

Common Health Concerns



CROUP - Some babies get an illness called croup. Croup is a swelling of the voice box and windpipe and causes the airway to shrink. Breathing becomes difficult and babies have a barking cough and/or hoarse cry. Ways to help your baby include:

- ◆ sit in a steamy bathroom with hot shower running
- ◆ use a cool vaporizer in his room
- ◆ hold him to comfort him.

Call your health care provider if you think your baby has croup and watch her breathing! Go to the Emergency Room if:

- ◆ her breathing makes a loud whistling sound
- ◆ he can not speak or cry
- ◆ she struggles to breathe.

Only give her non-aspirin medicine - no baby aspirin!

How's Your Baby's Hearing?

Much of a baby's first year of life is spent learning how to listen. Through listening, your infant learns about the world, makes sounds and learns to talk.

The State of Minnesota requires hospitals to test the hearing of all newborns. If your baby failed his newborn hearing test, you should have discussed this with your baby's doctor or been referred to an audiologist by now.

Ear infections can affect hearing. Most children will have at least one ear infection before they are five years old. If your child has an ear infection, this is what you can do to promote healing and prevent future infections:

- Call your doctor or nurse if you have any questions or concerns about your child's hearing.
- Be sure your child takes all of the medicine that the doctor prescribes for ear infections.
- Go to follow-up visits to be sure the infection is gone.
- Keep your child away from anyone who is smoking or who has a cold.

Hearing Milestones

- 0-3 months** Jumps or startles to loud sounds.
Calms when hears a familiar voice.
- 3-6 months** Turns head or moves eyes to find your voice.
Plays at making noises and sounds.
Enjoys rattles & noise-making toys.
- 6-12 months** Turns head to soft sounds.
Reacts to hearing name.
Understands easy words such as "no" and "bye-bye."
- 12 months** Says a first word such as "mama" or "da da."
Understands many words.
Follows simple spoken directions.

Information provided by the MN Department of Health

POSITIVE PARENTING



To help your baby learn self control:

- ♥ pick him up and direct him toward something he can play with rather than always saying no
- ♥ only say **NO** when she is in real danger and remove her from the situation
- ♥ don't expect him to learn from just one or two incidents because he has a short memory
- ♥ be consistent and immediate with your responses
- ♥ don't worry yet about spoiling your baby with attention
- ♥ read a story or play a game with your baby every day
- ♥ talk, smile and sing to her often.

ACTIVITY TIPS

- ❖ At this age babies like repetition. Let your baby put different shaped objects into and out of containers. Give her plastic containers such as measuring cups, blocks or rolled-up socks.
- ❖ Hide a toy under a blanket or in a pocket and let baby find it.
- ❖ Teach baby to throw a kiss to familiar people and clap when he 'performs' his new trick.

We hope you have found Health Tracks to be helpful. We will be writing to you again when your baby is around 12 months old. If you are a new family involved in the home visiting portion of Caring Connections your 12 month visit is only a few months away. In the meantime, we hope you will call your home visitor if you have questions. If you are not currently involved with Caring Connections visits and have questions, please call Public Health or your local ECFE or early Head Start program.

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