

HEALTHY *and* SAFE at 1 Week

Tips for Keeping Your Baby Healthy and Safe

New Baby Means New Routines

- Start new routines for bathing, feeding, sleeping and playing daily.
- Learn ways to comfort your baby.
 - Gently touch your baby's head
 - Rock your baby

Helping Your Family Adjust

- Keep up family routines.
- Give your other children small, safe ways to help with the baby.
- Spend special time alone with each child.

Sleep and Your Baby

- Put your baby to sleep on his or her back.
- Your baby should sleep in a safe crib — **not** in your bed.
 - Swaddle or tuck blankets around your baby
 - Do not use loose, soft bedding or toys in the crib such as comforters, pillows or pillow-like bumper pads
 - Use a crib with slats less than 2 3/8 inches apart or less
- Keep the baby from getting too warm or too cold.
- Help wake your baby for feedings by:
 - Patting
 - Changing diaper
 - Undressing
- You need your rest too. Try to sleep or rest when your baby sleeps.

Keeping Your Baby Healthy

- Keep your car and your home smoke free.
- Wash your hands often.
- Avoid crowds.
- Have everyone who touches the baby wash their hands first.



Caring for Your Baby

- Take a first aid and infant CPR class.
- Have a list of phone numbers for emergencies. Keep the number for your baby's doctor handy.
- Keep your baby out of the sun; use sunscreen only if there is no shade.
- It is normal for your baby to get rashes from 4-8 weeks of age. Call your child's doctor or nurse if you are worried.

Feeding Your Baby

- Feed only breast milk or iron-fortified formula for your baby's first 6 months. Don't give your baby water.
- Feed when your baby is hungry. Your baby may:
 - Put hand to mouth
 - Suck
 - Fuss
- End feeding when you see your baby is full.
- Your baby may:
 - Turn away
 - Close mouth
 - Relax hands

Formula Feeding

- Offer your baby 2 oz of formula every 2–3 hours, more if baby is still hungry.
- Hold your baby so you can look at each other while feeding.
- Do not prop the bottle.

Preventing Burns

- Keep your baby safe from hot water and hot drinks.
- Do not drink hot liquids while holding your baby.
- Set your water heater lower than 120°F.
- Test your baby's bathwater with your wrist.

Taking Your Baby's Temperature

- Use a rectal thermometer, not an ear thermometer. A rectal thermometer takes the temperature in your baby's bottom.
- Check for fever, which is a rectal temperature of 100.4°F/38.0°C or higher.
- Fevers are serious in babies 30 months and younger. Call your child's doctor or nurse if your baby has a temperature of 100.4°F or higher.

Breastfeeding

- Breastfeed 8–12 times per day.
- Wait until your baby is 4–6 weeks old before using a pacifier.
- Need help?
 - A breastfeeding specialist can help you learn how to position your baby to make you more comfortable.
 - WIC has nursing supplies for mothers who breastfeed.

Car Safety

- The car safety seat should be in the middle of the back seat facing backwards in all vehicles.
- Your baby should never be in a seat with a passenger air bag.
- Always wear a seat belt.
- Never drink and drive.

Taking Care of Yourself

- Ask for help! Let friends and family help with shopping, meals, or any other help you need.
- Feeling blue? It's normal for new moms to feel lots of different emotions. Call your child's doctor or nurse if you feel sad, blue, or overwhelmed for more than a few days.

At your Baby's 1 Month Visit Your Child's Doctor 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

To Learn More

- **Poison Control Center** 1-800-222-1222
- **Child Safety Seat Inspection** 1-866-SEATCHECK, 1-866-732-8243 or www.seatcheck.org
- **Immunizations** at aap.org/immunization
- **MaineHealth Learning Resource Center** 1-866-609-5183 or <https://mainehealth.org/healthy-communities/learning-resource-center>
- **Barbara Bush Children's Hospital** www.bbch.org
- **American Academy of Pediatrics** healthychildren.org
- **2-1-1 Maine** (a directory of local services) 211 or 1-877-463-6207 or 211maine.org
- **MaineHealth** mainehealth.org