shots or immunizations, monthly weight and height, how many teeth and when he gets them, and your baby's blood type. If you have photographs of your baby, you can put them in too. As he grows older, include drawings that he makes. You can note the things he learns, what he likes, and doesn't like, and clever comments he makes in his early years.

The Memory Book will be one way for your child to learn about his roots and to learn about himself. It will not only give him much enjoyment, but it will also serve as a good record of the early years.

FOR YOU . . .

Going back to work or school? Need child care for your baby? Here are some ideas and choices:

Find out what is offered in your county. Decide what you can afford and what you feel is best for your baby and for yourself.

Avoid, if possible, child care arrangements where you have to travel a long way or rush from work or school to pick up your child.

Don't be afraid to ask questions to put your mind at ease. Ask questions like "What would you do in an emergency? What will you do if my baby cries a lot ? What do I do if my baby is sick, and do I have to make other arrangements on those days?"

Make sure that you feel comfortable with the child care center or the sitter you choose.

SUGGESTIONS

There are several types of child care available to families. One type is licensed family child care homes. These homes provide full- or part-day services for five to seven children. Group Homes care for eight to 12 children, and Child Care centers care for 13 or more children at a time. You can locate the child care services in your county by checking with your local Department of Human Services (DHS) office or by going to their Web site and checking out their statewide map. You can find your county on the map and click on it to bring up a list of child care providers at www.ja.state.tn.us/accweb.

Another source of child care information is the Tennessee Childcare Resource and Referral Network. You can find information about how to contact the Resource and Referral Office for your region by going to the Web site at http://tnccrr.org.

If you have any questions or comments, please contact your Extension Family and Consumer Sciences agent at your county UT Extension office.

COMING NEXT

In . . . HEALTHY CHILDREN READY TO LEARN

- The Baby Blues — What to do
- Teenage Parents — Where to get help

PARENTS COMMUNITIES Healthy Children Ready to Learn

HEALTHY CHILDREN READY TO LEARN was originally developed as the Parent Express series by the University of California Cooperative Extension Service. The material was adapted for use in Tennessee by Family and Consumer Sciences Professor Janie Burney and others. Contact Family and Consumer Sciences Professor Denise Brandon for information about this publication.

RESOURCES

From a Bookstore or Library:

Touchpoints: Birth to Three by T. Berry Brazelton and Joshua D. Sparrow, Da Capo Press, Cambridge, MA, 2006.

Your Baby's First Year (Second Edition), American Academy of Pediatrics, Bantam, New York, 2005.

From the Extension Office:

Tips on Breastfeeding: Why Not Breastfeed? SP441-D, by Janie Burney, University of Tennessee Extension, 2000.

Preparing Formula for Your Baby, SP445-A, by Janie Burney, University of Tennessee Extension, 2005.

Selecting a Quality Child Care Center, SP 455, by Matthew Devereaux, University of Tennessee Extension, 2002.

From the Internet:

http://extension.tennessee.edu

http://fcs.tennessee.edu

www.cyfernet.org

www.zerotothree.org

www.k-12.state.tn.us/smart/index.htm

Visit the UT Extension Web site at http://www.utextension.utk.edu/ and the Family and Consumer Sciences Web site at http://www.utextension.utk.edu/fcs/

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