



# Bright Futures Parent Handout 2 to 5 Day (First Week) Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

## How You Are Feeling

- Call us for help if you feel sad, blue, or overwhelmed for more than a few days.
- Try to sleep or rest when your baby sleeps.
- Take help from family and friends.
- Give your other children small, safe ways to help you with the baby.
- Spend special time alone with each child.
- Keep up family routines.
- If you are offered advice that you do not want or do not agree with, smile, say thanks, and change the subject.

PARENTAL WELL-BEING

## Feeding Your Baby

- Feed only breast milk or iron-fortified formula, no water, in the first 6 months.
- Feed when your baby is hungry.
  - Puts hand to mouth
  - Sucks or roots
  - Fussing
- End feeding when you see your baby is full.
  - Turns away
  - Closes mouth
  - Relaxes hands

NUTRITIONAL ADEQUACY

## If Breastfeeding

- Breastfeed 8–12 times per day.
- Make sure your baby has 6–8 wet diapers a day.
- Avoid foods you are allergic to.
- Wait until your baby is 4–6 weeks old before using a pacifier.
- A breastfeeding specialist can give you information and support on how to position your baby to make you more comfortable.
- WIC has nursing supplies for mothers who breastfeed.

## If Formula Feeding

- Offer your baby 2 oz every 2–3 hours, more if still hungry.

NUTRITION

- Hold your baby so you can look at each other while feeding
- Do not prop the bottle.
- Give your baby a pacifier when sleeping.

## Baby Care

- Use a rectal thermometer, not an ear thermometer.
- Check for fever, which is a rectal temperature of 100.4°F/38.0°C or higher.
- In babies 3 months and younger, fevers are serious. Call us if your baby has a temperature of 100.4°F/38.0°C or higher.
- Take a first aid and infant CPR class.
- Have a list of phone numbers for emergencies.
- Have everyone who touches the baby wash their hands first.
- Wash your hands often.
- Avoid crowds.
- Keep your baby out of the sun; use sunscreen only if there is no shade.
- Know that babies get many rashes from 4–8 weeks of age. Call us if you are worried.

NEWBORN CARE

## Getting Used to Your Baby

- Comfort your baby.
  - Gently touch baby's head.
  - Rocking baby.
- Start routines for bathing, feeding, sleeping, and playing daily.
- Help wake your baby for feedings by
  - Patting
  - Changing diaper
  - Undressing
- Put your baby to sleep on his or her back.
  - In a crib, in your room, not in your bed.
  - In a crib that meets current safety standards, with no drop-side rail and

NEWBORN TRANSITION

NEWBORN TRANSITION

slats no more than 2<sup>3</sup>/<sub>8</sub> inches apart. Find more information on the Consumer Product Safety Commission Web site at [www.cpsc.gov](http://www.cpsc.gov).

- If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.

## Safety

- The car safety seat should be rear-facing in the back seat in all vehicles.
- Your baby should never be in a seat with a passenger air bag.
- Keep your car and home smoke free.
- Keep your baby safe from hot water and hot drinks.
- Do not drink hot liquids while holding your baby.
- Make sure your water heater is set at lower than 120°F.
- Test your baby's bathwater with your wrist.
- Always wear a seat belt and never drink and drive.

SAFETY

## What to Expect at Your Baby's 1 Month Visit

### We will talk about

- Any concerns you have about your baby
- Feeding your baby and watching him or her grow
- How your baby is doing with your whole family
- Your health and recovery
- Your plans to go back to school or work
- Caring for and protecting your baby
- Safety at home and in the car



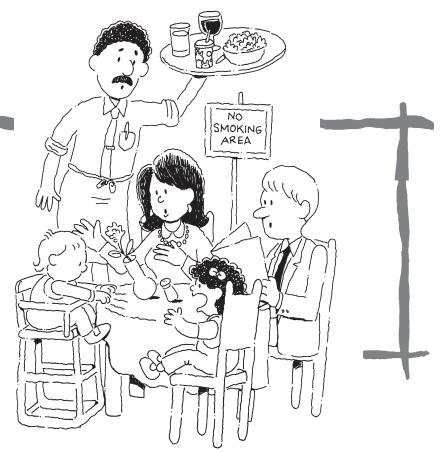
# American Academy of Pediatrics



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# Dangers of Secondhand Smoke



Even if you don't smoke, breathing in someone else's smoke can be deadly too. Secondhand smoke causes about 3,000 deaths from lung cancer and tens of thousands of deaths from heart disease to nonsmoking adults in the United States each year.

Millions of children are breathing in secondhand smoke in their own homes. Secondhand smoke can be especially harmful to your children's health because their lungs still are developing. If you smoke around your children or they are exposed to secondhand smoke in other places, they may be in more danger than you realize. Children whose parents smoke only outside are still exposed to the chemicals in secondhand smoke. The best way to eliminate this exposure is to quit.

Read more to learn about the dangers of secondhand smoke and how to create a smoke-free environment for your children.

## What is secondhand smoke?

Secondhand smoke (also known as environmental tobacco smoke) is the smoke a smoker breathes out and that comes from the tip of burning cigarettes, pipes, and cigars. It contains about 4,000 chemicals. Many of these chemicals are dangerous; more than 50 are known to cause cancer. Anytime children breathe in secondhand smoke they are exposed to these chemicals.

## Your developing baby and smoke

If you smoke or are exposed to secondhand smoke when you're pregnant, your baby is exposed to harmful chemicals too. This may lead to many serious health problems, including

- Miscarriage
- Premature birth (born not fully developed)
- Lower birth weight than expected (possibly meaning a less healthy baby)
- Sudden infant death syndrome (SIDS)
- Learning problems and attention-deficit/hyperactivity disorder (ADHD)

The health risks go up the longer the pregnant woman smokes or is exposed to smoke. Quitting anytime during pregnancy helps—of course, the sooner the better. All pregnant women should stay away from secondhand smoke and ask smokers not to smoke around them.

## Secondhand smoke and your children's health

Infants have a higher risk of SIDS if they are exposed to secondhand smoke. Children have a higher risk of serious health problems, or problems may become worse. Children who breathe secondhand smoke can have more

- Ear infections
- Coughs and colds
- Respiratory problems such as bronchitis and pneumonia
- Tooth decay

Children of smokers cough and wheeze more and have a harder time getting over colds. They miss many more school days too. Secondhand smoke can cause other symptoms including stuffy nose, headache, sore throat, eye irritation, and hoarseness.

Children with asthma are especially sensitive to secondhand smoke. It may cause more asthma attacks and the attacks may be more severe, requiring trips to the hospital.

## Long-term effects of secondhand smoke

Children who grow up with parents who smoke are themselves more likely to smoke. Children and teens who smoke are affected by the same health problems that affect adults. Secondhand smoke may cause problems for children later in life including

- Poor lung development (meaning that their lungs never grow to their full potential)
- Lung cancer
- Heart disease
- Cataracts (an eye disease)

## Secondhand smoke is everywhere

Children can be exposed to secondhand smoke in many places. Even if there are no smokers in your home, your children can still be exposed to secondhand smoke. Places include

- In a car or on a bus
- At child care or school
- At a babysitter's house
- At a friend's or relative's house
- In a restaurant
- At the mall
- At sporting events or concerts
- In parks or playgrounds

## Creating a smoke-free environment

The following tips may help keep your children from being exposed to secondhand smoke:

- **Set the example.** If you smoke, quit today! If your children see you smoking, they may want to try it, and they may grow up smoking as well. If there are cigarettes at home, children are more likely to experiment with smoking—the first step in becoming addicted.
- **Remove your children from places where smoking is allowed, even if no one is smoking while you are there.** Chemicals from smoke can be found on surfaces in rooms days after the smoking occurred.

- **Make your home smoke-free.** Until you can quit, don't smoke inside your home and don't smoke anywhere near your children, even if you are outside. Don't put out any ashtrays. Remember, air flows throughout a house, so smoking in even one room allows smoke to go everywhere.
- **Make your car smoke-free.** Until you can quit, don't smoke inside your car. Opening windows isn't enough to clear the air.
- **Choose a babysitter who doesn't smoke.** Even if the babysitter smokes outside, your children are exposed. Consider changing babysitters to find a smoke-free environment for your children.
- **Encourage tobacco-free child care and schools.** Help your children's child care or school, including outdoor areas and teachers' lounges, become tobacco-free. Get your children involved in the effort to make schools tobacco-free!

## An important choice

If you smoke, one of the most important things you can do for your own health and the health of your children is to stop smoking. Quitting is the best way to prevent your children from being exposed to secondhand smoke.

It may be hard to quit. Talk with your doctor if you need help. There are many over-the-counter and prescription medicines that may help you quit. Also, you may find it helpful to join a stop-smoking class. Call 1-800-QUIT-NOW (800/784-8669) or contact the American Lung Association, American Heart Association, or American Cancer Society for more information about support groups where you live.

Parents need to make every effort to keep their children away from smokers and secondhand smoke. Parents who smoke should quit for their health and the health of their children.

## Fire safety

Children can be burned or start fires when they play with lit cigarettes, lighters, or matches. Many of these fires are caused by children younger than 5 years. Cigarette lighters are especially dangerous. Although butane cigarette lighters have to be made child-resistant, they are not childproof. Keep your children safe from injury by following these guidelines:

- Never allow anyone to smoke while holding a child.
- Never leave a lit cigarette, cigar, or pipe inside or outside.
- Keep matches and lighters out of your children's reach.
- Remember that child-resistant doesn't mean childproof.

## Resources

For more information about tobacco use, read *Tobacco: Straight Talk for Teens* and *The Risks of Tobacco Use* from the American Academy of Pediatrics (AAP). Other sources include

### AAP Julius B. Richmond Center of Excellence

[www.aap.org/richmondcenter](http://www.aap.org/richmondcenter)

### American Legacy Foundation

[www.becomeanex.org](http://www.becomeanex.org)

### Centers for Disease Control and Prevention Office on Smoking and Health

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

### American Cancer Society

800/ACS-2345 (800/227-2345)

[www.cancer.org](http://www.cancer.org)

### American Heart Association

800/AHA-USA-1 (800/242-8721)

[www.americanheart.org](http://www.americanheart.org)

### American Lung Association

800/LUNG-USA (800/586-4872)

[www.lungusa.org](http://www.lungusa.org)

### 1-800-QUIT-NOW (free quit smoking counseling service)

800/QUIT-NOW (800/784-8669)

<http://1800quitnow.cancer.gov>

Listing of resources does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this publication. Phone numbers and Web site addresses are as current as possible, but may change at any time.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

## From your doctor

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The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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Web site—[www.aap.org](http://www.aap.org)

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# Breastfeeding—Is Baby Getting Enough?

By May Tang, R.D., C.L.C. and Madeleine Sigman-Grant, Ph.D., R.D.

## Is Baby Getting Enough?

### Knowing when to feed

Some mothers wait until their baby cries before feeding. The truth is waiting until your baby cries to feed is often too late. A baby can become really upset and hard to handle once the crying starts.

### Watch for baby's feeding cues

- rapid eye movements under the eyelids
- sucking movements of the mouth and tongue
- hand to mouth movements
- body movements and small sounds

A fussy baby can disrupt a mother's confidence in her ability to breastfeed. However, a mom shouldn't think that fussiness is due to lack of breast milk. Babies fuss and cry for many reasons:

- wet diapers
- need for a nap
- to burp
- to be held
- too cold
- too warm
- wanting to be loved and rocked
- and a lot of other things.



\*Ask for pamphlet "Hush Little Baby" published by the University of Nevada Cooperative Extension for coping with crying babies.

## If you think that baby is not getting enough milk, check the following points.

- Nursing techniques - Is baby latching on and suckling properly? It is important to learn how to position baby at the breast.
- Not nursing **often** enough—How many times are you nursing your baby? Are you skipping night feedings?
- Not nursing **long** enough—Feedings may not be long enough for your baby. Don't watch the clock -watch your baby.
- Poor "let-down" reflex—Do you need a hot shower, music or massaging to help you "let-down"? Seek advice from a lactation counselor, as everyone's situation may be different.
- Tobacco use can limit milk supply. Alcohol or certain types of medications also affect milk production.

### Don't Give Up!

There are times that you may be discouraged and want to quit breastfeeding. If you don't think your baby is getting enough milk, you may need to adjust the way you breastfeed or breastfeed more often to get a good supply of milk. For example, you may have to wake your newborn for nighttime feeding. Before you stop breastfeeding, talk with supportive friends, or a lactation counselor—let them help you.

### Some "Don'ts"

- Do not limit the number of feedings—your baby should be fed often. Some women think if they decrease the number of feedings their breasts will "fill." It just does not work this way. In fact, the more often the baby nurses the more milk the mother will make.
- Do not supplement with water or formula. This causes the breasts to make less milk. Breast milk provides enough water to take care of the baby's normal needs. More frequent feedings will satisfy thirst during the very hot summer.
- Ask for help from supportive friends or relatives when you feel pressure to give bottles or to limit breastfeeding.



### Signs That Baby is Getting Enough Milk During the Early Weeks

- Baby nurses about every 2 hours (10–12 times a day) and is active, alert, yet restful in between feedings. Nursing at least 10 times a day helps your breast to make enough milk.
- After the first week, baby has 6–8 soaking wet diapers per 24 hours.
- Baby has about 1–6 pasty mustard-colored bowel movements per 24 hours.
- There are swallowing sounds when nursing. Listen for “gulping”. Look for slow, steady jaw movement.
- In the first weeks, your breasts may feel softer and lighter at the end of a feeding. Let baby drain the first breast before being placed at the second.
- Baby should feed at night; do not skip night feedings. These are critical.
- A newborn baby may lose up to several ounces of weight after birth. He will regain his birth weight by about 2 weeks. Average weight gain is about 4 to 7 ounces per week during the early weeks.
- Baby should look healthy—skin color and tone are good.

### Current Recommendations for Feeding

The American Academy of Pediatrics recommends that babies should be fed entirely on breast milk for the first 4-6 months. Solids then can be introduced along with breast milk until your baby is one year old. How long you should breastfeed depends on you and your baby. Many women continue to breastfeed their babies beyond the first year. Some mothers choose to breastfeed for shorter times. Any amount of breast feeding is terrific for you and your baby. But don't stop just because you have to go back to work or school. Some women continue to pump milk and store it to feed the baby later after they return to work. You can check with a lactation counselor and find out more about pumping milk.

Call the Breastfeeding Support Hotline at the University of Nevada Cooperative Extension (702) 257-5583.

Mom's Special Gift is funded by the Food Stamp Program. Food Stamps can help make ends meet and serve as the first line in defense against hunger. It enables low income families to buy eligible nutritious food in authorized food stores. For information about the Food Stamp Program in Nevada, call: 1-800-992-0900, ext. 0500.

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