

- If bottle feeding, no bottle in bed.
- Rock baby to sleep or give a clean pacifier at nap or bedtime.
- Wipe baby's gums gently with a soft, clean, wet cloth every day.
- Only give a clean pacifier. If it falls out-wash it. Don't blow on, lick, or put it in your own mouth to "clean."
- The germs that cause cavities can be spread from your mouth to your baby's. Don't share anything that has been in your mouth with your baby.
- Do not dip pacifier in honey or anything sweet. Honey can make baby very sick.



**Don't put pacifier in your own mouth to "clean."**

**Parents:** Stop the spread of cavity germs - take care of your own teeth:

- ✓ Brush in the morning and brush and floss before bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask about gum or mints with xylitol and mouthwashes to prevent cavities in your mouth.

### Breastfeeding is best.

- **Moms:** Eat healthy and drink lots of water.
- Nurse often, 8-12 times in 24 hours.
- The more you nurse, the more milk you will make.
- Ask your doctor about Vitamin D for baby.
- Pump and freeze milk for later use.

### If formula feeding, give formula with iron

- Always hold baby close while feeding.
- Do not prop the bottle.
- Feed baby about 3-4 ounces of formula every 3-5 hours – watch for baby's cues.
- It is OK if baby does not finish bottle.



### Seek help early for any feeding problems.

- Feed baby more as baby grows.
- Breast milk and formula are the only food baby needs – Wait until six months to feed solid foods.
- Learn baby cues when hungry or full.
  - Hungry: Fusses or cries
  - Full: Turns head away, closes mouth, or relaxes hands.
- Put only breast milk or formula in bottle.

## Growing Up Healthy



Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_

### Next Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9675

Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3663



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## Keeping Baby Healthy

- Take baby for regular health checkups and immunizations (shots).
- Talk to doctor before giving baby medicines or home remedies.
- Keep baby's hair, body, clothes, and bedding clean and dry.
- Keep baby away from loud noises and music to protect hearing.
- Keep baby away from tobacco smoke and products.
- Keep baby away from crowds and sick people.
- Wash your hands with soap and water after changing diapers.

## Injury Prevention

- Never leave baby alone on a bed or changing table.
- Never leave baby alone or with a stranger or a pet.
- Never shake, toss, or swing baby in the air.
- Remove string from sweatshirt hood.
- Never tie pacifier around neck.
- Use childproof safety latches, locks on cabinets.
- Keep medicines, cleaning supplies, plants out of the reach of children.
- Baby can choke on small objects. Keep keys, unsafe toys, plastic bags and balloons away from baby.
- Keep baby away from crowds and sick people.

## All babies are different.

They develop at their own rates. Baby may not always grow or act exactly like other babies. Get to know what makes your baby special.

## Baby may:

- Lift head when on stomach
- Smile, laugh, coo, and babble
- Sit with support
- Play with hands
- Turn body from side to side
- Splash in the tub
- Bring objects to mouth
- Kick feet while lying on back.

## Tips and Activities

- Play games like peek-a-boo with baby.
- Cuddle, talk, sing, read, play soft music and play gently with baby.
- Give baby bright colored, soft toys.
- Take baby outdoors to see things.
- Protect baby from sun with hat or shade covering. No sunscreen until 6 months.
- Under adult supervision, place baby on stomach to build head control.
- Remember to tell baby, "I love you!"



## Sleep Safety

- Always place baby on back to sleep on a firm mattress with fitted sheet.
- No pillows, soft bedding, or toys in crib.
- Don't overdress baby.
- Use a crib without lead-based paint, with bars no more than 23/8 inches apart.
- Keep crib away from windows, drapes, cords, and blinds.

## Bath Safety

- Set water heater to less than 120°F.
- Check water before putting baby in bath.
- Never leave baby alone in bath.

## Car Safety

- Never leave baby alone in a car.
- Use a rear-facing car seat in the back seat, properly buckled in; never in front of an airbag.

## Safety Tips for Parents:

- Be prepared, plan for emergencies
- Learn infant CPR.
- Install smoke and carbon monoxide alarms in hallway and near bedrooms.
- Check alarms every 6 months.

## Resources for Parents:

If you feel overwhelmed, sad or about to shake or harm your baby, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help

To quit smoking, call  
1-800-NO-BUTTS (1-800-662-8887)