

Let's Grow

ISSUE ONE

Isn't it Amazing?

An amazing new relationship has begun, and questions abound. Where can you find answers to this endless supply of questions?

As parents with a newborn, you may not have time to read a lot of parenting books. We would like to make your life a little bit easier. As you reach each new stage in your child's development, you will want to know what to expect.

As your baby grows and your questions arise, you will receive your next issue of "Let's Grow" by email.

Let's Grow will focus on important information about

healthy growth and development of your child and your family.

More in-depth information is available by calling your local public health unit, resource centre or library.

Let's Grow...Together!



Cleaning and scrubbing
can wait till tomorrow....
for babies grow up we've
learned to our sorrow...

So quiet down cobwebs
Dust go to sleep
I'm rocking my baby
and babies don't keep!

Newborn



Time Has a Whole New Meaning



I'm already learning about myself

Who am I? I don't even know! I have instincts, reflexes and senses but little knowledge and little experience. I am programmed to look at you and to eat. I don't know that my hands are part of me and that they are still there when out of sight. Your voice is familiar to me because I heard it for a few months before I was born.

Everything is new to me and to you. My behaviour will be unpredictable. I can only react to my feelings which I don't understand. My crying will have no pattern because it's just my body's way of reacting to anything I may feel.

It will take time for us to get to know each other. Cuddle me when I cry so that I can learn to trust. I feel secure in your arms. It's comforting to return to that same warm feeling that I felt in the womb.

Hi There Mom!

This is such an exciting time for both of us! I know that I need a lot of care and will take a lot of your time, but I hope that you will enjoy the relationship that we have even when I am having a difficult time.



Please remember to take care of yourself too. Rest when I rest so that you don't get too tired, and don't be afraid to ask for help when you need it. You are so important to me. I want you to feel good. I love to be cuddled and walked, and your voice and your face are the most beautiful things in the world to me. I don't care if you sing off tune – sing anyway!

Surround yourself with supportive people and try and connect with other new families. I love you so much!

Hi There Dad!

Can you believe that I am actually here? I know that I am going to change things a lot, but I can't wait to learn all of the things that you will teach me.

I can't tell you how important it is to me that you hold me and cuddle me skin to skin as often as possible in the months after my birth. It's a great way for us to spend time together. You help me to know that I am safe, secure and loved.

I hope that you enjoy being with me. I know that I need lots of care and that mom and dad sometimes do things differently. That is okay. I am excited about our relationship and us figuring out things together.

For more info, check out the website
www.newdadmanual.ca

Remember that...

Every baby comes home to his unique family. Some families have a Mom and a Dad. Some families have only one parent. Other families are made up of stepparents, grandparents, aunts, uncles and cousins.

After your baby is born, it is important to continue to make time for yourself, your family and friends.

Partners are very important during this time. Parenting is a team effort. Work with your partner to care for your baby. Make time to talk with your partner. Hug each other. Touch each other. Remember why you fell in love. Accept the fact that your life will change. Making a positive change takes work. Remember you can't be everything to everyone. Set priorities. Make a list. Do what works for you and your family. Talk with other new parents. Ask them

what works for them. They've been there too!

It's important to talk about how you are feeling.

Try saying things like:

"I feel cared for when..."

"I feel frustrated when..."

"I feel happy when..."

"I feel exhausted when..."

It's okay and normal to be tired. If you are feeling overwhelmed, talk to someone until you get the support and help you need.

Call your physician or local health unit for supports and resources in your area.



Building My Trust

Oh how I love your voice! Please talk to me whenever we are together. Your cheerful and positive voice helps us to form a close bond and helps me to learn language. I am learning all the time. As we get to know each other better, I know that you will begin to understand the meaning behind my sounds, body movements and even cries.



Meeting My Needs

Feeding Me

Breastmilk provides all the nutrition I need for the first six months of my life!* At 6 months, experts advise that you continue breastfeeding and start feeding me healthy, suitable foods to help me grow. Breastfeeding is good for me up to 2 years of age and beyond.

As a newborn, I need 8 or more feedings in 24 hours; that's as much as every 1½ to 3 hours, so please feed me when I show you I am hungry. Don't limit the time that I am at your breast. I love it there and you are making me feel comfortable while I am helping you make milk! When I am latched well, you will SEE my mouth wide open and my lips spread outwards and relaxed. You will FEEL a tug on your breast but it should not hurt. You should HEAR the sound of my slow rhythmic swallowing.

*All babies need vitamin D for healthy growth and development. It helps them build strong bones and teeth. Vitamin D naturally forms when skin is exposed to sunlight, but many people living in Canada get less sunlight than needed. Babies under one year should not be exposed to direct sunlight and mother's store of Vitamin D is often low. Canadian health agencies advise that breastfeeding babies living in any part of Canada get Vitamin D drops every day (10ug or 400 IU per day). Breastmilk substitutes have Vitamin D added.

How will you know I'm hungry?

Reading My Cues...

When I am hungry you may see me:

- turning my head towards your body
- getting fussy
- sticking my hand in my mouth
- sucking on my hand or making sucking noises
- crying is usually the last cue I will use to tell you I am hungry

When I am full you may see me:

- with my arms relaxed by my sides
- pushing away from you
- falling asleep
- feeling content and happy



Breastfeeding Matters is a helpful guide for women and their families. Call Public Health to get a copy or visit: www.beststart.org/resources/breastfeeding/pdf/breastfeeding_matters_eng_fnl.pdf

If you have made an informed decision not to breastfeed, find out how to properly prepare, store and feed your baby a breastmilk substitute: www.healthycanadians.gc.ca/kids-enfants/infant-care-soins-bebe/formula-formule-eng.php

GUIDELINES FOR NURSING MOTHERS																	
Your Baby's Age	1 DAY	2 DAYS	3 DAYS	1 WEEK				2 WEEKS	3 WEEKS								
How Often Should You Breastfeed? Per day, on average over 24 hours																	
At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.																	
Your Baby's Tummy Size																	
Wet Diapers: How Many, How Wet Per day, on average over 24 hours																	
	At least 1 WET	At least 2 WET	At least 3 WET	At least 4 WET		At least 6											
Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours																	
	At least 1 to 2 BLACK OR DARK GREEN	At least 3 BROWN, GREEN, OR YELLOW				At least 3 large, soft and seedy YELLOW											
Your Baby's Weight	Babies lose an average of 7% of their birth weight in the first 3 days after birth.			From Day 4 onward your baby should gain 20 to 35g per day (½ to 1½ oz) and regain his or her birth weight by 10 to 14 days.													
Other Signs	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.																
best start meilleur départ by par health nexus santé		Breast milk is all the food a baby needs for the first six months — At six months of age begin introducing solid foods while continuing to breastfeed until age two or older. (WHO, UNICEF, Canadian Pediatric Society)															
If you need help ask your doctor, nurse, or midwife. To find the health department nearest you, call INFO line: 1-800-268-1154. For peer breastfeeding support call La Leche League Canada Referral Service 1-800-665-4324.																	
03/2009																	

All babies have times when their crying cannot be soothed.

Sometimes I cry because I am hungry or tired or uncomfortable, but there may be times that you cannot figure out what is wrong. Your job is not to make me stop crying, but to offer me your comfort.

The most important thing is that you stay calm. This won't always be easy. Please know that I am not trying to make you angry. If you feel frustrated, put me in my crib where I am safe and walk away for a few minutes until you feel better. The worst thing that you can do is shake me. My neck is weak and my head is heavy. Shaking me will hurt my brain and may cause blindness, paralysis, learning disabilities or even death.

If you think that I might be ill then take me to see our healthcare provider, but otherwise I am probably experiencing the Period of PURPLE Crying. For more information about this, visit www.purplecrying.info or call your local public health nurse.

Bathing Me

My face, hands and bottom need to be washed every day. A bath every other day is all I need. Soap dries my skin, so mainly use it on my bottom.

Caring For My Umbilical Cord

My cord will heal best without putting anything on it. Make sure you dry it well after my bath and it should fall off in 10-14 days. If it becomes mucky or foul smelling, have my doctor check it for infection. Fold my diaper over to keep it from rubbing.

Changing My Diaper

I need to be changed every time that you feed me or more often as needed. Use a damp cloth, wipe only front to back and pat dry. If redness develops, expose diaper area to the air for 20 minutes. Please don't use powder; if I breathe it in it could make me very sick.

I may have a bowel movement at every diaper change or only one a day. Every baby is different.



Keeping Me Safe

When I Cry

It is more important to stay calm than to stop the crying. Plan ahead for how you will cope when the crying gets to be too much. It's ok to ask for help. Never shake me for any reason.



Medical Care

When is it time to get medical help?

It's not always easy to know what's normal and what isn't – especially when your baby is very young. Never hesitate to seek medical care if you are at all worried about your baby.

Visit your healthcare provider or a hospital emergency department if:

- baby has a fever (temperature above 37.3°C or 100.4° F) by armpit.
- baby is jaundiced (his skin or eyes are yellow in colour)
- if baby has fewer than 6 wet diapers over 24 hours (after baby is 4 days old)
- baby has trouble breathing
- baby is very tired and does not wake easily
- baby will not nurse or falls asleep after a short time on the breast
- baby vomits forcefully (different from "spitting-up")
- soft spot on the top of baby's head seems either sunken or is bulging outward
- there are white spots in baby's mouth that don't wipe off – this may be a yeast infection called thrush
- there is discharge or odour from baby's umbilical cord

Trust your gut feeling. If you're concerned, have me checked out! For more info, visit www.caringforkids.cps.ca

All About Me

I really am amazing!

I can hear, smell, taste and see. Of all the senses, touch is the most responsive one when I am born.

Sucking, Swallowing and Rooting:

I need to suck, not just for food but for comfort. Did you know that I probably sucked my thumb while I was inside your womb? I also swallowed amniotic fluid. I am programmed to seek out food, especially when you hold me close. When you stroke my cheek, you will notice that I will turn to that side. This rooting reflex will gradually disappear over time. If you notice that I don't suck, swallow or root well, call my doctor. You can probably find ways to help me with this.

Touch: I respond to touching, stroking, cuddling, warmth and gentle movement. All babies are not the same. Some of us like baths, some don't. Some of us like dramatic movement and some of us appreciate only being cuddled and wrapped tightly. Most of us do like to be stroked on the face and talked to quietly.

Hearing: Did you know that when I am about one week of age, I will start turning towards you when I hear your voice? There is good reason why I like to hear you talk and sing to me. I respond to your comforting voice. I also like soothing rhythmic sounds. These early sounds are already helping me learn how to talk. I might get upset when I hear loud, sharp noises and being around loud music or loud T.V noise could even damage my sensitive ears.

I should have gotten a hearing test when we were in the hospital. If there were any concerns, you will get a call for a follow up test in the next few weeks. If you notice that I don't react to any sounds, then tell my healthcare provider.



Taste and Smell: I have an acute sense of smell. I like sweet flavours more than salty ones. I can recognize my mother's milk by the smell. If you or someone holding me is wearing a strong perfume, you might see me wrinkle up my face, turn away or cry.

Grasping: If you place your finger into the palm of my hand, I should hang onto it with amazing strength. As I grow older, though, I won't be as strong. I can grasp your finger when you place it into my hand but I cannot reach and grasp.

Sight: I can focus within a range of 20 cm (eight inches). Guess what? That is the exact distance between your face and mine when I am breastfeeding! I like contrasting colours and patterns.

Growth Workout

Newborn



Talk with Me

I make all kinds of sounds. Imitate my sounds and facial expressions. I'm already practicing how to talk. Familiar songs and rhymes will help to calm me.

The Moon is Round

The moon is round, as round can be,
(Trace a circle with your finger around the baby's face, touching gently.)
Two eyes, a nose, and a mouth,
(Touch under the baby's eyes and on his mouth.)
Like me!
(And here's the smile, of course.)



Play with Me

I like to be held in different positions. I should be placed on my back to sleep but I need to spend time on my tummy when I am awake and someone is watching me.

Put me on my tummy to play for a few minutes, several times a day. It helps me strengthen all of my muscles. Play helps me learn new things and encourages my brain to make new connections. I just love to lay on your tummy facing you when you are lying down on your back.

Keep me in my infant seat or swing for only short periods. I need to be out so I can stretch and move!



Grow with Me

I love to see your face. When you hold me, cuddle me and feed me, look at me and talk to me. It doesn't matter what you say to me. Tell me about your day. Your voice is interesting and it soothes me. I just love to hear your voice and look into your eyes. I watch you and listen to you because you are fascinating and I love you.



Helping Older Children Adjust

If this isn't your first baby, you may wonder how your other child(ren) may react to the new baby. Will they be jealous of the time you spend with the new baby? Or will they be more accepting of the change? Or even both! Here are some ideas that have worked for other parents:

- Daily visits or phone calls may be reassuring while you're in the hospital.
- A small gift from the baby to the child may help him to feel more receptive to the change
- Talking about your child's feelings lets him know you understand. Give a name to your child's feelings. Say, "It makes you mad that I spend so much time with the baby."
- Encourage visitors to be sensitive to your older child's need for loving attention.
- Help your child to draw a picture of your family (including the new baby!)
- Involve your child in the care of the new baby. Ask him to get you a diaper or hold the baby (while you watch, of course!)

During this period make sure your child gets lots of extra kisses. This is a big change in his life and he needs to know you love and care for him as well as the new baby.

To find your local Public Health Unit:

Visit <http://bit.ly/eMtpaw>

Call the INFOline at 1-866-532-3161

(Toll-free in Ontario only)

or TTY 1-800-387-5559

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Keeping Me Safe

I need your help right now for almost everything I do!

- Please don't let anyone smoke around me. Smoke makes me sick.
- Keep your hand on me during my diaper change so I won't fall.
- Please don't drink hot liquids while you (or visitors) are holding me. My skin burns easily.
- For my first year of life, the safest place for me to sleep is on my back in a crib that meets current Canadian safety standards. Do not put me to sleep with heavy blankets, pillows or bumper pads. Having a crib in your room is safer than sharing your bed with me.
- Every time I ride in a vehicle, I need to sit in a rear facing car seat that is designed for my height and weight. My car seat, stroller and toys must meet Canadian Safety Standards.
- Never leave me alone in a car, not even for a moment.



For More Information

Caring for Kids: Child health information from the Canadian Paediatric Society www.caringforkids.cps.ca

Love Me. Play with Me. Help Me be the best I can be. www.healthybabylearningbrain.ca

Ontario Ministry of Children and Youth: Early childhood-Giving kids the best start in life
www.children.gov.on.ca/htdocs/English/topics/earlychildhood/index.aspx

211 Ontario: for information and referral to community and social services in Ontario, call 211 or visit www.211ontario.ca

Motherisk: Information about chemical exposure and drug/alcohol use during pregnancy or breastfeeding www.motherisk.org



NEXT ISSUE
1 to 3 months