

# Dental

## Dental health begins at birth

- If bottle-feeding, no bottle in bed. Rock, sing or use other ways to soothe baby to sleep.
- For breastfed babies, it is best to wait until one month of age to use a pacifier.
- If using a pacifier:
  - Do not dip in anything sweet.
  - Only give a clean pacifier. If it falls out, wash it; do not “clean” it with your mouth - keep extras on hand.
- Wipe baby's gum gently with a soft, clean washcloth every day.
- Germs that cause cavities can spread from your saliva to baby's mouth. Do not give anything that has been in your mouth to baby.



**Stop the spread of cavity germs and take care of your own teeth.**

## Parents:

- ✓ Brush with fluoride toothpaste morning and night.
- ✓ Floss at bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask your dentist about fluoride, gum or mints with xylitol and other ways to prevent cavities.

# Nutrition

## Breastfeeding is best.

- Mom: Eat a variety of health foods and drink enough fluids to satisfy your thirst.
- Aim to breastfeed at least 10-12 times in 24 hours. The more you breastfeed, the more milk you will make.
- Ask your doctor about vitamin D for baby.

## Formula feeding, give formula with iron.

- Always hold baby close while feeding.
- Do not prop a bottle.
- Put only breast milk or formula in the bottle.
- Feed newborn baby about 2 ounces of formula every 2-3 hours; watch for baby cues.
- Feed a 1-2 month old baby about 2-3 ounces of formula every 3-4 hours.
- It is okay if baby does not finish every bottle.
- No honey. It can make baby very sick.

## Seek help early for any feeding problems.

- Call WIC or your doctor's office, if you have questions about breastfeeding.
- Learn cues for when baby is hungry or full.
  - Hunger cues: baby looks for the nipple (roots), sucks, brings hands to mouth, becomes more active and makes noises.
  - Fullness cues: Sucking slows down, hands relax, turns head away or baby falls asleep.
- Crying is a late sign of hunger. Try to feed before baby starts to cry. A crying baby is hard to feed.

# Growing Up Healthy: Birth to 2 Months



## Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](http://www.denti-cal.ca.gov), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](http://www.kidshealth.org); visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- 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).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.

Women, Infants and Children (WIC):

Call 1-888-942-9675

Food Stamps – Supplement Nutritional Assistance Program (SNAP): 1-877-847-3663



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# Health

## Keeping Baby Healthy

- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers and before baby eats.
- Keep baby away from:
  - Loud noises and music to protect hearing.
  - Tobacco smoke and nicotine products.
  - Crowds and sick people.
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

## Preventing Injury

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



# What to Expect

## Taking care of new baby can give you joy, worry and stress.

Baby may not always grow or act like other babies. Hold, cuddle and play with baby. Get to know what makes your baby special.



## Crying:

Crying is one-way baby talks to you. It could mean baby:

- Is hungry
- Has a wet diaper
- Is tired or sick
- Needs to be held
- Is scared

## If baby keeps crying:

- Wrap baby in a blanket
- Rock baby
- Sing or play soothing music
- Stroke baby's back gently
- Take baby for a ride in stroller or car
- Call the doctor

## Tips and Activities

- Give baby colorful soft toys.
- Take baby outdoors.
- Protect baby with hat or shade covering to prevent sunburns or overheating. Do not apply sunscreen until baby is 6 months old.
- Under adult supervision, put baby on stomach to build head control.

# Safety

## 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 free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

## Bath Safety

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

## Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

## Environmental Safety

- Use clean, safe drinking water for baby formula. Use cold tap water and run for 1-3 minutes before using.
- Test drinking water for lead, nitrates, and coliforms, if from a private well.
- If breastfeeding, avoid eating king mackerel, shark, swordfish, and tilefish because they contain high levels of mercury. Eat up to 2 meals a week of fish and shellfish that are low in mercury, but limit albacore "white" tuna to 1 meal per week. Check local fish advisories about the safety of fish caught by family and friends.

## Prepare for Emergencies

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