

Oh Baby



Bonding With Your Baby

Feeding, Diapering,
Bathing

Message to New Dads

Helping Siblings Adjust
to the New Baby

Upcoming Stork Events



First Weeks at Home

You've survived nine months of pregnancy. You've made it through labor and delivery, and now you're ready to head home and begin life with your new baby.

Becoming a parent brings big changes to your life. Try reaching out to family and friends, or find other new mothers who live near you.



Every new baby is unique and beautiful.

Don't be surprised, however, if your baby doesn't look like the babies you see on television commercials or in magazines. Your baby may have lumps on his head, puffy or crossed eyes, and a flat nose or a rash. And don't be alarmed if your baby jerks occasionally while sleeping, has mild nasal congestion, breathes unevenly, sneezes, hiccups, and spits up once in a while. Such characteristics are normal and only temporary.

Head and Face

Newborn babies rarely have nice round, perfectly shaped heads. Some babies have large heads, some have small ones. Some have round heads, and some have elongated heads as a result of squeezing through the birth canal.

Skin Color

At birth, the skin of the normal newborn is reddish-purple in color and turns bright red when the baby cries. In addition, the newborn's hands and feet may be cool and blue. By the third day, he may also appear slightly yellow. This condition is called jaundice and is common in newborns and only occasionally requires special treatment.

Eyes

Babies aren't born with their final eye color. Eyes at birth are usually grayish-blue in Caucasian infants and grayish-brown in infants of darker-skinned races. Pigment is slowly distributed to the eye and produces the final eye color of the baby in 6–12 months.

Bonding With Your Baby

Bonding is probably one of the most pleasurable aspects of infant care. It occurs during the sensitive time from the very first hours until days after the birth when parents make a deep connection with their infant.

This attachment contributes to the infant's emotional growth, which affects their development in areas such as physical and psychological growth. It is the process of "falling in love" with your baby.

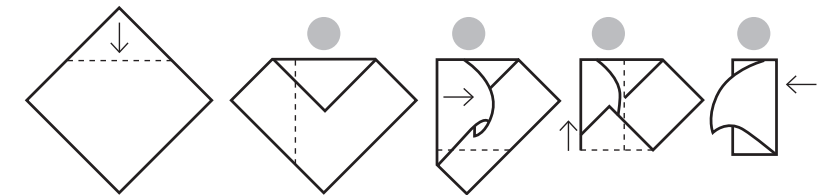
Begin bonding by cradling your baby and gently stroking him or her in different patterns. Both parents can also take the opportunity to be "skin-to-skin," holding your newborn against your own skin while feeding or cradling.

Babies usually love vocal sounds, such as talking, and singing. Babies also love listening to music. If your little one is being fussy, try singing, reciting poetry and nursery rhymes, or reading aloud as you rock your baby gently in a chair.

Swaddling, which works well for some babies during their first few weeks, is another soothing technique first-time parents should learn. Proper swaddling keeps a baby's arms close to the body while allowing for some movement of the legs. Not only does swaddling keep a baby warm, but it seems to give most newborns a sense of security and comfort. Swaddling also may help limit the startle reflex, which can wake a baby.

How to Swaddle Your Baby

1. Spread out a receiving blanket with the top corner folded over slightly.
2. Lay the baby face-up on the blanket with his or her head above the folded corner.
3. Wrap the left corner over the body and tuck it beneath the back of the baby, going under the right arm.
4. Bring the bottom corner up over the baby's feet and pull it toward the head, folding the fabric down if it gets close to the face. Be sure not to wrap too tightly around the hips. Hips and knees should be slightly bent and turned out. Wrapping your baby too tightly may increase the chance of hip dysplasia.
5. Wrap the right corner around the baby, and tuck it under the baby's back on the left side, leaving only the neck and head exposed. To make sure your baby is not wrapped too tight, make sure you can slip a hand between the blanket and your baby's chest, which will allow comfortable breathing. **Important:** Babies should not be swaddled after they're two months old. At this age, some babies can roll over while swaddled, which increases their risk of sudden infant death syndrome (SIDS).



Bonding is a process and not something that takes place within minutes or even within a certain time period after birth. For many parents, bonding is a byproduct of everyday caregiving. You may not even realize it's happening until you observe your baby's first smile and suddenly you're filled with love and joy.



Caring for Your New Baby

The first few weeks at home with a new baby can be a little frightening and definitely exhausting, especially if it is your first. The following tips can help even the most nervous first-time parents feel more confident about caring for a newborn.

Enlisting a little help from family and friends can go a long way and allow mom and dad to get some needed rest.



Feeding and Nutrition

Feeding your baby provides more than just nutrition. It also gives you a chance to hold your newborn close, cuddle him, and make eye contact. These are relaxing and enjoyable moments for you both.

Breast milk or formula should be your child's sole nutritional source for the first six months, and the major source of nutrition throughout the first 12 months. During this time, you and your pediatrician will need to pay attention to baby's pattern of feedings and make sure that he/she is getting enough for growth.

Diapering

Whether you choose to use disposable or cloth diapers, it's important to change your baby's diaper as soon as it's wet or soiled. Initially, you may feel clumsy diapering—but as with any new skill, you'll get better with practice.

Bathing and Skin Care

Your infant doesn't need much bathing if you wash the diaper area thoroughly during diaper changes. Three times a week during her first year may be enough. Bathing her more frequently may dry out her skin, particularly if soaps are used or moisture is allowed to evaporate from the skin.

Sleep

Babies do not have regular sleep cycles until about six months of age. While newborns sleep about 16 to 17 hours per day, they may only sleep one or two hours at a time. However, different babies have different sleep needs. It is normal for a six-month-old to wake up during the night but go back to sleep after a few minutes.

Coping With a Crying Infant

Whether your baby cries for one hour or successive hours over days, weeks, or months, caring for a crying infant can be intensely stressful. It's important for you as a parent or caregiver to understand that whatever negative emotions you may be feeling, you are not alone and it's normal to be experiencing these emotions. There are effective strategies to assist you in coping with your child's needs and with your own stress. Help is available via learning techniques for comforting your baby, meeting your own needs during a time of crisis, and finding and utilizing the resources available to you.

Please talk with us at Stork Pediatrix so we can check for symptoms and offer suggestions for coping.

Why Infants Cry

Crying serves several useful purposes for your baby. It's a way to call for help when hungry or uncomfortable. It helps shut out sensations that are too intense and it helps to release tension. Some common reasons are: abdominal gas discomfort, need to suck or to feel secure, sensitivity to bright lights or loud noises, over-stimulation, boredom, frustration, or clothing is too tight.

Please call our 24-hour Stork Line to talk with a pediatric nurse if you have questions or concerns any time of the day or night. We are here to help. 555-334-8497



Recommendations for a safe sleep environment for your baby:

- Always place your baby on his or her back to sleep, not on the stomach or side. The rate of SIDS has gone way down since the AAP introduced this recommendation in 1992.
- Use a firm sleep surface. Cover the mattress with a sheet that fits snugly. Make sure your crib, bassinet, or play yard meets current safety standards.
- Do not put anything else in the crib or bassinet. Keep plush toys, pillows, blankets, unfitted sheets, quilts, comforters, sheepskins, and bumper pads out of your baby's sleep area.
- Avoid overheating. Dress your infant for the room temperature, and don't overbundle. Watch for signs of overheating, such as sweating or feeling hot to the touch.
- Keep your baby away from smokers. Secondhand smoke increases the risk of SIDS.
- Put your baby to sleep with a pacifier. But if your baby rejects the pacifier, don't force it. If the pacifier falls out during sleep, you don't have to replace it. If you're breastfeeding, wait until breastfeeding is firmly established.

A Special Message to New Dads

Just as mothers occasionally need to readjust their priorities, fathers now have a golden opportunity to show more of their nurturing side.

By adjusting his priorities and “rising to the occasion,” Dad can strengthen an already strong bond with Mom as well as with the new child. By working as a team, parenting couples may be amazed at how well they can adapt to their new, stressful circumstances.

A positive way for dads to deal with the demands of a new baby is to become as involved as possible in caring for and playing with the new baby.



Physical closeness can promote an emotional connection.

Fun ways Dad can spend time with his little one.

Take the Night Shift

Give Mom the chance to catch some extra zzz's and become the “rescuer of the night” when baby cries. This will give you and baby precious alone time.

Soothe Her Tears

Take a try at soothing her tears. Try singing to her, walking her around, gently rocking, or find the closest pacifier for her to suck on. This way, she can learn that Mom isn't the only one who can give her what she needs.

Make Silly Faces

You can definitely be the funny guy. Start by just making silly faces that will make your baby glow with a smile. As your baby gets older try fun games like peekaboo.

Take Him for a Walk

Babies love fresh air, so take your little bundle for a stroll around the block. Just be sure baby is slathered in sunscreen if it's hot outside and bundled up if it's a little chilly.

Try a Baby Massage

Babies respond to touch, and a simple way to soothe and relax them is with a baby massage. When your baby is quiet and happy (you won't want to try it on a fussy baby), take 10 to 15 minutes to gently rub her legs, belly, arms, and neck.

Special Play Time

Set aside time every day specifically for playtime with your little guy. Make it part of his daily routine, so he expects his daddy time on the regular.

Daddy Dance Party

Babies love music and they love to dance. Even when your baby is just a few months old, you can start having dance parties. Turn on some music (or sing a special song), then sway around the room with baby. As your baby gets older, you can help her stand and dance (a.k.a. bounce) till she is able to groove to her own moves.

Take On Diaper Duty

Sure, there's a little ick-factor but diaper duty is also a time to bond. Even though it may be a little smelly, you get to talk to her and make silly noises as she gets a fresh change.

Take a Sick Day

When your baby gets ill it's important for you to play a nurturing role. Make a point to go along to healthy doctor checkups, so you can hear from the doctor how he's developing and growing.

Be a Part of the Bedtime Routine

A consistent bedtime schedule is very important to helping your baby sleep through the night. Choose a part of the routine you want to be involved in like bathtime.

Kids' Corner

Helping Siblings Adjust to the New Baby

When you take the time to acknowledge their feelings and listen with understanding, you show them that their feelings matter.



Nothing shakes up a family like the arrival of a new baby! Here are four ways to help older siblings adjust.

Be Patient

Your 4-year-old can't conceptualize what it will really feel like to have a new little brother or sister around. And with everyone telling them how great it will be, they are in for a bit of a shock when the baby actually comes home.

Be patient; it's important to remember that their lives are directly affected by the arrival of the new baby. While it's fun and exciting some of the time, it's also stressful. Chances are they feel like they're getting less time with mom and dad and feeling left out. Try not to react to regressed behaviors in frustration.

Empathize

Ask your child what's hard about having the new baby around. Talk about what's hard for you. Maybe even throw in a few jokes. Kids need to feel heard and understood.

Get Them Involved

Babies require a lot of attention, and older kids often feel left behind. Conversations and playtime are interrupted in favor of diaper changes and feedings.

Instead of running off to attend to the baby each time the baby needs help, consider getting your older child involved. Toddlers and preschoolers can help restock diapers, get wipes, and distract the baby with a toy while you do the dirty work.

Find little ways to put your older child in a helping role, and suddenly, she/he won't feel so left behind.

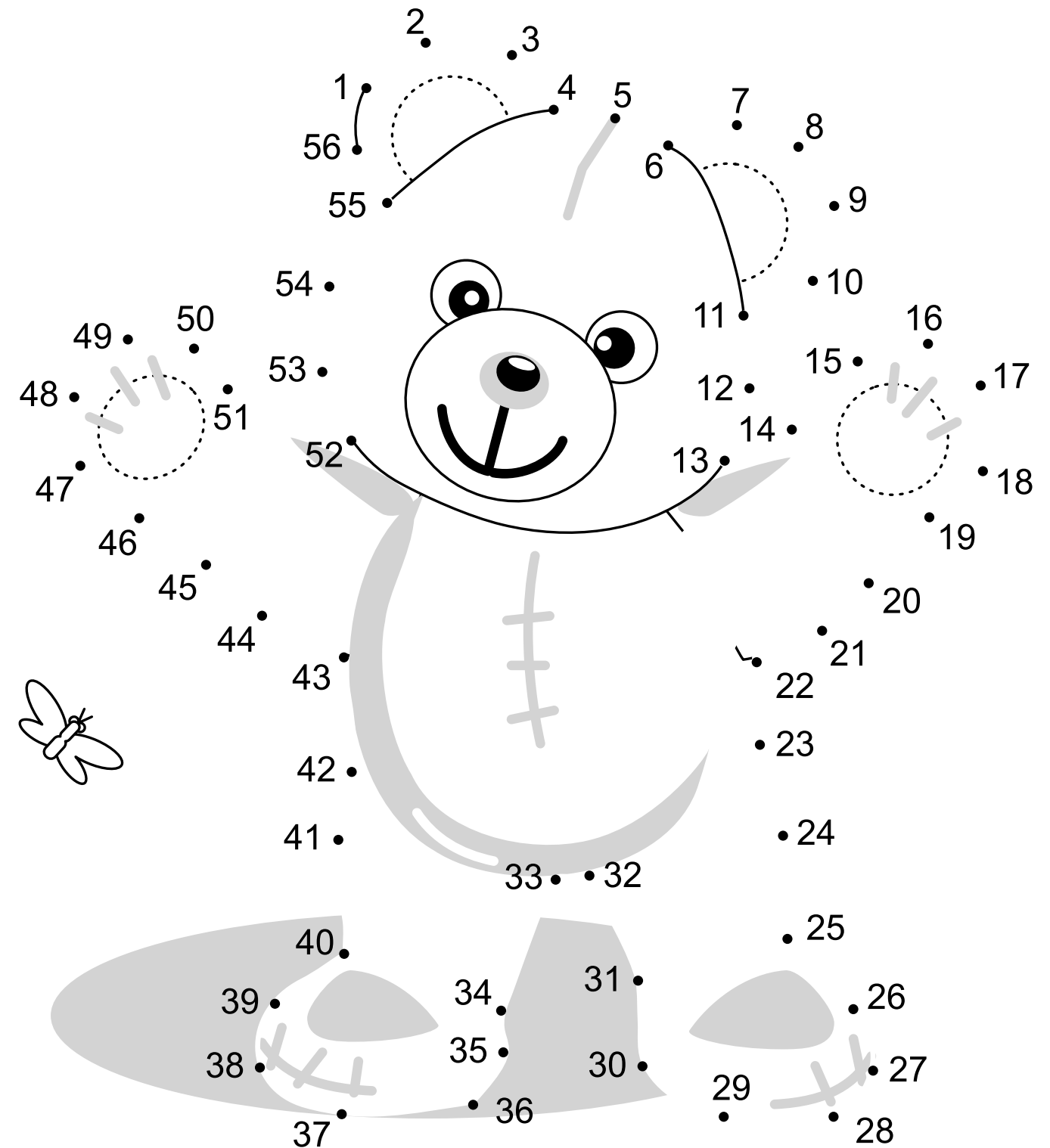
Schedule One-On-One Time

Even though your big kid probably has friends, classes, school, and toys galore, she still needs you. One-on-one time with each parent provides crucial parent-child bonding opportunities, and it's important to make time for it.

Let the dishes sit in the sink and try to stop worrying about the laundry and cleaning. Use those precious naps to engage in art, play, or other relaxing activities with your child.

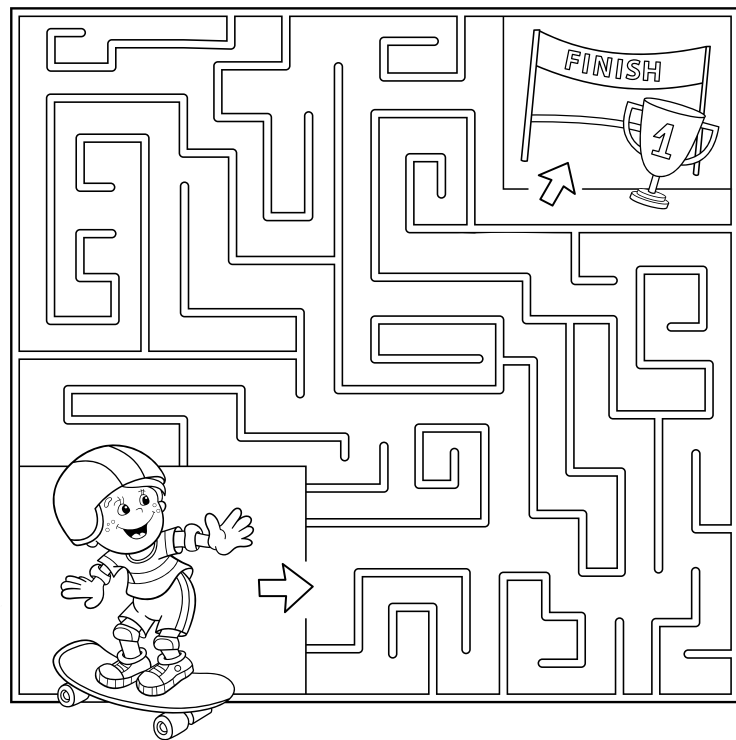
Hey Kids

Connect all the dots starting with dot number 1 until all the dots are connected. Then color the picture.

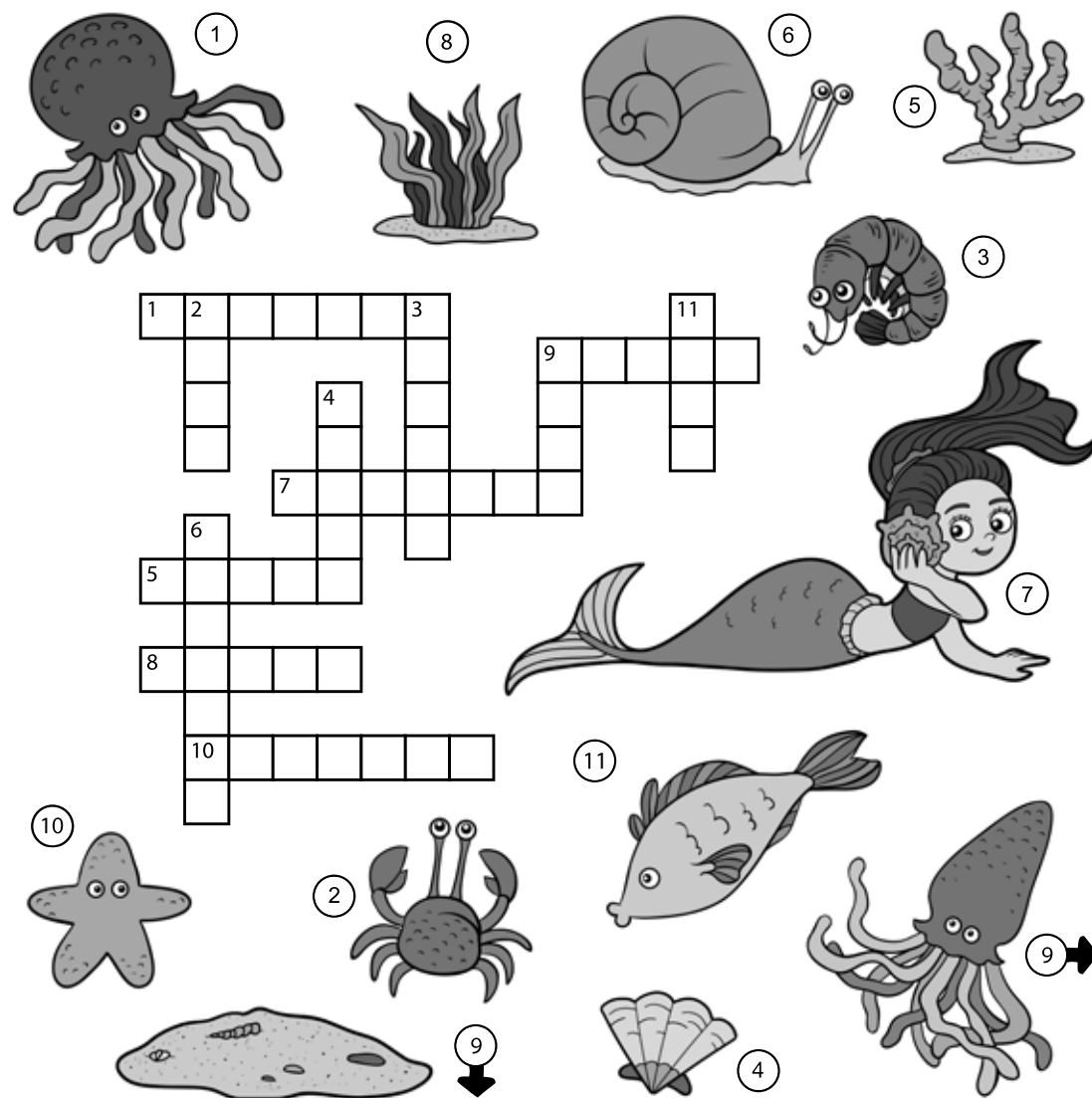


Hey Kids

Can you skate to the finish line without getting stuck?



Do you know the answers to this crossword puzzle?



Baby Essentials Checklist

What will your baby really need when you bring him home from the hospital? Chances are everyone is telling you a different story about what's a "must-have." Based on surveys of thousands of parents, we've compiled a baby essentials checklist from "Very Essential" to "Nice to Have" to help you figure what you need for your unique situation.



About the Car Seat

Baby needs a car seat to go home from the hospital, so it's a great place to start. Your first decision will be: infant or convertible? The infant car seat is light to carry and will snap into a stroller, so you can take your baby out of the car without waking her up. This kind will only be useful for about a year or until your baby reaches a specific height and weight.

Convertible car seats will grow with your child and work for both infants and toddlers, but they are heavy and stay in the car. New car seats are all really safe, but if you pick a used one, be sure to research it carefully.

Very Essential

- Car Seat
- Stroller
- Baby Carrier
- Baby Bassinet/Crib
- Diapers and Wipes
- Diaper Cream
- Nasal Aspirator
- Baby Soap and Shampoo
- Baby-Safe Laundry Detergent
- Baby Clothes
 - Bodysuits (one-piece with snaps at the crotch)
 - T-shirts
 - Sleepers/Gowns/Swaddles
 - Socks
 - Hats

Often Essential

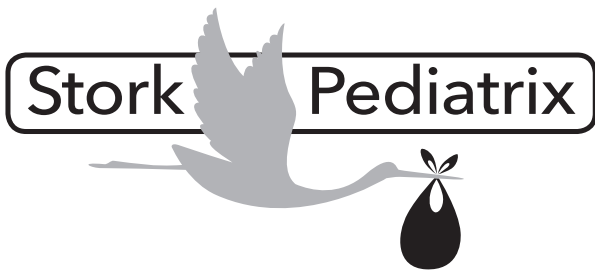
- Breast Pump or Formula
- Baby Bottles
- Bottle Warmers
- Bottle Sterilizers
- Rocker
- Bouncer or Swing
- Diaper Pail
- Baby Monitor
- Pacifiers
- Baby Bathtub
- Seasonal Clothes
 - Winter Coat or Bunting Sack
 - Slippers or Shoes/Sun Hat
 - Swim Diaper
- Nursing Pillow
- Crib Sheets
- Mattress Protectors
- Baby First-Aid Kit

Nice to Have

- Changing Pad or Table (with covers if necessary)
- High Chair
- Safety Gates
- Teething Toys
- Baby Books
- Sippy Cups
- Baby Spoons
- Rocking Chair or Glider
- Diaper Bag
- White Noise Machine or Soother
- Bottle Accessories
- Baby Washcloths
- Humidifier
- Digital or Temporal Artery Thermometer
- Portable Playard
- Stroller Accessories
- Sun Shade for Car Windows
- Wipe Warmers
- Wipe Holder
- Colorful Play Mat
- Nursery Decor
- Second Car Seat Base
- Nice Big Bibs
- Hooded Towels

For Parents

- Mirror to Watch Your Baby While Driving
- Babysitting, Childcare and Household Help
- Freezer Meals
- Nursing Bra
- Self-Care Coupons or Items
- Newborn Care Books
- Breastfeeding Clothes or Covers



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Stork Pediatrix
555-321-4567
24 Hour
On-Call Nurse
555-334-8497

Stork Gatherings



Become a Stork Member and sign up for our e-newsletter.
Go to www.storkpediatrixs.com

Visit our website for helpful information on finding a play group in your neighborhood, babysitting services, information on choosing the right pre-school, and lots more.

Coming Up

Ice Cream Social—August 27

Join us for an ice cream social in August and get acquainted with other new moms and dads.

Coping with Autism—September 22

This fall, Stork Pediatrix will be holding another special workshop for parents with special needs children. Check our website for more information and other upcoming events.

For more information call 555-321-4567 or visit
www.storkpediatrix.com



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