Infant Care

In the first weeks your baby needs a bath only 1-2 times each week. Every day you’ll clean the areas that get dirty: her face, hands, neck and diaper area.

Skin Care

- Use mild soap or baby shampoo in small amounts. Avoid fragrances and unnecessary ingredients.
- Rashes are normal between 4 and 8 weeks. If you are worried, ask your provider to look at your baby’s rash.
- Cradle cap is a flaky scalp condition that is harmless. It will go away on its own in a few months. Gentle brushing (even if there is no hair) helps remove flakes of cradle cap.
- To avoid sunburn, keep your baby in the shade for the first 6 months. Avoid sunscreen at this age.

Diapering

Take special care to keep all of your baby’s “hidden areas” clean and dry. Allow time for the diaper area to be as clean and dry as possible.

- Change your baby’s diaper frequently.
- Carefully clean the genital area at diaper changes. For a baby girl, wipe from front to back, to protect her from infections.
- Do not use talcum powder. It is irritating to baby’s lungs if inhaled.
- Always keep one hand on your baby while changing diapers or clothing, or on any raised surface. Sometimes babies roll before you expect them to.

Safe to Sleep

It is frightening to think that some infants die during sleep. Some of these deaths are due to unsafe sleep environments and others from sudden infant death syndrome (SIDS).

Share this information with anyone who cares for your baby, including grandparents, family, friends, babysitters, and childcare.

- Place your baby to sleep on her back for every sleep. Babies up to 1 year of age should always be placed on their backs to sleep during naps and at night. If your baby falls asleep in a car seat, she should be moved to a firm sleep surface as soon as possible.
- Place your baby to sleep on a firm sleep surface. The crib, bassinet, portable crib, or play yard should meet current safety standards.
- Keep soft objects, loose bedding, or any objects that could increase the risk of entrapment, suffocation, or strangulation out of the crib.
- Place your baby to sleep in the same room where you sleep but not in the same bed. Keep the crib or bassinet within an arm’s reach of your bed.
- Breastfeed as much and for as long as you can. Studies show that breastfeeding your baby lowers the risk of SIDS.
- Go to all well-child visits.
- Keep your baby away from smokers and places where people smoke.
- Do not let your baby get too hot. Keep the room where your baby sleeps at a comfortable temperature. Dress your baby in no more than one extra layer than you would wear.
**My Personal Goals**

Many women find that they have something they would like to change in their life, especially after baby’s arrival.

**Draw the face that best matches how you feel.**

😊 = Good  😞 = Could be better

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**Thinking Ahead**

What is my plan for the next three to five years?

*Where do I want to be?*

*What am I doing?*

*What does my family look like?*

*Is having another baby included in my plan?*
HEALTH

Milestones for Mom

About one in four adults grew up in homes where there was a great deal of stress, abuse, and other problems. Growing up in a family with violence, drug or alcohol abuse, poverty, and chronic health problems can affect your health, your relationships, and how you parent your children.

Difficult childhood experiences can put you and your children at higher risk for:

- Repeating the cycle of abuse
- Asthma, chronic pain, obesity
- Smoking, drinking, prescription and recreational drug use
- Anxiety, depression, suicide
- Adult relationships where you are being hurt or hurting your partner

No one deserves to have things like this happen to them.

If you or someone you know does not feel safe at home, there is help.

Tell your care provider if you have concerns about your relationship, housing, food, utilities, access to healthcare, or your own behaviors.

Fussy Eating

In the second year your child will begin to show preference for particular foods and may not be interested in new tastes. She may also not want foods she liked before.

Continue to offer her new tastes and textures and be patient. She may need to try a new food as many as 15-20 times before she actually likes it.

Portion Size

Your toddler needs about 1,000 calories a day to meet her needs for play, learning, and growing. You may be surprised to see your baby eat big servings one day and have little interest in food the very next day. Your child’s needs will vary, depending on her activity level, her growth rate, and her metabolism. Follow her cues when she is hungry and when she is all done eating. Always offer healthy options and trust that over the course of the week she will be getting everything she needs nutritionally.

She is not rejecting you when she turns down the food you made, so don’t take it personally. Offer choices of healthy foods at each sitting, and let her choose what she wants. Vary the tastes and consistencies as much as you can. Choose foods that support her good health, growth, and development.