



10 Tips for New Parents



Always remember the ABCs of infant sleep safety: **ALONE** on my **BACK** in a safe **CRIB**.

Crying is a normal newborn baby behavior. Constant crying can signal illness, and can be very distressing for a new parent. NEVER shake your baby.

If at any time you are concerned that your newborn infant could be ill, call your baby's doctor. Problems that should prompt you should call your baby's doctor include:

- Rectal temperature of 100 degrees or more, or rectal temperature below 97 degrees.
- Excessive fussiness (unable to calm from crying) or extreme sleepiness (listlessness).
- Skin color changes. (Jaundice = yellow color, paleness, blueness.)
- Pattern of poor feeding: refuses breast or bottle, two or more feedings in a row.
- Abnormal or unusual movements.
- Congestion or breathing difficulties.
- Vomiting (not just spitting up, especially if projectile).
- Diarrhea (frequent loose, watery stools).
- Diminished number of wet diapers.

Baby's diet should consist of strictly breast milk or infant formula until at least 4 months of age. Do not give your newborn baby extra water, juices or cow's milk. Your baby's doctor will instruct you when it's time to add solid food to your baby's diet.

NEVER medicate your newborn baby unless advised to do so by your baby's doctor.

ALWAYS transport your newborn baby in your vehicle in an approved infant car seat, beginning with the ride home from the hospital. Consult your local fire department to check for proper installation of your infant car seat if you question its installation. Your baby should NEVER be placed in front seat having a passenger side airbag. You SHOULD place your baby's car seat REAR-facing in the back seat until the infant is one year of age.

Generally, you can dress your baby in the same weight and amount of clothing as you are wearing. At most, your newborn baby should have on only ONE thinner layer than you are wearing!

NEVER leave your newborn baby unattended in the bathtub, on the diaper changing table, or on a bed with no side rails.

Avoid smoke exposure. Exposure to smoke puts your baby at risk for Sudden Infant Death Syndrome (SIDS), more frequent respiratory infections, and makes asthma and allergies worse. NEVER smoke in the house where your baby lives, or in your automobile. Better yet, for the health of BOTH you and your baby, QUIT smoking!

Always be sure and attend ALL of your baby's well-child check-up visits with your baby's doctor, so that the doctor can assess your baby's growth and development, and update your baby's immunizations (baby shots). Your baby's doctor will provide you with a schedule for these visits, as well as a recommended schedule for your baby's immunizations.