

# The Growing Years

Healthy Start...where good results begin

Months Birth to 2

## Your Baby Wants You to Know:

- I need others to take care of me.
- I can't decide things for myself.
- I need someone to love, feed, hold and play with me.
- I am hungry every few hours.
- I look at your face and at bright colors and mirrors and patterns.
- I stare at things, but don't grab for them yet.
- Loud noises, bright lights, and rough handling scare me.
- I quiet when someone picks me up and cuddles me.
- I feel comforted when you hold me and talk to me.
- Change my position sometimes so I can look at different things.

## Congratulations on Your New Baby!

During the first few weeks after your baby is born, you may be surprised by your strong feelings. You may feel down at times, or on the verge of tears for no reason.



Some of the feelings may come from the physical changes your body goes through to get back to normal. You may also feel thrilled and proud, on top of the world. And, of course, you may feel worn down and tired!

Most parents have these feelings, and you'll recover your energy and good humor in time. Meanwhile, keep your days as simple as possible. Plan to nap when your baby does. Be flexible.

When you are having a rough time, talk to your partner, a family member or a good friend about your feelings. It helps to talk with someone

close to you, or with someone who has been through the same experience. There may be new parent groups in your area, too. In Anoka County, New Parent Connection classes are offered at Mercy and Unity Hospitals, call 763-506-1284 for more information.

## Partners In Parenting

Sometimes fathers feel shy about touching their baby. Others are willing to try, even if they feel all thumbs.

Knowing how to take care of baby takes time and practice. Give yourself a chance. Pretty soon you will feel like you've been a father all your life!

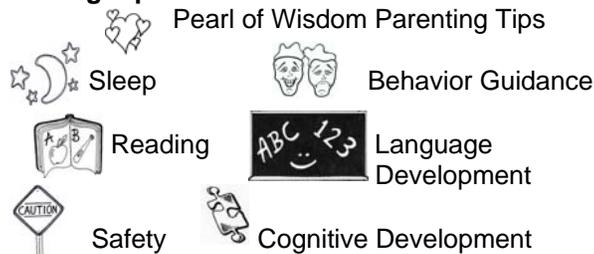
## What Is Baby Like?

If your baby's head looks big next to her body, if she doesn't have much hair, and her arms and legs are short, then she looks pretty normal! She might not be what you expected, though.

It can take time to get used to the baby you have. Some parents love their new arrival right away. Others have to get to know the baby better, and that's normal too.

It's a little bit scary at first, caring for a tiny infant, but you'll gain confidence with time.

Watch for these symbols to find articles on the following topics:



## Feeding Your Baby

Always hold your baby when you feed her. Hold her so she can see your face when you feed her. Feeding is an important learning time for a new baby. She learns that she can trust you to satisfy one of her strongest needs, hunger, when you feed her.

### How do you know if your baby is hungry?

Watch your baby even more than the clock. Signs that your baby may be hungry are: sucking movements, rooting, bringing her hands to her mouth, clenching her fingers or fists, holding her fists over her chest or tummy, fussing or crying. Remember, your baby may not be hungry every time she is fussy. She may need burping, a diaper change, be uncomfortable, want to be held, or need a break from too much stimulation. Responding to your baby's hunger and other needs will not spoil her. It will help you to be more sensitive to her and help her know she can trust you.

### How do you know when your baby is full?

Babies also give us signs to tell us when they have had enough to eat. If your baby: pushes the nipple away or out of her mouth, turns her head away from the breast or bottle, falls asleep she may be full. Watch and follow your baby's cues. Don't try to get your baby to take more than she wants to eat. If your baby is having 6 or more wet diapers every 24 hours, this is another good sign she's getting enough to eat.

All babies go through growth spurts at approximately 2-3 weeks, 6 weeks, and 3 months. You may notice an increase in her appetite at these times. Follow your baby's hunger cues. Growth spurts only last for a few days. If you are breastfeeding, your body will adjust and produce more breast milk because you are feeding your baby more often during this time.

### Schedule or Self-Demand?

Most babies set up their own fairly regular feeding times in 4-5 weeks. You can get a pretty good idea of your baby's feeding pattern by keeping track of the times when she seems hungry. Newborn babies need to be fed approximately every 2-3 hours. Newborn babies

should only be given breast milk or formula. Remember, as she gets bigger, your baby won't need to eat so often!

Some newborn babies sleep for longer periods during the day than they do at night. You can help your baby to reverse this pattern. Try waking her up for feedings during the day. Providing a variety of stimulation works well to awaken a sleepy baby such as: uncovering your baby, undressing him, leaning close and talking to him gently, giving her something to grasp or suck, sitting her up, putting her on your shoulder, rubbing her cheek gently, rub her stomach gently.

### Breast Feeding tips:

Some days it may seem like you don't have enough milk. Babies have growth spurts, when they need to nurse more often. This should only last a couple of days, and you don't have to stop breastfeeding. The frequent nursing tells your body to make more milk. Your baby is getting enough if there are six very wet diapers a day.

During the first few days, your nipples may be slightly tender from your baby's sucking. This should get better quickly. If your breasts are sore because they are very full, continue to feed your baby often, 8-12 times a day. Your body will regulate the amount of milk you make in a few days. In the mean time, you can relieve the pressure by pumping your breasts or by gently squeezing them to remove some of the milk. If your breasts continue to be tender, seek help from the lactation consultant at the hospital, an Anoka County Public Health Nurse (763-422-6970), your health care provider or the La Leche League.

### Breast milk can be stored:

At room temperature for up to 4 hours, in the refrigerator for 3 days, frozen in a refrigerator freezer (door outside of the refrigerator) for 3-6 months, and in a deep freeze for up to 6-12 months. Defrost frozen breast milk in the refrigerator. Thawed breast milk needs to be used within 24 hours, and cannot be refrozen. Do not heat breast milk.



### **Bottle Feeding Tips:**

If you have decided to bottle-feed your baby you will use a formula. Formulas are usually made from cow's milk, or other special products to meet the needs of a growing baby. Formula is available in three different forms:



- Powdered Formula: the cheapest, and fairly easy to prepare.
- Concentrated Formula: More expensive than powdered formula. You have to add the right amount of water.
- Ready to Feed Formula: the most expensive, the easiest to use.

Whichever formula you use, follow instructions carefully. Make sure that bottles and nipples are washed and clean.

When you bottle-feed your baby hold your baby close with his head up. Don't leave your baby alone with the bottle propped up, and don't put him to bed with a bottle.

Do not use a microwave oven to heat bottles. The bottle may feel cool on the outside but still have hot spots inside that could burn a baby's tender mouth. Heat the bottle in a pan, or run it under hot water instead. Test formula on your wrist to check the temperature. The formula should be luke warm.

### **Is it Safe to Make My Baby's Formula with Well Water?**

Water from some private wells in Minnesota is not safe for infants and pregnant women because it contains too many nitrates or bacteria. Nitrates can prevent your baby's blood from carrying enough of the oxygen he needs. Boiling this water can make the nitrates and chemicals more concentrated and dangerous. To test your well water, call Anoka County Environmental Services at 763-422-7063.

What can you do if your well water has too many nitrates or other chemicals? Use bottled water from a safe source until your baby is 6-12 months old. Contact the County Extension office for more information. Also, speak to your baby's doctor about fluoride drops after the baby is six months old.

### **Warning: Honey is Harmful for Babies**

Babies under 1 year old should never be fed honey. Honey has spores in it that can cause a disease called infant botulism. Older children have a more developed intestinal tract, so honey is safe for them.

### **Health Care for Baby:**

During the first year of life, the doctor sees your baby often for well-child check-ups. Find a medical clinic that you can take your baby to for all of her appointments. It is best to see the same doctor each time you go into the clinic. Your baby's first well-child check-ups usually occur in 1-2 weeks of age and again at 2 months of age.

Your baby will need to have special shots known as immunizations against certain diseases. Check with your health care provider, clinic or Anoka County Disease Prevention and Control (763-323-6100). The most recent immunization schedule can be accessed at: [www.cdc.gov/nip/recs/child-schedule.htm#Printable](http://www.cdc.gov/nip/recs/child-schedule.htm#Printable)

If you do not have health insurance, contact Anoka County Income Maintenance at 763-717-7730 or Child & Teen Check-Ups at 763-422-6932 for resources or to apply for Medical Assistance or Minnesota Care.

### **Every Baby Is Different**

The relationship between parents and their babies depends on each other. Busy, active parents may understand a wiry, active, baby better than a very sleepy, quiet one.

Calm, mellow parents may understand a happy, relaxed baby better than an active one. If your baby acts the way you expect, parenting may come a little easier. But if you didn't get the type of baby you expected, don't despair! It may take a little more work but getting to know your baby is worth it.

Watch your baby closely, and see how she reacts. Is she very active? Does she sleep and eat regularly, or do her habits change from day to day? Is she pretty content, or does she cry a lot? Your baby can give you clues about the way she likes to be handled.



## Make Your Baby's World Interesting

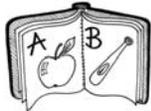
Your baby has all the same senses you do, and learns through their senses. Even at birth, babies can see, hear, smell, and feel touch.

**Vision:** Babies prefer to look at faces. For the first few weeks of life, they see best at a distance of 8 to 12 inches, just the distance between your face and hers when you hold her close to feed her or talk to her.

Bright colors, high contrast patterns and shiny things are more interesting to babies than pastels. Babies may follow moving objects with their eyes for a few seconds, in the first few weeks, their heads turn to the side when they lay down, so hang mobiles on the side of the crib, not the top.

**Hearing:** Infants may turn their heads toward the source of an interesting noise. They prefer high-pitched, gentle voices. When she is upset, soft music may help calm her.

Read to your baby. Talk to her all day long about the every day things you are doing. Describe the world around her.



She loves the sound of your voice and begins to develop language skills. A couple books your baby might enjoy are: *I Kissed the Baby* by Mary Murphy and *Who Are They?* by Tana Hoban.

**Smell:** Even very tiny babies react to smells. Strong, harsh smells will make the baby turn her head away and cry. By 1 week old, babies know the smell of their own mothers.

**Touch:** Touching is very important to babies. Being held close and cuddled helps your baby know that her world is a friendly place. In fact, studies have shown that babies who are held more hours every day cry much less than babies who aren't held as much. Hold your babies or use a front pack. Being in your arms and hearing your heartbeat makes your baby feel safe.

Cuddle and hold your baby whenever you want to. Don't worry about spoiling her, babies are

supposed to be babied! While you're at it, share a hug with the rest of your family. You'll all feel better for it.

Babies can also sense movement from very early on. Motion, like rocking and walking helps soothe a crying baby. Remember, she spent nine months floating inside the uterus. She's used to rocking and moving around. Holding baby upright also lets her look around and see new things, so she may cry less.

## Why Does Baby Cry?

Crying means your baby needs your help. During the first few months, he can't control when he starts to cry. He cries only when in need, and can't stop until his needs are met, or he's too tired to go on.



Studies show that mothers who responded quickly to their baby's cries had babies who later cried less often and for shorter times. These babies had more energy for learning and interacting with people.

**Hungry:** Babies often cry when they're hungry. If it has been at least two hours since he was fed, see if he's hungry.

**Lonely:** If baby calms down and stays calm as soon as you pick him up, he missed you! Remember, he was in a snuggly womb, hearing a heartbeat for nine months. His need for closeness is very real. You can't spoil a baby by cuddling him when he needs it or when you need it.

**Cold/Hot:** Feel the baby's back or tummy to see if he's too cool or hot, and adjust his clothes to make him comfortable. Dress him like yourself, or one layer warmer.

**Overstimulated:** Lots of people bouncing or talking to the baby at once may overdo it. Give him some calm and quiet. Rocking him in a dimly lit room may help.

**Undressing:** Put a cloth on his tummy until you redress him.



**Startling:** The baby may move suddenly, startle himself and cry. Wrapping the baby firmly in blankets and holding him close may calm him.

**Wet Diapers:** Some babies don't mind wet diapers, others do.

**Pain:** Baby may be ill or uncomfortable because his clothes have sharp tags or zippers. If you suspect your baby isn't feeling well, check his temperature and don't hesitate to call the doctor.

**Sleepiness:** Some babies need to fuss a bit before sleeping.

**Colic:** Colic is a condition with a variety of possible causes. Colicky babies have tummy pains, and a loud piercing cry that can last for a few minutes or several hours, usually at the same time each day. Sometimes, a colicky baby won't stop crying even after you've tried the usual things. It's not your fault, or the baby's. Try these ideas:

- Lay baby down across your knees, rub or pat her back.
- Rock her at 60 rocks per minute – a slow adult walk. Or use an infant swing. Try walking with baby tucked under your arm, with your hand tucked under her tummy. Or hold her up so she can look around and see new things.
- Try changing bath time to evening.
- Give the evening feeding with baby upright, not lying down. Burp her extra well to get air out her tummy. Offer a pacifier. Sucking helps relax the digestive tract.
- Sing to baby, or play soft music. Sometimes a vacuum cleaner, fan or radio turned to static may help calm her.
- Talk to baby's doctor to see if he or she has other ideas.

## When You Have Had Enough

Sometimes it may seem like your baby never stops crying. This can be very stressful and hard to listen to, but don't take your feelings out on your baby. He can't help it.

If you've tried everything and the baby still cries, try this: Put the baby in his crib and shut the door. Take a shower or do vacuuming. You won't hear him and the noise might calm him down. Look in on him every 15 minutes.

Call a friend or relative and ask her to watch your baby for half an hour or an hour. Everyone needs a break like this at times.

If you think your baby is ill, call your clinic.



## Comforting Crying Babies

The second month of life tends to be the peak month for crying, so when you get through this month things should begin to get quieter.

Here are some suggestions to help calm crying babies:

- Provide steady, monotonous sounds. Vacuum cleaners (tape-record it if you don't need to vacuum), fans, radios tuned to soft music, loud music with a beat or even static can help. Try singing quietly to the baby. Sometimes recordings of a human heartbeat are helpful.
- Cuddle for a while. Rock in a rocking chair or snuggle. Babies need lots of holding and touching.
- Leave a soft light on in a baby's room.
- Wrap baby firmly in a light blanket (this is called swaddling) to reduce thrashing around and startling.
- If she has diaper rash, wash her bottom with soap and water and leave her diaper off for a while to let the skin dry. Wrap her in a blanket if it is cold in the house.
- Give her a new view. She may be bored. Hang something over the crib that she can



look at but can't reach. Put her where she can keep an eye on you.

- **Never shake a baby.** This can cause blindness, brain damage, or death.

For more information on comforting crying babies please go to our website:

[www.HealthyStartAnokaCounty.org](http://www.HealthyStartAnokaCounty.org)

## Keeping Your Baby Safe:

### Buckle Up Baby:

Each year babies and toddlers die in car accidents in Minnesota.

Don't let this happen to your baby.

Minnesota law requires that children younger than 4 ride in a child safety seat. There is a fine for violating the law. Using a properly installed, size appropriate child safety seat is the only way to protect your baby in a moving car. Refer to both the instructions that came with the child safety seat and the manual for your car when installing a child safety seat. A baby must ride rear facing until he is one year old **and** at least 20 pounds. Place your baby in the child safety seat every time you are riding in the car. **Never** remove your baby from the child safety seat while the car is moving, even if he is fussy; wait until you can pull over. **Never** leave a baby in a car alone. Safe Kids Anoka County offers FREE car seat inspections to Anoka County residents. Call 763-754-4558 Mailbox 5100# for more information.



### Crib Safety:

Did you know that there are more accidents involving cribs than any other nursery product?



Make sure your crib slats are less than 2 3/8 inches apart and that the mattress fits tightly against the sides of the crib. If two adult fingers fit between the mattress and the side of the crib the mattress is too small and your baby could become trapped and smother. Soft items such as pillows, comforters, stuffed animals, and bumper pads should not be used.

### Sudden Infant Death Syndrome (SIDS):

SIDS is the sudden and unexplained death of a baby under 1 year of age. Many SIDS babies

are found in their cribs, so many people refer to this as "crib death", but cribs do not cause SIDS.

### How can I lower the risk of SIDS?

Always place baby on his back for sleep, even for naps. Make sure all caregivers are aware that this is the position your child sleeps. Babies who are placed on their stomachs for sleep are at a higher risk to die of SIDS. Place your baby on a firm mattress. If you use a blanket, place the baby at the foot of the crib. The blanket should reach no higher than the baby's chest, and the ends of the blanket should be tucked under the crib mattress. Never cover your baby's face during sleep. Do not let the baby get too warm when sleeping; keep the baby's room at a temperature that is comfortable for an adult. Remove soft, fluffy, loose bedding and all stuffed toys from the sleep area. Do not allow any smoking around your baby.

## Tummy Time

Babies should always be placed on their back to sleep, but should spend time on their tummies when they awake and alert.

Tummy time helps your baby to lift her head, strengthen her neck muscles and shoulders, and get ready for crawling when she is older.

At first your baby may not like to be on her tummy. Some things you can do to help her become comfortable on her tummy are:

- Sing or talk to your baby while she's on her tummy.
- Put your baby on your chest for tummy time.
- Lay on your tummy on the floor face to face.
- Place a book or toy in front of your baby.

Keep trying, and your baby will learn to love tummy time with you. "Tummy Time" is recommended by the American Academy of Pediatrics.

## Important People in Baby's Life

There are many people besides mom and dad who will be very important in your child's life.

Here are just a few:



**Brothers and Sisters:** It may be hard for older brothers and sisters to get used to a new baby, especially at first. Infants need lots of attention, and sometimes it can feel like there's no time for anyone else. A good way to have some special time with older children is to read to them while the baby is eating.

If an older child wants to help with the baby, he can get diapers, talk or sing to the baby, or draw some pictures to hang by the baby's crib or changing table. Change the display each week! Don't leave a child younger than 4 years old alone with a baby. Young children don't know that babies can be easily hurt.

**Grandparents:** Baby's grandparents may have time to spend visiting and/or helping with the new baby. Even if they live far away, they may have good advice on things like colic or laundry.

But sometimes it's hard for grandparents to see their own children as parents, especially with a new baby. You may get more advice that you want! You can always listen, and then if it isn't what you plan to do, say nothing or say, "thank you, but I think I'll do it this way," or "the doctor says to do this."

Things may have changed a lot since your parents had a baby and some of their advice may not be right any more. It's up to you and your partner to decide what is best for your baby.

**Child Care Providers:** They are like family to your infant. Pick your provider carefully.

## Games Babies Play

Babies learn through playing games. Games are more than just fun. They teach babies to:

- Use their bodies
- Learn language
- Develop thinking
- Feel good about themselves
- Feel good about the person taking care of them

You can play with your baby by quietly talking to her, singing to her, reading to her or smiling at her. Even though she is a newborn baby,

she will respond by listening to you, and will love the attention. As she grows older, she will reward you with a smile, a coo or gurgle, and will try to reach for you.

## Pearl of Wisdom

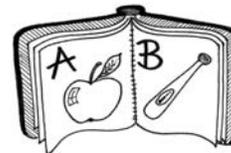


### All About Books for Baby

Babies like to hear the sing song voices with adults talking or reading to them right from birth. Reciting songs or nursery rhymes with rhythm, rhyme, and repetition are important at this age. As infants get older they'll enjoy looking at picture books as you talk about, and read to them. There's a booming market of choices in cardboard, cloth, or vinyl books for babies to practice turning pages without damaging the books as they drool, rip, and teeth on them.

As you read to your baby

- Point to objects in the book and name them
- Change your voice as you read aloud and make the sounds of the animals baby sees.
- Ask your baby questions about what's happening on the page, such as "Where's the duck?" Pause, point and answer for the baby, "Oh, look, there's the duck!"
- Respond to your baby's interest. Imitate his responses.
- Improvise! You don't need to read the words as they appear in the book. You can just talk about the pictures.



Some books to read to your baby include:

*Ten Little Babies* by Gyo Fujikawa

*Farm Animals* by Pheobe Dunn

*Soft as a Kitten* by Audean Johnson

*Who Hoots?* By Katie Davis

## Questions and Answers

**Q. Won't I spoil my baby if I go to him every time he cries?**

**A.** Sometimes parents think that if they go to the baby each time he cries, they are teaching him to cry even more to get attention. Babies don't work this way!



Infant researchers agree that it is very important for parents to go to the baby promptly when he cries. This leads to less crying, later on.

The important thing is how quickly parents respond to crying, more than the amount of time spent comforting the baby.

By about the fourth week of life, infants' use fussing or complaining noises when they need something.

If these quiet cries are answered, the baby learns he doesn't always have to scream. At about 6 weeks, just making eye contact with the baby can sometimes quiet him.

Babies like to know that they can have an effect on the outside world. When crying means that someone comes, it helps babies to cry less, "talk" more, learn more, make more eye contact

and explore the world more. This is better for baby and you.



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Remember, this developmental mailing describes a typical child at each age. Each child is special and each child develops at his or her own pace. Perfectly normal children may do things earlier or later than those described in this mailing. If you are concerned about your child's development, see your medical provider.

This developmental mailing gives equal time and space to both sexes. That's why we take turns referring to children as "he" or "she". When we use he or she, we include all children. Fathers, partners, and other significant adults all play an important role during pregnancy and in child rearing. When we specifically refer to "fathers", the information may also apply to partners and/or other significant adults involved in childrearing.

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