



*Serving Hawai'i Families,
Empowering Lives*

The Parent Line

NEWBORN-3 MONTH

Keiki Guide

***Congratulations! You now
are discovering for yourself what
it's like to be a parent.***

Learning how to take care of a baby takes time and practice; it doesn't always come naturally.

The Parent Line Newborn-3 Month Keiki Guide will give you tips to help make your parenting easier and a more rewarding experience.

NEWBORN – 1 MONTH



What it's like to be a newborn

How I grow...

- I like to sleep a lot.
- I am hungry every few hours.
- My face may be wrinkled, puffy, or red.
- I have a large head.
- I grasp an object or your finger if it is placed in my hand.
- I need my head supported when I am lifted or carried.

How I talk...

- I may be fussy and cry frequently. This may just be my way of "letting off steam".
- I may look away, make a fist, or curl my toes. These signs may be my way of telling you I need less excitement.

How I respond...

- I like to look at your face.
- I may calm down when someone picks me up.
- I like to listen to your voice.
- I startle and cry when I hear loud noises or when my crib is bumped.
- I am sensitive to light and will keep my eyes shut in a brightly lit room.

How I understand...

- I like to be held gently and close to you. I get a sense of security that way.

How I feel...

- I like to feel warm and safe.
- I don't like lots of noise.
- I feel pain and distress and let you know about it.

How you help me learn...

- Change my position occasionally.
- Hold me close and cuddle, hug, and rock me.
- Put a mobile 8-12 inches away from my face on either my far right or left side so I can see it. I especially like black and white or contrasting colors.
- Let me listen to wind chimes, musical toys or soft music.
- Sing a lullaby to me. I like "Rock-a-bye baby."
- Talk to me about what I'm looking at and what's happening as you change my diaper and bathe me.

What it's like to be 1 month

How I grow...

- I turn my head sideways when I'm on my stomach.
- I root around and try to suck, even when I'm not feeding.
- I may use only one eye at a time, keeping the other one closed. I may even cross my eyes sometimes.

How I talk...

- I am beginning to make some different sounds.
- I cry when I'm hungry, wet, tired-or when I want to be held.

How I respond...

- I make eye contact with you.
- I stare at things, but I don't grab for them yet.
- I may smile when I see or hear you.
- I get scared by loud noises, bright lights, and rough handling.

How I understand...

- I prefer looking at patterns instead of solid colors.
- I need to be fed when I'm hungry.

How I feel...

- I feel comfortable when you hold me close.
- I show distress when I am in pain.

How you help me learn...

- Smile and talk gently to me.
- Do not be afraid of spoiling me.
- Show me bright colors (red and yellow are favorites).
- Put a mirror or poster next to my diapering area.
- Move the mobile to the center of the crib in front of me.
- Lie down and put me on your chest. I like to feel you breathing and your heart beat helps me feel secure.
- Read to me for a few minutes every single day. Though I may not be able to clearly see the pictures or understand what you are saying, I will become familiar with your tone of voice and pattern of speech. Reading to me helps my brain develop.



Your baby is special

Birth Beginnings

The thing about babies and sunrises, is that each one is full of potential to bring only guessed-at promises.

The thing about babies and sunrises, is that each one is unique, ever-changing, awe-inspiring, capable of opening your heart, of filling all your senses, of making you want to be around to watch the rest of the story develop.

—Kay Pearce



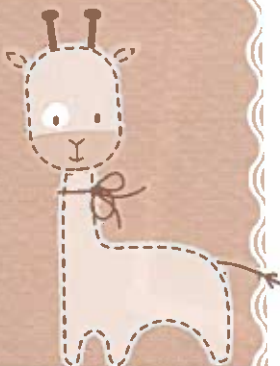
A Parent Asks

Q - I thought most childhood diseases had been eliminated. Is it really necessary for my baby to be immunized?

A - Yes. Most definitely your baby needs to be immunized. Childhood diseases do exist. Although they may not be as widespread as in the past, they are just as deadly. Many childhood diseases can be prevented through vaccination.

Immunizations help to trigger your child's own protective mechanisms to keep him safe from certain diseases. By two years of age, the primary immunization series should be completed.

A serious reaction to a vaccination rarely occurs. There is a risk associated with every medical procedure, but all vaccines are thoroughly tested for their safety. For more information about immunizations, contact your doctor.



Safety & Your Baby

Sleeping

Babies should not sleep on soft mattresses, pillows, waterbeds or other soft surfaces. Keep toys, quilts, and blankets out of the crib until your baby is older. When your baby is in your bed, be careful. You could roll over on your baby, especially when you're tired. Unless your doctor suggests otherwise, place your baby on his back to sleep. When he is awake, he should spend time on his stomach.

Car seats

Car seats are highly effective in preventing injury and death to children. Hawai'i law requires approved car seats for children under the age of four. The back seat is the safe place to put your car seat. Children 12 months and younger or weighing less than 20 lbs. need to be in rear facing car seats.

Be gentle—never shake your keiki!

You may be surprised at the range and depth of feelings you have toward your baby—from anger and resentment to sheer delight and joy. Be gentle. Even when you're just playing, shaking a baby can cause serious injury or even death. Shaking can hurt the head, neck or back of your baby. Shaking can cause brain or nerve damage, blindness or eye injury. Hitting, biting, and other rough treatment can break softly-formed bones and can hurt internal organs.



Most babies are fussy and cry for part of the day. Your baby is too young to understand that you want him to stop crying when you are rough with him.

Things you can do instead:

- Put your baby in a safe place and leave the room, take a shower or play some calm music.
- Stop, sit down and count to 10.
- Try a pacifier.
- Call a friend or The Parent Line.
- Take your baby for a stroller or car ride.

Please be gentle!!



Your Baby's Health

Dressing your baby

If you are comfortable in a room, then probably your baby is too. When the temperature is about 80 degrees F, you need not worry about your baby being cold. A diaper and light shirt will be just fine, but cover your baby when you go into an air-conditioned room. To tell if your baby is warm enough, touch his tummy or back.

In Hawai'i, babies' hands and feet often are covered by mittens and booties. Parents use mittens because they worry that their baby will scratch himself. Careful trimming of your baby's nails is preferable to using mittens. He needs to have his hands and feet free. He learns about his world by grasping, touching, and feeling.

Spitters

With some infants the swallowing reflex is not developed at birth. Some infants may be frequent spitters until they begin walking and gravity keeps food in the stomach. While the amount of "spit up" may be annoying, your baby will generally have a good appetite and be healthy. Discuss any concerns with your doctor.

Colic

Colic is both one of the most common and most puzzling problems of early infancy. About 20% of babies have "colic". They often cry inconsolably for up to 3-4 hours at a time. They may stretch their legs out, pull their legs up and arch their backs. These episodes frequently occur after feeding. Colic is likely to end by three to four months of age, but this is small comfort to the parent of an infant who is in obvious pain. If your baby cries hard all day long and nothing seems to help, see your doctor.

No one is sure what causes colic. Some researchers suggest that colic may be caused by your baby's immature digestive or nervous systems. As your baby grows these systems mature. A few months may make all the difference. Some studies suggest that colic in breast-fed babies may be caused by certain foods in the mother's diet. Check with your doctor before changing your own or your baby's diet.

Things you can try that may help:

- Feed your baby in an upright position whether he is being breast-fed or bottle-fed. Sit comfortably in a chair and allow him to "sit" in your lap to feed.
- Ten minute feeding periods followed by five minutes of burping may help.
- A warm bath also may help. When you first put your baby into the water, he may cry even louder until the warm water relaxes the rectal muscle and allows him to pass gas.
- Use the special "colic hold" position, or place your infant across your knees on his stomach.
- Lay your baby on his back. Gently push his knees toward his stomach. Repeat several times. Gently rub his stomach.
- Any gentle motion seems to help, even a car ride.

It's not your fault if your baby has colic, but it's not his fault either. He eventually will grow out of it. Meanwhile, take care of yourself. Feeling helpless when your baby cries is so stressful. Take a break if possible.



You may notice that certain foods you eat affect your infant. It is probably best to avoid these while breast-feeding, but check with your doctor. Your doctor may also recommend a vitamin and fluoride supplement while you are breast-feeding.

Any medications you take can affect your breast-feeding infant. Avoid all street drugs and check with your doctor before taking nonprescription medications or alcohol.

**Feeding Your Baby" revisions by
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Feeding Your Baby*

Breast and/or bottle?

Breast-feeding is the healthiest way to feed your baby. Breast-feeding is much less expensive than formula and much more convenient. Many mothers start out with good intentions but need encouragement. It may be harder to breast-feed than to bottle-feed in the very beginning, but is much easier than bottle-feeding after a few weeks. Getting support and information during these early weeks is crucial in helping you stick with it.

Breast-feeding may require some schedule adjustments so that you can be with your baby to nurse or can pump breast milk if you are away for many hours. These adjustments are easier when you have the support and encouragement of friends and family.

Breast milk is nature's most perfect food and protects your child against disease. Studies show that breast-fed babies may have less serious allergies and less illness. They are often leaner in childhood. Brain development is also enhanced by breast-feeding. If

you can't or choose not to breast-feed, there are many nutritious formulas available. Talk to your doctor when choosing which formula to use.

All babies spend a lot of time eating. Both formula-fed and breast-fed babies benefit from being held and being moved from arm to arm while nursing. One of the most important parts of feeding is the warmth and pleasure your baby feels while being held and fed.

Your baby depends on you, so take the time you need to rest. Eat healthy foods and keep plenty of water handy.

A balanced diet includes:

- 8 or more servings of bread, cereal, rice, noodles, and pasta or starchy vegetables
- 6–7 servings of fruits and vegetables
- 3 servings of milk, yogurt and cheese or other calcium rich foods
- 2–3 servings of meat, poultry, fish, beans, eggs, tofu and nuts

Take Care of Yourself

If you need support or have any questions about your child's behavior or development or need community services, call The Parent Line.

*If you have concerns
about your baby's health,
growth or development,
see your doctor,
nurse, or call H-KISS.*

Parents and babies
learn together.

Parents' needs are
important.

Your baby relies on you.
You can rely on others.

Guide your baby with
love and limits.



2 MONTHS - 3 MONTHS



Being a parent is a special and important role. You enjoy it but sometimes you may think it's more of a challenge than you first expected. There are many changes taking place in your life now and many new things to learn. Take pride in what you've accomplished. Use the community resources available to you. Keep up the good work!

What it's like to be 2 months old



How I grow...

- I still wobble my head a little when I am propped up.
- I hold on to things for awhile.
- I wave my arms and legs and "bicycle" with my feet when I get excited.
- I may sleep for as long as seven hours a night, but don't count on it. Please be patient with me when I wake up during the night.
- I want to explore objects with my hands as well as my eyes.

How I talk...

- I gurgle, laugh, and smile when I'm happy.
- I like to make cooing sounds.
- I cry to let you know when I want something. (I'm probably crying real tears because my tear ducts are developing).
- I also cry when I want company. I may stop when you come near or pick me up.

How I respond...

- I am fascinated by my hands.
- I blink at shadows made by my own hands.
- I follow you with my eyes when you move from one place to another.
- I can follow objects with my eyes.
- I perform just to get your attention.
- I'm starting to smile when I see you.

A Parent Asks

Q - I'm going back to work in a couple of months. How can I find a childcare provider I can trust?

A - Most parents find caregivers by talking with friends or relatives who have been in a similar situation. Some use the classified section of the newspaper. Many parents join organizations which put them in touch with licensed child care providers. Those agencies can furnish you with guidelines for choosing a caregiver.

Parents have found that the best way to find someone they can trust is to visit the home and talk with the caregiver. Selecting a competent, caring childcare provider will help your peace of mind when you return to work. The process may take awhile, so allow yourself plenty of time.



Brain development

At birth, the brain weighs only 25% of its adult weight. It TRIPLES in size during the first year after birth and grows to full size around age 5. These early years influence the structure and content of your child's brain. Your child depends on you for this good start.

When you talk, sing, hug, play and read to a child, what you are doing is helping your baby's brain grow. You can play music and dance with your baby, or go to the park or beach. You can talk to her about everything you are seeing and doing, and she can touch and explore things of different sizes, shapes, colors, and textures.

Don't overdo it with flash cards and super duper toys and activities. You don't want to confuse instead of enrich. Everyday activities such as reading, talking and singing can help stretch and stimulate her mind. Things that are interactive with you are the best. They can be fun for you too.

Safety & Your Baby

Formula

Especially in Hawai'i's warm weather, bacteria grows rapidly in infant formula that is not refrigerated. If you take your baby's bottle of formula with you when you go out, be certain that it will remain cold for the entire time. Regular cleaning of your baby's bottle is also important. Do not microwave your baby's bottle. The milk can heat unevenly and burn your baby's mouth.

Mobility

Your baby is stronger now and may twist, roll, arch or tip her body right out of the baby carrier. Use the safety strap and keep the carrier on the floor, away from steps and other hazards. Do not leave your baby alone on a

bed, table or chair. Your baby may surprise you and turn over at the wrong time.

Rattles, toys, and pacifiers

Today, most baby toys, rattles, and pacifiers meet federal safety requirements. They must be large enough so that they cannot lodge in an infant's throat and must be constructed so they cannot be taken apart.

To avoid strangulation, do not put a pacifier or a toy on a ribbon around your baby's neck. Be sure to keep all toys, rattles, and pacifiers clean. If you have questions about baby products, check the Parent Resource Directory for the numbers to call.

Guidance

Soothing your baby

You are not spoiling your baby when you pay attention to her cries. A baby's needs are usually immediate. If she is hungry she wants to be fed; if she is uncomfortable or scared she wants to be held. Paying attention to a child's needs makes her feel safe, loved, and worthwhile. Ignoring her may teach her that the world is not to be trusted. Studies have shown that babies who are given attention when they cry actually cry less often than babies who are ignored.

Try some of these suggestions to calm your baby:

- Rock her in a cradle, rocking chair, stroller, or in your arms.
- Gently burp her.
- Check her clothing—is she dressed too warmly? Is she wet?
- Darken the area or turn on a soft light in the room where you want your baby to sleep.



Take Care of Yourself

Where your baby sleeps is a decision you and your partner need to make. Some questions to ask in making your decision include:

- Are you and your baby getting enough sleep?
- Can you hear your baby when she cries?
- What kind of sleeping arrangement do you want to develop on a regular basis?
- How much physical closeness do you or your baby want or need during the night?
- Will having your baby in your bed with you interfere with your sexual relations?
- Can you be consistent with your choice?

- Sing a gentle melody over and over; play soft, soothing music; turn on a music box; or provide some monotonous sound such as a fan.
- Wrap your baby in a soft, light blanket or cloth to keep her from thrashing about. She may want to be cuddled or held close or she may want to have her position changed.

In spite of everything, you may not always be able to calm your baby. Sometimes babies cry when nothing is wrong. This may be the time to give yourself a break. Go into another room, take a shower, listen to some music, or call a relative or friend to give you a break.

Baby soothes herself

Sucking is normal and may occur even before your baby is born. The need to suck is very strong, especially during

the first four months, and your baby may quickly discover her own fingers or fists.

Sucking is not always a sign of hunger. It is the way your baby uses her mouth to learn about her world. Babies also use sucking to calm themselves when they are upset.

When your baby cries, first check to see if she needs feeding, a diaper change, or a change of position in the crib. Sometimes she just needs to be held. Try all of these things before offering a pacifier.

Whether your infant sucks her thumb or uses a pacifier, let her decide when to stop. If you do not draw too much attention to it or try to stop your baby's need to suck, she usually will stop some time in the first five years of life.

Babies thrive on routine. Decide what's right for you for now while also thinking about what will be okay later.

Parents and babies learn together.

Parents' needs are important.

Your baby relies on you. You can rely on others.

Guide your baby with love and limits.

The Parent Line is a free statewide confidential telephone line.

We are Hawai'i's premier resource on child behavior, child development, parenting, caregiver support, and community resources. Our experienced phone line staff will help you problem-solve parenting challenges and child and adolescent behavior.

The Parent Line publishes a quarterly parenting education newsletter for parents with young children, a resource directory for parents, and information for new parents.

For information, please contact:

808-526-1222 (O'AHU)

1-800-816-1222 (NEIGHBOR ISLANDS)

Monday–Friday 8:00 am–6:00 pm

& Saturday 9:00 am–1:00 pm

www.theparentline.org

Funded by Hawai'i Department of Health, Maternal and Child Health Branch

We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion or disability. Write or call our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4616 (voice) within 180 days of a problem.

Professionals are not always in agreement on specific child-rearing and feeding recommendations. Consult your doctor if you receive conflicting information.