



BRIGHT FUTURES HANDOUT ► PARENT

FIRST WEEK VISIT (3 TO 5 DAYS)

Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- If you are worried about your living or food situation, talk with us. Community agencies and programs such as WIC and SNAP can also provide information and assistance.
- Tobacco-free spaces keep children healthy. Don't smoke or use e-cigarettes. Keep your home and car smoke-free.
- Take help from family and friends.

✓ FEEDING YOUR BABY

- Feed your baby only breast milk or iron-fortified formula until he is about 6 months old.
- Feed your baby when he is hungry. Look for him to
 - Put his hand to his mouth.
 - Suck or root.
 - Fuss.
- Stop feeding when you see your baby is full. You can tell when he
 - Turns away
 - Closes his mouth
 - Relaxes his arms and hands
- Know that your baby is getting enough to eat if he has more than 5 wet diapers and at least 3 soft stools per day and is gaining weight appropriately.
- Hold your baby so you can look at each other while you feed him.
- Always hold the bottle. Never prop it.

If Breastfeeding

- Feed your baby on demand. Expect at least 8 to 12 feedings per day.
- A lactation consultant can give you information and support on how to breastfeed your baby and make you more comfortable.
- Begin giving your baby vitamin D drops (400 IU a day).
- Continue your prenatal vitamin with iron.
- Eat a healthy diet; avoid fish high in mercury.

If Formula Feeding

- Offer your baby 2 oz of formula every 2 to 3 hours. If he is still hungry, offer him more.

✓ HOW YOU ARE FEELING

- Try to sleep or rest when your baby sleeps.
- Spend time with your other children.
- Keep up routines to help your family adjust to the new baby.

✓ BABY CARE

- Sing, talk, and read to your baby; avoid TV and digital media.
- Help your baby wake for feeding by patting her, changing her diaper, and undressing her.
- Calm your baby by stroking her head or gently rocking her.
- *Never hit or shake your baby.*
- Take your baby's temperature with a rectal thermometer, not by ear or skin; a fever is a rectal temperature of 100.4°F/38.0°C or higher. Call us anytime if you have questions or concerns.
- Plan for emergencies: have a first aid kit, take first aid and infant CPR classes, and make a list of phone numbers.
- Wash your hands often.
- Avoid crowds and keep others from touching your baby without clean hands.
- Avoid sun exposure.

Helpful Resources: Smoking Quit Line: 800-784-8669 | Poison Help Line: 800-222-1222

Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

FIRST WEEK VISIT (3 TO 5 DAYS)—PARENT



SAFETY

- Use a rear-facing-only car safety seat in the back seat of all vehicles.
- Make sure your baby always stays in his car safety seat during travel. If he becomes fussy or needs to feed, stop the vehicle and take him out of his seat.
- Your baby's safety depends on you. Always wear your lap and shoulder seat belt. Never drive after drinking alcohol or using drugs. Never text or use a cell phone while driving.
- Never leave your baby in the car alone. Start habits that prevent you from ever forgetting your baby in the car, such as putting your cell phone in the back seat.
- Always put your baby to sleep on his back in his own crib, not your bed.
 - Your baby should sleep in your room until he is at least 6 months old.
 - Make sure your baby's crib or sleep surface meets the most recent safety guidelines.
- If you choose to use a mesh playpen, get one made after February 28, 2013.
- Swaddling is not safe for sleeping. It may be used to calm your baby when he is awake.
- Prevent scalds or burns. Don't drink hot liquids while holding your baby.
- Prevent tap water burns. Set the water heater so the temperature at the faucet is at or below 120°F /49°C.

WHAT TO EXPECT AT YOUR BABY'S 1 MONTH VISIT

We will talk about

- Taking care of your baby, your family, and yourself
- Promoting your health and recovery
- Feeding your baby and watching her grow
- Caring for and protecting your baby
- Keeping your baby safe at home and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

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The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

Inclusion in this handout does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this handout. Web site addresses are as current as possible but may change at any time.

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BIRTH TO 6 MONTHS

Safety for Your Child

Did you know that hundreds of children younger than 1 year die every year in the United States because of injuries — most of which could be prevented?

Often, injuries happen because parents are not aware of what their children can do. Children *learn fast*, and before you know it, your child will be *wiggling* off a bed or *reaching* for your cup of hot coffee.

Car Injuries

Car crashes are a great threat to your child's life and health. Most injuries and deaths from car crashes **can be prevented** by the use of car safety seats. Your child, besides being much safer in a car safety seat, will behave better, so you can pay attention to your driving. Make your newborn's first ride home from the hospital a safe one — in a car safety seat. Your infant should ride in the back seat in a rear-facing car seat.

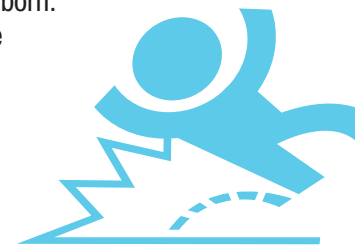


Make certain that your baby's car safety seat is installed correctly. Read and follow the instructions that come with the car safety seat and the sections in the owners' manual of your car on using car safety seats correctly. Use the car safety seat EVERY time your child is in the car.

NEVER put an infant in the front seat of a car with a passenger air bag.

Falls

Babies *wiggle* and *move* and *push* against things with their feet soon after they are born. Even these very first movements can result in a fall. As your baby grows and is able to roll over, he or she may fall off of things unless protected. **Do not leave your baby alone** on changing tables, beds, sofas, or chairs. **Put your baby in a safe place** such as a crib or playpen when you cannot hold him.



Your baby may be able to crawl as early as 6 months. **Use gates on stairways and close doors** to keep your baby out of rooms where he or she might get hurt. **Install operable window guards** on all windows above the first floor.

Do not use a baby walker. Your baby may tip the walker over, fall out of it, or fall down stairs and seriously injure his head. Baby walkers let children get to places where they can pull heavy objects or hot food on themselves.

If your child has a serious fall or does not act normally after a fall, call your doctor.

(over)



Burns

At 3 to 5 months, babies will wave their fists and grab at things. **NEVER carry your baby and hot liquids, such as coffee, or foods at the same time.** Your baby can get burned. You can't handle both! To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.

If your baby gets burned, immediately put the burned area in cold water. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth and call your doctor.

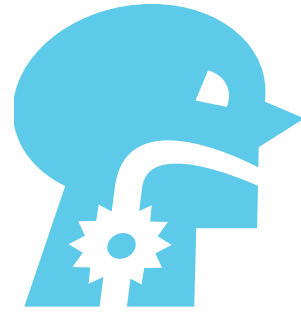
To protect your baby from house fires, be sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.

Choking and Suffocation

Babies explore their environment by putting anything and everything into their mouths. **NEVER leave small objects in your baby's reach, even for a moment.** NEVER feed your baby hard pieces of food such as chunks of raw carrots, apples, hot dogs, grapes, peanuts, and popcorn. Cut all the foods you feed your baby into thin pieces to prevent choking. **Be prepared if your baby starts to choke. Ask your doctor to recommend the steps you need to know. Learn how to save the life of a choking child.**

To prevent possible suffocation and reduce the risk of sudden infant death syndrome (SIDS), **your baby should always sleep on his or her back. NEVER put your baby on a water bed, bean bag, or anything that is soft enough to cover the face and block air to the nose and mouth.**

Plastic wrappers and bags form a tight seal if placed over the mouth and nose and may suffocate your child. Keep them away from your baby.



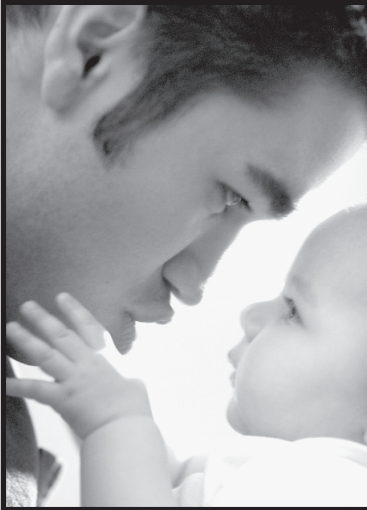
From Your Doctor

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Healthy Minds: Nurturing Your Child's Development from **0 to 2 Months**

What do we really know about how a young child develops? What can parents do to best support their child's healthy development and growing brain? Some of the answers are in this series of *Healthy Minds* handouts. Each handout is based on findings from a report* from the National Academy of Sciences that examined the research on child and brain development to establish what is known about the early years. The information we offer is age-specific, summarizes key findings from the report and suggests how you might be able to use these key findings to nurture your own child's healthy development.

These handouts are brought to you by ZERO TO THREE, the nation's leading resource on the first 3 years of life, and the American Academy of Pediatrics, dedicated to the health of all children.



► Key findings from the report include:

- Your relationship with your child is the foundation of his or her healthy development.
- Your child's development depends on both the traits he or she was born with (nature), and what he or she experiences (nurture).
- All areas of development (social/emotional/intellectual/language/motor) are linked. Each depends on, and influences, the others.
- What children experience, including how their parents respond to them, shapes their development as they adapt to the world.

How it looks in everyday family life:

When 2-month-old Benjamin cries and cries each evening and kicks his arms and legs wildly, his parents try everything they can think of to comfort him. They rock, walk and swaddle him, massage his tummy in case he has gas and sing lullabies, all to calm him down. Sometimes it takes 20 minutes; sometimes it takes 2 hours.

Benjamin's crying, and his parents' response to it, shows how all areas of his development are linked, and how his parents help to encourage his development. Benjamin cries because he has come to expect that his parents will respond. When mom and dad don't give up trying to comfort Benjamin no matter

how frustrating it can be, they are nurturing his **social and emotional development** because it makes him feel important and he learns to trust that his parents will care for him. This gives him the confidence to trust others, which will help him form healthy relationships as he grows. In addition, being soothed by his parents in these early months will help him learn to soothe himself as he gets older, a very important skill throughout life. Using his voice and body to communicate is part of Benjamin's early **language and motor development**. When his parents answer his cries, he learns that his efforts at communicating are successful, which encourages him to communicate more, first through gestures and sounds, and later through words.

Relationships are the foundation of a child's healthy development.



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Charting Your Child's Healthy Development: 0 to 2 months

The following chart describes many of the things your baby is learning between 0 and 2 months and what you can do to support your child in all areas of his development. As you read, remember that children develop at their own pace and in their own way. Understanding who your child is, what his strengths are and where he needs more support, is essential for promoting his healthy development. If you have questions regarding your child's development, ask your pediatrician

What's going on:	What you can do:	Questions to ask yourself:
<p>One of the most important tasks of the first 2 months is to help newborns feel comfortable in their new world. They are learning to regulate their eating and sleeping patterns and their emotions, which help them feel content, safe and secure.</p>	<ul style="list-style-type: none"> ● Observe carefully. This will help you figure out what your baby's cries are telling you. ● Soothe your baby. When you respond to your baby's cries and meet his needs, you let him know he is loved. You can't spoil a baby. In fact, by responding lovingly to his needs, you are helping him learn skills now that allow him eventually to soothe himself. You are also promoting a strong bond and healthy brain development. 	<ul style="list-style-type: none"> ● What soothes your baby? How do you know? ● What most distresses him?
<p>Newborns use their gestures (body movements), sounds and facial expressions to communicate their feelings and needs from day 1. They use different cries to let you know they are hungry, tired or bored. They ask for a break by looking away, arching their backs, frowning or crying. They socialize with you by watching your face and exchanging looks.</p>	<ul style="list-style-type: none"> ● Figure out what your baby is trying to tell you. Responding makes him feel important and tells him he is a good communicator. This builds a positive sense of self and a desire to communicate more. ● Talk and sing to your baby. Tell him about everything that's going on around him. Pay attention to the sights and sounds he likes. Find toys and everyday objects with different colors and textures and see which he likes best. 	<ul style="list-style-type: none"> ● How does your baby communicate with you? ● What kinds of interactions does he like best? How do you know? ● How does he let you know when he has had enough?
<p>Even as newborns, babies can play in many ways. They can connect sounds with their sources, and love when you talk and sing to them. Play helps babies learn about the world around them. It is also an important way they connect with you, helping them to develop a strong attachment and promoting healthy social development.</p>	<ul style="list-style-type: none"> ● Offer your baby lots of different objects for him to look at, touch and even grip in his palms. He can focus best on things that are 8 to 12 inches away. ● Play "tracking" games by moving yourself and interesting objects back and forth. First he will use his eyes to follow. Eventually he will move his head from side to side. This helps strengthen his neck muscles as well as exercise his visual abilities. 	<ul style="list-style-type: none"> ● What experiences does your baby seem to like best? (For example, talking with him; looking at toys or other objects; hearing the cat "meow.") ● What kind of toys grab your baby's attention? How does he let you know what he's interested in? ● What kind of play do you enjoy most with your baby?

**The report, From Neurons to Neighborhoods: The Science of Early Childhood Development, was a 2½-year effort by a group of 17 leading professionals with backgrounds in neuroscience, psychology, child development, economics, education, pediatrics, psychiatry and public policy. They reviewed what was known about the nature of early child development and the influence of early experiences on children's health and well-being. The study was sponsored by a number of federal agencies and private foundations.*

With thanks to

The Gerber Foundation
Enhancing the quality of life of infants and young children



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For more information go to:
www.zerotothree.org
www.aap.org

First Aid for Infants (Birth to Age 1)

Cardiopulmonary Resuscitation (CPR) IF INFANT STOPS BREATHING:

1. Check for response: if no response, send someone to phone 911 while you start CPR. If alone, start CPR.
2. Place infant on safe, firm, flat surface. If possible, place the infant on a surface above ground, such as a table. Tap the infant's foot and shout to see if the infant responds. Open the airway by tilting the head and lifting the chin. Check to see if the infant is breathing (take 5-10 seconds to do so) by putting your ear next to his mouth and nose to listen, look and feel for breaths.
3. Give 30 pushes on the chest at a rate of 100 pushes a minute: push with 2 fingers at the breastbone. Push hard, push fast and after each push, let the chest come back to its normal position. Each push should be straight down 1/3 to 1/2 the depth of the chest.
4. Give 2 breaths (should have an easy rise of the chest).
5. Repeat #3 and #4 for 5 cycles.
6. Phone 911 (if not already done) then continue #3 and #4 until the infant starts to move or help arrives.



INFANT CHOKING

If your infant is choking but can still breathe or talk, let her cough the object out herself. If she can't cough, cry or breathe, do the following:

1. Hold infant facedown on your forearm, supporting her jaw with your hand. Sit or kneel and rest your arm on your lap or thigh. With the heel of your other hand, give 5 back slaps between the shoulder blades.
2. If the object does not come out after 5 back slaps, turn the infant over and deliver up to 5 chest thrusts at the breastbone using 2 fingers. Alternate between 5 back slaps and 5 chest thrusts until the object comes out and the infant can breathe, cough or cry, or until the infant stops responding.



If infant becomes unresponsive, yell for someone to call 911. Then place the infant on a firm, flat surface. If possible, place the infant on a surface above the ground, such as a table. If you are alone, phone 911 at this point. Return to the child and start CPR. Every time you open the airway to give breaths, open the infant's mouth wide and look for the object. If you see an object, remove it with your fingers. If you do not see an object, keep giving sets of 30 pushes, check the mouth, then give 2 breaths until the infant starts to move or trained help takes over.

BLEEDING

For deep cuts, apply direct pressure with clean gauze or cloth over the site for 5 minutes. Elevate the injured part and keep the child lying down. Apply a bandage and hold it in place. Seek medical attention if the laceration is deep (through the skin), more than 1/2 inch long, or if bleeding doesn't stop after 15 minutes of direct pressure.



BURNS

For severe burns, call 911. While waiting for help, cool the burned area with tap water for 10 minutes. This helps stop the burning process, numbs the pain and prevents or reduces swelling. Do not use ice on a burn or rub it. Take off any burned clothing. If possible, elevate the injured area. After the burn has cooled, apply a clean, dry gauze pad to the burned area. Do not break and blisters or put grease (including medical ointments) on the burn.



IMPORTANT PHONE NUMBERS

Emergency

911

CPMC Pediatric
Emergency
Department

415-600-4444

Poison Control

800-876-4766
or 800-222-1222

3700 California Street,
Lobby Level (at Cherry)
San Francisco, CA 94118

Note: These instructions are general guidelines and do not replace first aid training. We strongly advise parents to take a class on infant CPR to better learn first-aid techniques. CPMC is not responsible for the use or misuse of this product. In an emergency, dial 911.

For more information about CPMC Pediatric Services, visit cpmc.org/pediatrics.