

**Congratulations on your new baby!**

This is a very special time for you and your family. Parenting isn't always easy but it is very rewarding. Child Profile would like to help by sending you up-to-date health, safety, development, and other parenting information. You will get a mailing for your child every few months from birth to six years. Materials are created and updated regularly by health and safety experts. WithinReach is a partner of Child Profile. Its Family Health Hotline can help you with parenting, health and development concerns. Call them at 1-800-322-2588.

**Your baby's checkups are important!**

Regular visits to the doctor or nurse help keep your baby healthy and you informed. Your baby needs routine checkups during her first year – the next one will be when she is about two months old. Checkups are a good time to ask questions about vaccines, feeding, sleep, vision, activity level, and baby care.



Bring your baby's Lifetime Immunization Record card and Childhood Health Record booklet to every visit. If you did not get these in an earlier mailing, call the Family Health Hotline for a copy.

Finding hearing problems early is important. If you're not sure if your baby was screened at birth, check with her doctor. Hearing problems can prevent your baby from learning how to talk.

**Information about newborn hearing screening:**  
[www.doh.wa.gov/cfh/ehddi/](http://www.doh.wa.gov/cfh/ehddi/)

**Babies need immunizations**

Vaccines protect your baby from 15 serious diseases. For each vaccine, you will get a Vaccine Information Statement (VIS) that describes the vaccine, the disease it prevents, and any possible vaccine side effects. Getting a disease is far more serious than the most common vaccine side effects which are pain and redness at the injection site. At two months, your baby will likely get his first doses of these vaccines:

- Rotavirus (RV)
- Diphtheria, tetanus, acellular pertussis (DTaP)
- *Haemophilus influenzae* type b (Hib)
- Pneumococcal conjugate vaccine (PCV)
- Inactivated poliovirus (IPV)

A dose of hepatitis B (HepB) may be needed if he didn't get it at birth. Record all vaccines in his Lifetime Immunization Record card.

**Pertussis: A serious disease for babies**

More than half of all babies under one year who get pertussis (whooping cough) must be hospitalized. Studies show that 3 out of 4 babies who have pertussis get it from their parents, siblings, grandparents, or other caregivers who have the disease but may not know it. Learn these disease facts and how to best protect your baby:

- Pertussis spreads easily by coughing, sneezing, and talking.
- Older children and adults with pertussis can have coughing spells, but babies with pertussis often cannot cough, have problems feeding, and may stop breathing and turn blue at times.
- Pertussis in babies can cause pneumonia, seizures, brain damage, and death.
- Until your baby has at least 3 to 4 DTaP doses, he has little pertussis protection. (Five doses are recommended before kindergarten.) That's why it's important to keep him away from anyone who has a cough, cold, or signs of illness.

**Cocoon your baby**

Surround your baby with a "cocoon" of protection by making sure that you, your family and others in close contact with her get a dose of Tdap. Tdap protects older children and adults of all ages from pertussis and helps stop the spread of this serious disease to your baby until she has basic protection, after three doses of DTaP vaccine.

**Other ways to keep your baby healthy**

- If you breastfeed, continue. Breastfeeding strengthens your baby's ability to fight infection and mild illness. If you have questions about breastfeeding, talk to your child's doctor or call the Family Health Hotline at the number below.
- Wash your hands well and often with soap and water, especially after changing your baby's diaper and before you feed him.
- Be sure everyone who cares for your baby washes their hands often, too.
- Keep him away from family members, friends, and others who have a cough, cold, or signs of illness.
- Keep your baby at home when he has a fever, isn't eating or sleeping well, is vomiting, or has diarrhea.

**Babies begin learning as soon as they are born**

When you give your baby lots of attention, you help her brain develop. Hold her, rock her gently in your arms, cuddle, and play with her. Look into her eyes and talk softly to her. Pick her up when she cries. This teaches her to trust that you will care for her. **You will not spoil your baby by holding her and responding to her crying!** Make sure others who care for your baby comfort and play with her.

**Family Health Hotline**  
**1.800.322.2588**  
 711 (TTY relay)

Programs of WithinReach

[www.ParentHelp123.org](http://www.ParentHelp123.org)

- Immunization information
- Child care referral agencies
- Affordable health insurance
- Food and nutrition assistance
- Prenatal resources
- Family planning services
- Local health clinics
- Free screenings for developmental concerns
- Breastfeeding information and support

**Call the Family Health Hotline with questions about your Child Profile mailings.**

## Keeping Your Baby Healthy and Safe

### Searching for infant child care

If you plan to return to work or school soon, start now to find safe and nurturing care for your baby. Look for people who enjoy caring for babies and have training in infant care. Ask friends about child care centers or homes that they have used. Visit a few places before you decide. Breastfeeding moms will want to ask what the childcare provider does to support breastfeeding. Try to visit your first choice several times.

For help finding child care, go to: [www.childcarenet.org](http://www.childcarenet.org)  
**Washington State Child Care Resource  
and Referral Network**

### Breastfeeding and work or school

Plan ahead so that you can keep breastfeeding when you return to work or school. Download the free packet *My Guide to Working and Breastfeeding* at [www.breastfeedingwa.org/working\\_packet](http://www.breastfeedingwa.org/working_packet).

- Talk with your boss or someone at school as soon as you can to make a plan for pumping and storing your breast milk.
- Check out the room where you'll be pumping. If you use an electric pump, the room should have an outlet. There should be a refrigerator nearby to store your milk and a sink to wash hands and supplies.
- At least two weeks before you go back, begin to pump milk once or more a day. Freeze your breastmilk for your child care provider to give to your baby.

### Mom: Take care of yourself, too

- Go to your six-week checkup. This may be earlier if you had a C-section.
- Talk to your doctor or nurse about birth control options. Use birth control every time you have sex after giving birth, even if you breastfeed. If you are breastfeeding, talk to your doctor or nurse about the best birth control option for you.
- Sleep when your baby sleeps. Take a little time for yourself when you feel overwhelmed.
- Keep up-to-date with your immunizations, including Tdap and flu.

### Recognize postpartum depression

Many women feel emotional ups and downs in the first few weeks after giving birth. If you **continue** to feel sad, very irritable, uninterested in your baby or the world around you, have trouble concentrating or thinking clearly, talk to your doctor or call Postpartum Support International of Washington at 1-888-404-7763.

### Baby's skin burns easily—treat it with care!

Your baby's skin burns easier than yours. Hot liquids cause many scald burns.

- Turn down your water heater thermostat to 120°.
- Test the bath water with your elbow to make sure it is lukewarm, not hot.
- Do not drink hot liquids such as coffee or tea while your baby is in your arms or lap.
- Heat bottles in a pan of hot water, not a microwave. Check the temperature on your inner wrist.

Contact the NW Burn Foundation at 1-888-662-8767 or [www.nwburn.org](http://www.nwburn.org) for a free scald prevention kit.

### Reduce the risk of your infant dying during sleep

SIDS is when a baby less than one year old who seems healthy dies in his sleep. There is no warning and doctors cannot find a reason why the baby has died. Sometimes babies who die in their sleep actually die as a result of being accidentally smothered while sleeping. Creating a safe sleep environment will reduce the risk of Sudden Infant Death Syndrome (SIDS) and accidental suffocation. The American Academy of Pediatrics recommends the following steps to create a safe sleep zone for your baby.



- Babies should be placed on their backs to sleep. This is true both at night and for naps. Give your baby "tummy time" when he is awake and watched by an adult.
- Keep your baby warm, but not hot. The temperature in your baby's room should feel comfortable to you. He should be dressed warmly enough to sleep without any covers.
- Baby's bed should be a firm crib mattress, not a sofa, waterbed, or other soft surface. There should be no sheepskins, blankets, pillows, or stuffed toys in the crib. If a light blanket is needed, tuck all sides along the bottom half of the crib, below baby's arms.
- No one should smoke around your baby. The risk of SIDS is higher for babies whose mothers smoked while pregnant. Babies exposed to cigarette smoke may also be at a higher risk for SIDS. For help quitting smoking, call 1-877-448-7848.
- The safest place for your baby to sleep is in a crib or bassinet next to your bed. Adult beds are not made for infant safety. If you take this risk and sleep with your baby, please read more about how to reduce the danger: [http://kidshealth.org/parent/pregnancy\\_newborn/sleep/cosleeping.html](http://kidshealth.org/parent/pregnancy_newborn/sleep/cosleeping.html)

If your infant has a health problem, please talk with your health care provider about the best sleep position for his special needs.

Talk to all your baby's caregivers about safe sleep. Call the NW Infant Survival Alliance at 1-800-533-0376 or go to [www.nwsids.org](http://www.nwsids.org) for information and resources.

### Buckle up your baby on every ride

A car ride can be very dangerous for a baby. Make sure she is always buckled up safely in the back seat.

- Buckle your baby correctly into her car seat on every ride. Follow the car seat directions and read the vehicle owner's manual.
- The car seat should face the rear of the vehicle.
- If you must place your baby in the front seat, be sure to turn off the air bag. **Never** place your baby in the front seat if the vehicle has a passenger air bag that is not turned off. If the air bag inflates, it could kill or seriously injure your baby.
- If you have an old or used car seat, there can be hidden dangers. Contact the Safety Restraint Coalition at 1-800-BUCKLUP or [www.800buckleup.org](http://www.800buckleup.org) for tips on choosing a safe car seat and to find out about recalls.