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# Take Good Care of Your New Baby



A Guide to Keeping Your Baby Healthy

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# Keep This Information Handy!

My Baby's  
Doctor is \_\_\_\_\_

My Doctor's  
Phone  
Number is \_\_\_\_\_

# Congratulations on Your New Baby!

This is a very exciting time! Your baby will grow and change a lot over the next 2 years. It's important that you take care of your baby. This book can help you.

Use this book as a resource to help keep your baby healthy.

This  
book  
tells  
you:

- When to take your baby to the doctor
- How to feed your baby
- How your baby will grow and change from birth to age 2
- What to do if your baby is sick or hurt
- What to keep handy to help with injuries or sickness



Take this book everywhere you go. You can even attach it to your diaper bag and carry it with you. That way you'll have it when you need it.

If you have questions about anything in this book, ask your doctor.

*Zachary's mom carries her book on his diaper bag.*

# Your Baby Needs to See the Doctor

Your baby needs to see the doctor regularly, even when he or she is not sick. This is called a **well child visit**, and it helps your baby stay well.

At your baby's well child visit, your doctor may:

- Check vision and hearing
- Measure height, weight, and head circumference
- Take blood samples
- Screen for lead and TB
- Check your baby's teeth
- Advise you on feeding your baby
- Calculate Body Mass Index (BMI) at age 2

Your doctor may call your child's well child visit an "Early and Periodic Screening, Diagnosis, and Treatment" or "EPSDT." This is the name of Medicaid's well child visit program.



*At Orion's well child visit, the doctor checks to see how much he is growing.*

## Remember:

Don't wait until your baby is sick to go to the doctor. Keep all of your well child visit appointments.

**Body Mass Index (BMI)** is a term you may hear that helps your doctor see if your baby is growing well. Your doctor should check your baby's BMI every year beginning at age two.

# Your Baby Needs Shots

Sometimes during well child visits, your doctor will give your baby shots. Without shots, your baby could get very sick!

Babies should get their first shots when they're born. They should get all of their main shots by age 2.

Make sure to get your baby's shots on time. This will protect your child from certain types of infections and help your baby stay well. (The next page tells you when to take your baby to the doctor for shots.)



*Nurse Nancy gives Sarah her shots on time.*

Ask your doctor for an up-to-date record of your baby's shots.

- Measles, Mumps, and Rubella - ("MMR" shot)
- Polio - ("IPV" shot)
- Diphtheria, Tetanus, and Whooping Cough - ("DTaP" shot)
- Hepatitis B, which causes liver disease - ("HepB" shot)
- Chicken Pox - ("Var" or "Varicella" shot)
- HFlu (Protects against meningitis) - ("Hib" shot)
- Streptococcus Pneumoniae - ("Pneumococcal shot")

# When Should My Baby See the Doctor?

Seeing your baby's doctor on time is important. Your child needs to see the doctor for a well child visit at the ages listed below.

<b>Birth</b>	<b>4 months old</b>
<ul style="list-style-type: none"><li>Well child screen</li><li>Hearing screen</li><li>Shots: Hepatitis B</li></ul>	<ul style="list-style-type: none"><li>Well child visit</li><li>Shots: Polio; Diphtheria, Tetanus, and Whooping Cough; HFlu; and Pneumococcal</li></ul>
<b>1-2 weeks old</b>	<b>6 months old</b>
<ul style="list-style-type: none"><li>Well child visit</li></ul>	<ul style="list-style-type: none"><li>Well child visit</li><li>Shots: Hepatitis B*; Polio*; Diphtheria, Tetanus, and Whooping Cough; HFlu; and Pneumococcal</li></ul>
<b>1 month old</b>	<b>9 months old</b>
<ul style="list-style-type: none"><li>Well child visit</li><li>Shot: Hepatitis B</li></ul>	<ul style="list-style-type: none"><li>Well child visit</li></ul>
<b>2 months old</b>	<b>12 months old</b>
<ul style="list-style-type: none"><li>Well child visit</li><li>Shots: Polio; Diphtheria, Tetanus, and Whooping Cough; HFlu; and Pneumococcal</li></ul>	<ul style="list-style-type: none"><li>Well child visit</li></ul>

\*May be given any time between 6 to 18 months.

# When Should My Baby See the Doctor? (Cont.)

## My Baby's Second Year

15 months old

- Well child visit
- *Shots:* Diphtheria, Tetanus, and Whooping Cough; Measles, Mumps, and Rubella; Chicken Pox; HFlu; and Pneumococcal

18 months old

- Well child visit

2 years old

- Well child visit
- Calculate BMI



*Grace's mom always takes Grace to her well child visits on time, even if she doesn't need shots.*

# Feeding Your New Baby

**T**he best food for your newborn baby is breast milk. Breast feeding does take time to learn. You may feel funny doing it at first.

Sometimes mothers can't breast feed. If you cannot breast feed, you should feed your baby formula in a bottle. Ask your doctor about a formula. Be sure to follow your doctor's directions.

**DO NOT** change your baby's formula unless your doctor says it's ok.

It's good to feed your baby at scheduled times, but you will have to be flexible. Don't feed your baby more often than every 2 hours unless your doctor says it's ok. Feed your baby as much as he or she will eat at each feeding, unless your doctor limits the feedings.

Most of all, your baby needs to feel loved and accepted. This is just as important as the type of food you give your baby. When feeding, hold your baby comfortably close. Feeding time is a time to build a strong bond between you and your baby.



*Brendan's mother breast feeds him if she can because breast feeding is the best thing for him.*

## Feeding Your New Baby (Cont.)

**Y**our doctor can give you tips on feeding your baby. You might talk to your doctor about this even before you have your baby.



*Hunter's mother holds him comfortably close during feeding times. This makes Hunter feel loved and accepted.*

# What Your Baby Should Eat

**B**abies grow quickly during their first year. Your baby will eat a lot at first. Your baby's eating habits will change during the first year.

- **From ages 0 - 4 months:** only feed your baby breast milk or formula. Feed your baby as much as he or she wants to eat, unless your doctor limits the feeding.

- **Starting at age 4 months:** add baby cereal and juice mixed with water.

- **At age 6 months:** add first foods, such as baby vegetables and fruits. **DO NOT** give your baby more than 1 new food every 2 weeks! This will help you see if your baby is allergic to any foods.

## Remember:

During the first year, your baby should eat between 18-24 ounces of breast milk or iron-fortified formula *every day*.

- **Age 1:** Introduce your baby to whole milk. Stop feeding your baby formula. Your baby should drink between 10 to 16 ounces of milk each day.

- **After 1 year,** your baby will eat less than before. Talk to your doctor if you're concerned that your baby is not eating as much.

Try to feed your child meals and snacks at scheduled times. Feed your child a variety of well-balanced foods. This will give your child a good start on a healthy diet.

# What Your Baby Should Not Eat

NEVER give your baby food that could make him or her choke. These include:

- Hard Candy
- Hot Dogs
- Peanuts
- Grapes
- Popcorn
- Gum
- Any food with seeds (like oranges or watermelon)
- Any food that's large or needs lots of chewing



*Bethany just turned 1 year old. Her grandmother feeds her healthy snacks at scheduled times. She makes sure her food is easy to chew and swallow so that she won't choke.*

# Your Baby Will Grow and Change

## Age 0-3 months

*(Your baby's growth and habits may vary some from this guide.)*

How will my baby grow?

- Gains 5 to 7 ounces each week
- Grows 1 inch each month

What does my baby do?

- Watches things with his or her eyes
- Smiles
- Begins knowing things he or she sees and hears often

What will my baby think or say?

- Coos
- Makes sounds
- Cries to get attention

How will my baby move?

- Begins to turn head
- Needs help sitting up
- Moves arms and legs
- Begins holding self up on forearms by age 3 months

What will my baby eat?

- Breast milk or formula

*Consult your doctor with any questions or concerns.*

# Your Baby Will Grow and Change

## Age 4-6 months

*(Your baby's growth and habits may vary some from this guide.)*

How will my baby grow?

- Weighs 2 times as much as when first born
- Begins drooling and teething

What does my baby do?

- Enjoys being around people
- Smiles at self in a mirror
- Becomes scared of strangers
- Lets you know what he or she likes and doesn't like

What will my baby think or say?

- Makes vowel and consonant sounds (like "eee" or "oh")
- Babbles in 1-syllable words (like "ba," "ma")
- Repeats sounds others make

How will my baby move?

- Sits with some help
- Stands with help
- Grasps and holds objects (by 6 months)

What will my baby eat?

- Breast milk or formula
- Baby cereal
- Juice mixed with water

*Consult your doctor with any questions or concerns.*

# Your Baby Will Grow and Change

## Age 7-9 months

*(Your baby's growth and habits may vary some from this guide.)*

- How will my baby grow?
- Gains 3 to 5 ounces each week
  - Grows 1/2 inch each month
  - Grows more teeth

- What does my baby do?
- Pee-pees and poo-poops at regular times
  - Becomes scared when mother leaves
  - Becomes scared of strangers
  - Becomes afraid of being alone at bedtime
  - Plays "peek-a-boo"

- What will my baby think or say?
- Uses longer words like "mama"
  - Knows simple commands like "no"
  - "Listens" when you talk

- How will my baby move?
- Sits without help
  - Stands if holding onto something
  - Begins using 1 "favorite" hand to do things (right-handed or left-handed)

- What will my baby eat?
- Breast milk or formula
  - Baby cereal
  - Juice mixed with water
  - Baby foods that are easy to chew and swallow. (Add only 1 new food every 2 weeks. This will help you see if your baby is allergic to any foods.)

*Consult your doctor with any questions or concerns.*

# Your Baby Will Grow and Change

## Age 10 months to 1 year old

*(Your baby's growth and habits may vary some from this guide.)*

- How will my baby grow?
- Weighs 3 times as much as when born
  - Grows more teeth
  - "Soft spot" on top of head is almost closed

- What does my baby do?
- Shows feelings (like angry, happy)
  - Waves "bye-bye"
  - Plays "pat-a-cake"
  - Leaves parents' and grandparents' side to explore

- What will my baby think or say?
- Knows own name
  - Knows some things by name
  - Obeys simple commands ("Give me the toy.")
  - Speaks 2 words at a time
  - Knows many words

- How will my baby move?
- Walks if you hold 1 hand
  - Holds crayon
  - Turns book pages

- What will my baby eat?
- Breast milk or formula\* (10 to 16 ounces a day)
  - Baby cereal
  - Juice mixed with water
  - Soft foods that are easy to chew and swallow

\*Begin whole milk at 1 year of age

*Consult your doctor with any questions or concerns.*

# Your Baby Will Grow and Change

## Age 18 months

*(Your baby's growth and habits may vary some from this guide.)*

How will my baby grow?

- Eats less
- Grows less quickly
- Starts having control when pee-pees and poo-poops

What does my baby do?

- Throws temper tantrums
- Copies mom and dad
- May carry “security blanket” or toy
- Likes to play alone

What will my baby think or say?

- Points to things he or she knows
- Points to body parts
- Says 6 to 10 words at a time
- Uses names of things and words to describe them (like “hot” and “big”)

How will my baby move?

- Walks up stairs if you hold 1 hand
- Uses a spoon
- Squats to pick up objects
- Is clumsy when running

What will my baby eat?

- Whole milk (10 to 16 ounces a day)
- Cereal
- Juice
- Solid foods that are easy to chew and swallow

*Consult your doctor with any questions or concerns.*

# Your Baby Will Grow and Change

## Age 2 years

*(Your baby's growth and habits may vary some from this guide.)*

How will my baby grow?

- Weighs 26 to 28 pounds
- Is 32 to 33 inches tall
- Has 16 teeth

What does my baby do?

- Pays attention longer
- Plays next to others
- Helps dress self
- Does not like to share
- May begin potty training

What will my baby think or say?

- Talks a lot
- Calls self by name
- Asks for foods and drinks
- Knows 300 words

How will my baby move?

- Claps hands
- Builds a tower with 5 to 7 blocks
- Turns door knobs
- Holds cup with 1 hand
- Walks up stairs alone

What will my baby eat?

- Whole milk (10 to 16 ounces a day)
- Cereal
- Juice
- Solid foods that are easy to chew and swallow

*Consult your doctor with any questions or concerns.*

# What If My Baby Is Sick or Hurt?

## 1. Treat your baby AT HOME if:

- Your child has a mild cold or mild diarrhea.
- Your baby is over 3 months old and doesn't have any of the problems listed on these 2 pages. Reference books on childhood illnesses can give you advice on

how to treat common conditions like colds, mild diarrhea, and stomach aches.

Call your doctor's office for advice on how to treat your baby at home. Also call if you have questions about which medications to give your child.

## 2. Take your child to the DOCTOR if:

- You treated your baby at home but he or she isn't getting well.
- Your baby is under 6 weeks old and seems sick.
- Is extra quiet or moves a lot less than normal.
- Is crying a high pitched cry.
- Has been crying constantly for 3 hours.
- Has a green runny nose, heavy congestion, sore throat, swollen tonsils or other similar symptoms. These indicate the child may have an infection.
- Cries a lot more than normal for no obvious reason.

- Has a rash.
- Hasn't wanted to eat much for 3 or more days.
- Has uncontrolled diarrhea or vomiting.

*Sheryl's mother took her to the doctor when she cried for over 3 hours straight.*



Continued on next page

## What If My Baby Is Sick or Hurt? (Cont.)

3. Call 911 or go to the EMERGENCY ROOM right away if your child:

- Isn't breathing or has no heartbeat.
- Passes out, is unconscious, or is not alert.
- Has pale, gray, or cool skin.
- Has trouble breathing.
- Is choking.
- Hurts his or her neck or back.
- Is bleeding badly.
- Is having a seizure.
- Is poisoned.
- Has a bad pain.
- Has a head injury or a bad injury, such as a broken bone or bad burn.
- Throws up a lot or has bad diarrhea, especially in a baby.
- Your baby is less than 2 months old and has a rectal temperature of 100.4 degrees or higher.

If you think your child has a bad problem, get help right away. Take your child to the nearest emergency room, call 911, or call 0 for the operator. Ask for an ambulance or an emergency response team.

### What if my child has a fever?

Call your doctor if your baby is:

- Less than 3 months old and has a rectal temperature of 100.2 or higher.
- Between 3 and 6 months old and has a rectal or armpit temperature of 101 or higher.
- Older than 6 months and rectal or armpit temperature of 103 or higher.

Go to the emergency room if:

- Your baby is less than 2 months old and has a rectal temperature of 100.4 degrees or higher.

# Medicine Cabinet Shopping List

**Y**ou should keep your medicine cabinet well supplied to help deal with sickness and accidents when they occur. The list below shows what medicine and first aid supplies you should keep at home:

- Acetaminophen** (like Infant Tylenol® or Tempra®) is usually best for pain and fever. Ask your doctor how much and how often to give to your baby. Even acetaminophen can be life threatening in high doses. DO NOT give aspirin to any child unless advised to by your DOCTOR.
- Adhesive bandages** (like Band-Aid™ brand) in many different sizes.
- Antibiotic ointment or cream** (like Neosporin®) is used for cuts, scrapes, and minor skin infections.
- Diphenhydramine** (such as Benadryl® liquid) is used for allergic reactions and itching. Ask your doctor how much and how often to give to your baby.
- Eye wash** is useful to clean things out of the eyes.
- Hydrogen peroxide** is used to clean wounds.
- Ibuprofen** (such as Children's Motrin® or Children's Advil® Suspension) is very effective at relieving fever in children older than 6 months, or as directed by your doctor.
- Pedialyte®** is a solution of sugar and salt, which is effective in preventing and treating dehydration.
- Petroleum or water-soluble jelly** (like Vaseline® or KY Jelly®) can be put on the end of the rectal thermometer to make it go in easier. Clean the thermometer after each use.

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Continued on next page

# Medicine Cabinet Shopping List (Cont.)

- Rectal thermometer (ear thermometers may be used after 1 year of age).
- Rubbing alcohol to clean around your baby's umbilical cord, until it falls off.
- Sterile gauze pads are used for covering wounds or to absorb wound drainage.
- Sunblock or sunscreen (SPF 15 or higher) to prevent skin damage.
- Syrup of ipecac is used to make your baby vomit in case of certain accidental poisonings. DO NOT use this unless directed to do so by your doctor or poison control.
- Zinc oxide cream (like Balmex® or Desitin®) is used to protect against diaper rash.



*Paige's mother keeps first-aid supplies at home in case Paige gets sick or hurt.*

## Remember These Points About Medicine:

1. Keep all medicine out of the reach of children. They don't know the difference between pills or liquids from candy or juice. Any drug can hurt your child.
2. Talk with your doctor before giving your child any medicine. Always give the right amount at the right time.
3. Call Poison Control (1-800-376-4766) if your child ever takes something not specifically prescribed for him or her.
4. Throw away any drug after the expiration date.



*Catherine's mom makes sure she gives Catherine the right amount of medicine at the right time.*

## Helpful Numbers

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To find out about health care services and resources call:



1-800-275-1131  
(TDD) 1-800-322-5580

**ARKids 1st**  
1-888-474-8275

For questions about the  
**Vaccines For Children Program**  
call: 1-501-661-2170

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