

## Feeding Your Child



- ◆ During the first few weeks, newborns wake up every 2-4 hours to be fed and changed.
- ◆ Formula or breast milk is all your baby needs for several months.
- ◆ Do not give your baby honey or corn syrup for the first year because it can cause severe sickness.
- ◆ Breast milk provides nourishment and protection from many illnesses.
- ◆ If you are breastfeeding, ask your health care provider about giving your baby vitamins.
- ◆ It takes time to adjust to breastfeeding. Please don't give up. Contact us if you have concerns.
- ◆ If using formula, it is important that you continue to use the same formula, unless your health care provider tells you to change. Switching formulas (on your own) may cause your baby to have an upset stomach.
- ◆ Ask your health care provider if your baby should have fluoride.

## Common Health Concerns



Many babies begin a fussy time of crying around 2 weeks of age, and it can be very frustrating, because it is hard to comfort him. This may be colic, but discuss this with your health care provider, because your baby may have another problem. Colic usually disappears by 3 months. In the meantime, here are some things to try:

- 🚦 Hold him face to face and talk in a soft voice.
- 🚦 Rock gently or sing softly to him.
- 🚦 Gently rub his abdomen or give him a warm bath.
- 🚦 Wrap his arms snugly against his body in a small blanket.
- 🚦 Go for a car ride.
- 🚦 Ask family and friends for support.

Experiment and see which measures work for you and your baby. Don't be discouraged: a method that doesn't work one day may work the next day.

Many babies get a rash in the diaper area. To prevent it:

- 🚦 Wash the diaper area with every diaper change.
- 🚦 Change diapers at least at every feeding.

If a rash occurs:

- 🚦 Try using warm water and a wash cloth instead of diaper wipes to cleanse the area.
- 🚦 Use Desitin or A & D ointment on the rash after cleaning.
- 🚦 Allow buttocks to air dry during naps.
- 🚦 Call your health care provider if the rash does not improve in two days.

## Positive Parenting



Your baby needs lots of love and patience. Help him develop a sense of trust and security:

- ♥ Bathe him and change when wet.
- ♥ Talk, sing, comfort, hug and kiss her.
- ♥ Hold securely, don't shake, hit or spank him.

## Safety Check



- √ Place your child backwards in an approved car safety seat every time your child rides in the car.
- √ Don't tie a pacifier around her neck. She could get strangled.
- √ Don't prop the bottle because it can contribute to ear infections.
- √ Don't use a pillow or large stuffed toys because he could suffocate.
- √ Put her to sleep on her side or back, not her belly.
- √ Be sure mobiles are out of reach.
- √ Don't use talcum powder because the dust can be harmful to her lungs.
- √ Don't heat bottle in microwave to avoid "hot spots."
- √ Turn your hot water heater down to 120° F.
- √ Be sure to have smoke detectors in working order.

## Crib Safety

- √ Slats should be no more than 2-3/8 inches apart. Be sure there are no missing or cracked slats.
- √ Be sure the rail that slides down also latches and keeps the side in a raised position.

***We hope you have found Health Tracks helpful. Please feel free to contact us for more information. You will hear from us again in two months! If you are a first time parent, we hope you will accept Caring Connections Home Visits when they are offered.***

## Otter Tail County Public Health

**Government Services Center  
560 W Fir Ave • Fergus Falls MN 56537  
(218)998-8320**

**118 N Main, Box 99 • New York Mills MN 56567  
(218)385-5500**