

Name \_\_\_\_\_

Date \_\_\_\_\_ Height \_\_\_\_\_

Weight \_\_\_\_\_ Head Circumference \_\_\_\_\_



**Well Child**

TIPS FOR TAKING CARE OF YOUR **1-WEEK-OLD**

**CHILDREN ARE CONSTANTLY CHANGING.** And while you as parents can't anticipate every change, these Well Child Tips can prepare you for what lies ahead and help you raise a healthy and safe child.

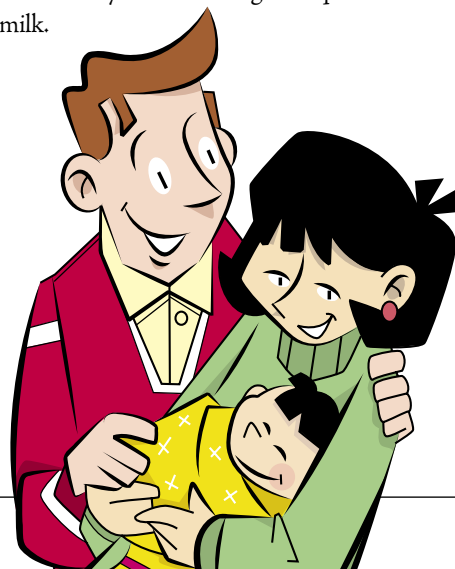
### **SAFETY**

- Make sure your baby rides in a car safety seat every time you go driving; never hold your baby while riding in a car. Check your vehicle owner's manual and the safety seat manual to make sure you are putting the safety seat in correctly. The back seat is usually the safest place for the safety seat. Buckle the seat to the car and your baby to the seat. Never put padding under your baby or on his shoulders, as the padding prevents the straps from holding your baby snugly in the safety seat. The harness restrainer clip should be at the same height as your baby's armpits. Also, the safety seat should be rear-facing in a reclined position (45° angle) as long as possible, until he is at least 1 year old and 20 pounds.
- Some safety belts lock tightly only in a crash or are loose during normal driving. You may need to use the locking clip that comes with your child safety seat to secure the belt snugly. You can purchase extra locking clips at baby supply stores. Check your vehicle owner's manual for instructions.
- Use only safety seats that have been approved for travel in motor vehicles or airplanes. Infant carriers and bouncy seats are not safe for these purposes.
- If a car has a passenger-side air bag, you must put your baby's safety seat in the back seat. Air bags will injure a rear-facing baby in the front seat.
- Never leave your baby alone in the bathtub, not even to answer the door or the phone. Babies can drown in less than one minute in just two inches of water.
- Test your baby's bath water with your elbow to make sure it is warm, but not too hot. To prevent burns from hot tap water, set your water heater at 120°F or lower. Ask your landlord to do this for you if you live in an apartment.
- Never leave your baby alone on a high place. Even a young baby can roll off a changing table or bed. Remember to pull up the crib sides every time you put your baby into a crib.

- Always place your baby on his back to sleep (stomach sleeping more than doubles the likelihood of Sudden Infant Death Syndrome [SIDS]). Use a firm mattress, in a safety-approved crib, with no soft bedding (fluffy blankets, comforters and pillows) and make sure no blankets or coverings fall over your baby's head and face while he is sleeping. To further reduce risk, be sure your baby does not become too hot while sleeping and make sure his environment is smoke-free

### **NUTRITION**

- Breast-feeding is best for babies. Studies show that breastfed babies are healthier than formula fed babies. Breastmilk is less expensive than formula. Breast-feeding is a natural process, but like anything else you have never done before, it takes learning and practice. Breast-feeding is a skill that is well worth mastering. If you need help contact your healthcare provider or a lactation consultant.
- When you are breast-feeding you should eat a well balanced diet which includes fresh fruits, vegetables and proteins. Drink milk or eat other good sources of calcium. Continue taking your prenatal vitamins. Before taking any other medications check with your child's healthcare provider. Some medicines are passed through breastmilk to the baby.
- You will know your baby is getting enough to eat if he grows well and he has six to eight wet diapers and two to five stools a day without being fed liquids other than breastmilk.



- If you choose to bottle feed, ask your child’s healthcare provider which formula to use.
- Bottles should never be microwaved because of the risk of burns from “hot spots.”
- Babies tend to eat every two to three hours when breastfed and every three to four hours when bottle-fed; however, each baby is different. Breastfed babies should be eating at least eight to twelve times in 24 hours for the first few weeks. Most babies know when they are hungry and know when they are full. Feed him when he is wide awake and shows he is hungry (by sucking on his hands, actively moving his lips and starting to fuss even though his other needs, such as a diaper change, have been met). Occasionally, an infant may need to be awakened to feed if recommended by your healthcare provider. If you have problems or concerns, call your healthcare provider or a qualified lactation consultant.
- Talk to your baby in a quiet and encouraging manner while he eats, but do not give him so much attention he gets distracted from eating.
- Only burp your baby if he seems like he is full of air (he’ll stop eating and may seem uncomfortable).
- Keep the feeding smooth and steady. Do not stop to do other things such as wipe your baby’s chin, arrange his clothes and blankets or check on how much formula is left.
- Do not give your baby cereal or other food besides breastmilk or formula.

**DEVELOPMENT**

- Babies like to be held, so go ahead and cuddle your baby as much as you want.
- Your baby likes to look at faces, especially yours. Look right into his eyes with your face about eight inches from his.
- Babies like music and gentle voices. Talk and sing to your baby, even if you are off-key.
- New babies may sleep 12 to 20 hours a day.

**PARENTING**

- Do not be afraid of spoiling your baby. Babies cannot be spoiled. When they cry, they are telling you they need something. They could be hot, cold, lonely, hungry or wet.

- Do not wash your newborn baby in the bathtub until the umbilical cord falls off and the belly button heals. Clean your baby with a damp washcloth instead. Leave the umbilical stump open to air as often as possible to help it heal faster.
- Take time out for yourself. Being a parent is hard work and sometimes you need a break. Ask a family member or good friend who has experience with babies to care for your baby, even just for an hour or two. Or take a nap while your baby is sleeping in his crib.
- If you are going back to work, start planning now for childcare. Ask family, friends and faith institutions for their suggestions.

**NEXT VISIT**

Until your next appointment, you may call your child’s healthcare provider if you have any questions about keeping your baby safe and healthy. If your child’s healthcare provider is unavailable, call the Children’s Healthcare of Atlanta pediatric advice line at 404.250.kids or check the Children’s Web site at [www.choa.org](http://www.choa.org) for more information.

**SPECIAL INSTRUCTIONS**

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*NOTE: These tips are just a guide and do not give you all the information you need to raise a healthy and safe child. Remember that children develop and grow at different rates and you know your child best. If you have any questions or concerns, be sure to ask your child’s healthcare provider.*