

Congratulations on your new baby!

This is a very special time for you and your family. Parenting isn't always easy but it is very rewarding. CHILD Profile would like to help by sending you up-to-date health, safety, development and other parenting information. You will get a mailing for your child every few months from birth to six years. Materials are created and updated regularly by health and safety experts.

WithinReach is a partner of CHILD Profile. Its Family Health Hotline can help you with parenting, health and development concerns. Call them at 1-800-322-2588.

Your baby's checkups are important!

Regular visits to the doctor or nurse help keep babies healthy. Take your baby in for regular checkups four or five times during her first year – the next one when she is about two months old. Bring your baby's Lifetime Immunization Record card and Childhood Health Record booklet to every visit. If you did not get these in an earlier mailing, call the Family Health Hotline for copies.



Checkups are a good time to ask questions about vaccines, feeding, sleep, vision, activity level, or baby care. Finding hearing problems early is important. Hearing loss can prevent your baby from learning speech and language. If you're not sure your baby was screened at birth or if she didn't pass that test, check with her doctor.

Information about newborn hearing screening:
www.doh.wa.gov/cfh/mch/genetics/ehddilParents.htm

Babies need immunizations

Vaccines are important and a necessary part of staying healthy – they protect your baby from 15 serious diseases. With each vaccine, you will get a Vaccine Information Statement (VIS) that describes the vaccine, the disease it prevents, and any possible side effects. At two months, he will likely get his first doses of these vaccines:

- Rotavirus (RV)
- Diphtheria, tetanus, acellular pertussis (DTaP)
- *Haemophilus influenzae* type b (Hib)
- Pneumococcal conjugate vaccine (PCV)
- Inactivated poliovirus (IPV)

A dose of hepatitis B (HepB) may be needed if he didn't get it at birth. Record all vaccines in his Lifetime Immunization Record card.

Rotavirus vaccine (given by mouth) can prevent a major cause of severe diarrhea in babies, which can lead

to doctor and emergency room visits, hospitalization, and even death. Babies need the first dose of this vaccine between 6 and 14 weeks.

Pertussis: a serious disease for babies

More than half of all babies under one year who get pertussis (whooping cough) must be hospitalized. Learn these disease facts and how to best protect her:

- Pertussis in babies can cause pneumonia, seizures, brain damage, and death.
- Babies have no pertussis protection of their own until they have had at least 3 DTaP doses (5 doses recommended before kindergarten).
- Older children and adults with pertussis can have violent coughing spells, but babies often cannot cough, have problems feeding, and may stop breathing and turn blue at times.
- Pertussis spreads easily by coughing, sneezing, and talking.
- Studies show that most babies (50%-60%) under one year who get pertussis, get it from their parents, siblings, grandparents, or other caregivers who have the disease but may not know it.

Cocoon your baby

Surround your baby with a "cocoon" of protection by making sure that you, your family, and others in close contact with her get a booster dose of Tdap. Tdap protects older children and adults from pertussis (whooping cough) and helps stop the spread of this serious disease to your baby until she has basic protection after 3 doses of DTaP vaccine.

Other ways to keep your baby healthy

- Wash your hands well and often with soap and water, especially after changing your baby's diaper and before you feed him. Be sure everyone who cares for him washes their hands often, as well.
- Keep him away from family members, friends and others who have a cough, cold or signs of illness.
- Keep your baby at home when he has a fever, isn't eating or sleeping well, is vomiting or has diarrhea.

Babies begin learning as soon as they are born

When you give your baby lots of attention, you help her brain develop. Hold her, rock her gently in your arms, cuddle and play with her. Look into her eyes and talk softly to her. Pick her up when she cries. This teaches her to trust that you will care for her: **You will not spoil your baby by holding her and responding to her crying!** Make sure others who care for your baby comfort and play with her.

Family Health Hotline
1.800.322.2588
 711 (TTY relay)

Programs of WithinReach

www.ParentHelp123.org

•Immunization information •Child care referral agencies •Affordable health insurance •Food and nutrition assistance •Prenatal resources
 •Family planning services •Local health clinics •Free screenings for developmental concerns

Call the Family Health Hotline with questions about your CHILD Profile mailings.

Keeping Your Baby Healthy and Safe

Searching for infant child care

If you plan to return to work or school soon, start now to find safe and nurturing care for your baby. Look for people who enjoy caring for babies and have training in infant care. Ask friends about child care centers or homes that they have used. Visit a few places before you decide. Try to visit your first choice several times.

For help finding child care, go to: www.del.wa.gov
WA State Department of Early Learning
(Most libraries now have free internet access.)

Breastfeeding and work or school

Plan ahead so that you can keep breastfeeding when you return to work or school. Download the free packet *Working & Breastfeeding: It's Worth It!* at www.breastfeedingwa.org/working_packet.

- Talk with your boss or someone at school as soon as you can to make a plan for pumping and storing your breast milk.
- Check out the room where you'll be pumping. If you use an electric pump, the room should have an outlet. There should be a refrigerator nearby to store your milk and a sink to wash hands and supplies.
- At least two weeks before you go back, begin to pump milk once or more a day. Freeze your breastmilk for your child care provider to give to your baby.
- Help your baby practice taking a bottle of pumped breastmilk. Ask someone else to give your baby a bottle so he gets used to someone else feeding him.
- Ask your child care provider not to feed your baby just before you pick him up. Plan to nurse as soon as you can. Nursing whenever your baby is hungry will help keep your milk supply up.

Mom: Take care of yourself, too

- Go to your six-week checkup.
- Use birth control every time you have sex after giving birth, even if you breastfeed. Talk to your doctor or nurse about birth control options.
- Sleep when your baby sleeps. Take a little time for yourself when you feel overwhelmed.
- Keep up-to-date with your immunizations, including Tdap and flu.

Recognize postpartum depression

Many women feel emotional ups and downs in the first few weeks after giving birth. If you **continue** to feel sad, very irritable, uninterested in your baby or the world around you, have trouble concentrating, or thinking clearly, talk to your doctor or call Postpartum Support International of Washington at 1-888-404-7763.

Baby's skin burns easily—treat it with care!

Your baby's skin burns easier than yours. Hot liquids cause many scald burns.

- Turn down your water heater thermostat to 120°.
- Test the bath water with your elbow to make sure it is lukewarm, not hot.
- Do not drink hot liquids such as coffee or tea while your baby is in your arms or lap.
- Heat bottles in a pan of hot water; not a microwave. Check the temperature on your inner wrist.

Contact the NW Burn Foundation at 1-888-662-8767 or www.nwburn.org for a free scald prevention kit.

Reduce the risk of Sudden Infant Death Syndrome

Sudden Infant Death Syndrome (SIDS) is when a baby less than one year old who seems healthy dies quickly in his sleep. SIDS can happen in any family. There is no warning, and doctors cannot find a reason why the baby has died. We do know that since parents started putting babies to sleep on their backs, SIDS rates have dropped by half.

The American Academy of Pediatrics recommends the following to reduce your baby's risk of SIDS:

- Babies should be placed on their backs to sleep. This is true both at night and for naps. Give your baby "tummy time" when he is awake and watched by an adult.
- Keep your baby warm, but not hot. The temperature in your baby's room should feel comfortable to you. He should be dressed warmly enough to sleep without any covers.
- Baby's bed should be a firm crib mattress, not a sofa, waterbed or other soft surface. There should be no sheepskins, pillows, or stuffed toys in the crib. If a light blanket is needed, tuck all sides along bottom half of crib, below baby's arms.
- No one should smoke around your baby. The risk of SIDS is higher for babies whose mothers smoked while pregnant. Babies exposed to cigarette smoke may also be at a higher risk for SIDS. For help quitting smoking, call 1-877-270-STOP (7867).
- The safest place for your baby to sleep is in a crib or bassinet next to your bed. Adult beds are not made for infant safety. If you take this risk and sleep with your baby, please read more about how to reduce the danger: www.babyfriendly.org.uk/pdfs/sharingbedleaflet.pdf

If your infant has a health problem, please talk with your health care provider about the best sleep position for his special needs.

Talk to all your baby's caregivers about safe sleep. Call the NW Infant Survival Alliance at 1-800-533-0376 or go to www.nisa-sids.org for information and resources.

Buckle up your baby on every ride

A car ride can be very dangerous for a baby. Make sure she is always buckled up safely in the back seat.

- Buckle your baby correctly into her car seat on every ride. Follow the car seat directions and read the vehicle owner's manual.
- The car seat should face the rear of the vehicle.
- If you must place your baby in the front seat, be sure to turn off the air bag. **Never** place your baby in the front seat if the vehicle has a passenger air bag that is not turned off. If the air bag inflates, it could kill or seriously injure your baby.
- If you have an old or used car seat, there can be hidden dangers. Contact the Safety Restraint Coalition for tips on choosing a safe car seat and to find out about recalls.

Contact the **Safety Restraint Coalition** at
1-800-BUCKLUP, 711 (tty relay)
or visit www.800buckleup.org



Make a date for your baby's 4-month checkup

Your baby will grow and change quickly in her first year. That's why checkups are needed so often during this time. The 4-month checkup is the perfect time to ask questions about her health, growth and development, sight, hearing and immunizations. Write them down and bring them to the appointment. Take notes during the visit. You may want to share these with your baby's caregivers. Bring your baby's Lifetime Immunization Record card and Childhood Health Record booklet with you to every appointment.



Immunize your baby on time

It's best to immunize your baby at the earliest recommended age. Infants are more likely than older children to become very ill, be hospitalized or even die from diseases that vaccines prevent.

Your baby can be immunized even if he is taking antibiotics or has a minor illness such as a cold, mild diarrhea or a slight fever. Vaccines are still effective and will not make him more sick. The following vaccines are recommended at the 4-month checkup:

- Rotavirus (RV)
- Diphtheria, tetanus, acellular pertussis (DTaP)
- Inactivated poliovirus (IPV)
- *Haemophilus influenzae* type b (Hib)
- Pneumococcal conjugate vaccine (PCV)

A dose of hepatitis B (HepB) vaccine may be needed.

Until your baby is old enough to get vaccinated against flu, chickenpox, and measles, be sure those in close contact with him are immunized.

Babies need only breast milk or formula now

The American Academy of Pediatrics recommends breastfeeding for the first year of life and says that breast

milk is the only food needed for the first 6 months for most full-term, healthy babies. Breast milk changes naturally as your baby's needs change. While it doesn't protect her against pertussis and other diseases that can be prevented by vaccines, it does help protect her from some other illnesses like ear infections. If you have questions about breastfeeding or pumping, call the Family Health Hotline at 1-800-322-2588.

If you are not breastfeeding, use an iron-fortified formula to protect against anemia. Be sure to hold your baby while feeding. She needs to cuddle with you and look at your face even when she can hold her own bottle.

Check with your doctor about whether your baby needs vitamin D or iron supplements.

Your baby's body will not be ready for solid foods, including cereal, until she is at least 6 months old. Adding cereal to your baby's bottle will not help her fall asleep or sleep longer. It may give her too many calories, making her less hungry for breastmilk or formula.

Sleep and your baby

Most babies this age wake up 2 - 3 times a night, though some wake more or even less often. This is normal but can be hard for new parents. This pattern of sleeping and waking helps his brain grow and develop and keeps him safe and healthy. In a few months your baby will start to sleep longer without waking. Some infants naturally need more or less sleep than others. Your family and your baby will develop your own sleep pattern.

Start a positive bedtime routine at the same time every night. This could include having a bath and diaper change, quiet playtime and reading a book. Avoid loud noises and bright lights before bed. Lay your baby down on his back drowsy but awake. This gives him practice falling asleep in bed. Don't worry if he wakes up right away. Soothe him and try again when you're ready.

Family Health Hotline
1.800.322.2588
 711 (TTY relay)

Programs of WithinReach

www.ParentHelp123.org



- Immunization information
- Child care referral agencies
- Affordable health insurance
- Food and nutrition assistance
- Prenatal resources
- Family planning services
- Local health clinics
- Free screenings for developmental concerns

Call the Family Health Hotline with questions about your CHILD Profile mailings.

Keeping Your Baby Healthy and Safe

Mom: Help your body recover from pregnancy

You need to eat well and take care of yourself so that you have enough energy to take care of your baby. Eat a variety of foods to give your body the nutrients and calories it needs to recover. Try to eat foods from each of the five food groups (protein, dairy, grains, fruits and vegetables) every day. No single food can give your body everything it needs. Drink plenty of water:

- Continue taking your prenatal vitamins or a multi-vitamin with iron and folic acid. They provide nutrients that your body still needs.
- Try to get a little exercise outside every day. Start slowly and talk to your doctor if you have questions about what your body can safely do.
- Spacing pregnancies at least two years apart is healthiest for mom. To learn more or find out where to get low-cost birth control, call the Take Charge Family Planning Hotline at 1-800-770-4334.

Breastfeeding mothers need extra calories and should drink water, milk or unsweetened juice when they're thirsty. When you sit down to breastfeed, have a glass of water nearby. A healthy snack of fruit, cheese or fresh vegetables will help you get those extra calories.

Recognize postpartum depression

If you feel sad, anxious or like you can't handle things, you could have postpartum depression (PPD). PPD is very common and does **not** mean you are not a good mother. Talk about your feelings with your doctor and other people you trust. You can also call Postpartum Support International of Washington at 1-888-404-7763, or visit www.speakup.wa.gov. It is important to get help. Healthy feelings between you and your baby are important for your baby's growth and development.

Prevent your baby from getting a flat head

Your baby might get a flat spot on her head from lots of time spent laying on her back. This is because her skull is soft and her neck muscles are weak. Flattening will usually go away on its own.

Give your baby plenty of "tummy time" when she is awake. This will help her keep from getting a flat spot. It also helps make her stronger. Hold her in your arms often. If your baby is bottle fed, hold her on your right side for one feeding, the left side for the next. If your baby is breastfed, she gets switched from side to side as you move her from one breast to the other.

Reduce the risk of SIDS

To reduce the risk of SIDS, it is **very important** to lay your baby on her back every time you put her to sleep. Make sure that everyone who takes care of her does this. If your baby was born early or has a health problem, talk with your doctor or nurse about the best sleep position for her special needs.

Keep your baby away from people who are smoking. Do not allow anyone to smoke in your home or in the car. Babies who breathe smoke are at higher risk for SIDS. Call 1-800-QUIT-NOW (1-800-784-8669) or visit www.quitline.com for help quitting smoking.

Don't ever shake your baby

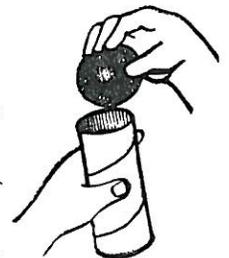
Shaking a baby can cause brain damage, seizures, blindness, paralysis, learning and behavior problems or even death. A baby's crying can be very frustrating but it is usually normal. Think ahead about what you will do if you ever feel like shaking or hurting your baby.

- Gently lay the baby down in a safe place and stay ten feet away.
- Take slow, deep breaths until you feel calmer.
- Call a friend or the Family Help Line at 1-800-932-4673 for help.

Make sure that everyone who takes care of your baby knows they should never shake him or her. Tell them to call you right away if they get frustrated.

Babies can choke on small things

Babies explore by putting things into their mouths. Small toys and coins can be dangerous. Anything small enough to slip into a toilet paper tube could choke your baby. Make sure older children do not give him small toys or pieces of food. Call your local hospital, health or fire department to find out about infant CPR and first aid classes.



Prevent your baby from falling

Always keep at least one hand on your baby when she is on a bed, sofa or changing table. She could make a sudden move, and roll or wiggle off the edge. If you need to answer the door or the telephone while changing your baby, carry her with you. You can also put her in her crib or in a safe place on the floor. If you use a play seat, use one without wheels. When your baby is in a reclining seat, make sure to buckle the safety strap.