

First Steps

PARENTING IN THE FIRST YEAR

WEXFORD, MISSAUKEE & NORTHERN OSCEOLA COUNTIES



2-3
Months

How Baby is Changing

Life with a new baby is hectic. Your needs seem to take a back seat to your baby's needs. But by the second month, baby may be settling into a more predictable schedule.

For many babies, nighttime sleeping lengthens (thank goodness). Feedings may be needed every four hours.

Baby is beginning to be more interested in things, looking around and listening to sounds. Movements are getting smoother, less jerky, and he may have better control over his head and neck. Maybe he can hold his head and chest up while on his tummy.

He might even be able to roll from his side to his back. Don't leave your baby alone on a counter, table or bed — he might flip or wiggle off.

While you're keeping a watchful eye on your little one, you'll be rewarded with smiles. Smiles usually start in the second month. When you smile at baby, he smiles back.

Even though your baby is still young, he needs your praise and approval. When you get excited about your baby's new talents, he does too.

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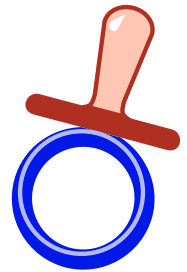
Thumb or Pacifier?

Babies need to suck, and sometimes feeding isn't enough to meet their sucking needs. Extra sucking on a finger, thumb, fist or pacifier can help baby calm down when she is upset.

Finger sucking is natural. Some babies suck their thumbs even before they are born. Most children will stop thumb-sucking

by themselves by the time they are 5 years old if no one draws too much attention to it.

Don't overuse the pacifier. Try other ways to comfort her first, like holding, rocking or singing.



Another Word on Colic



All babies cry. Some cry long and often enough to be called "colicky."

No one knows exactly what causes colic. The baby screams and seems to have stomach pains but is not seriously ill.

A screaming, colicky baby can make parents feel helpless and angry. Everyone wants a sweet, peaceful baby, not one who *won't stop crying* no matter what you do.

As hard as it is, try to keep calm. Trying one thing after another to soothe the baby may only make matters worse. Pick a

few things that seem to work best, and give them a chance.

Get some time away from the baby. Others won't mind the crying as much as you do.

Talk to baby's doctor and see what can be done. Sometimes a change in your diet if you're nursing or in the baby's formula can help.

Medication can be used as a last resort, but doctors disagree on how well it works.

Try to be patient. Colic goes away, usually by 3 to 4 months. If you can forgive and forget the colic, you may even find you have a sweet, peaceful baby after all.

Your Baby Wants You To Know

Special for Dads

Researchers tell us that new dads are just as good with babies as new moms are. New dads are even as good at bottle-feeding.

Well-adjusted babies tend to have fathers who are sensitive and help out the child's mother. Are there ways you can make your partner feel special and cared for each day?

Try to let your love for mom and baby show. Hugs and kisses are great—and so is helping with the household and child care.

How about taking over for a few hours or an evening or weekend so your partner can have a break? Caring for your baby alone gives you a chance to get to know her better. You can develop your own ways to do things with your child.

Time with your baby can be scary at first. Try short periods of time to start, maybe carrying her for a walk or letting your partner sleep while you do the morning feeding.

If baby is breast-fed, you can still help out by bringing her to mom and burping and changing her after she has nursed.

Dad's Group

Fathers and their children ages birth to five meet the third Saturday each month at the Wexford-Missaukee Intermediate School District for breakfast and fun activities to promote development of infants and toddlers.

For more information call (231) 876-2300.



How I Grow

- I can hold my head up for a few minutes when I'm on my tummy. But it still wobbles a little when I'm propped up.
- I wave my arms and "bicycle" with my legs when I am excited.
- I can hold onto things you give me for a little while. Did you notice that my hands are open most of the time now?
- I'm more interested in things. I like to look around and to listen.
- I might stay awake as long as 10 hours a day and sleep 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.

How I Talk

- I gurgle and smile when I'm happy.
- I try cooing sounds. Say them back to me!
- I cry to let you know when I need something.

How I Respond

- I'm fascinated by my hands.
- I like to follow you with my eyes when you move around. I watch objects too!
- I smile at you and others. Please smile back.
- Sucking on my hand or a pacifier helps me calm down.

How I Feel

- I feel happy, sad, or uncomfortable at times.
- I need lots of cuddling and holding.

How I Understand

- I recognize some people by their voices.
- I recognize a few things, like my favorite rattle or toy.

How You Can Help Me Learn

- Keep me close to you when you move around the house.
- Talk to me about what you're doing. I like to listen!
- Put me in my infant seat and change my position often, so I can see different things.
- On a nice day, lay me on my back under a shady tree so I can watch the leaves blow. Don't forget my sunscreen lotion, or I'll get sunburned.
- Take me for a walk or out to the store. I like to see and hear what's happening.
- Describe objects that I hear, see and feel. Give me a variety of objects to hear, see and feel.
- Sing to me.



Children with special needs may not develop at the same rate as other kids, but they can still enjoy many of the same activities that can be adapted to meet the needs of the child.

When to call the doctor



You're learning more about your new baby, and now you can probably tell when she isn't her usual self. No doctor wants to be called for every sniffle, but any doctor would rather have you call with a question than let a problem become serious.

All babies need to eat, sleep, urinate and have bowel movements. If your baby can't do one of these things as she normally does, call the doctor. Babies can become dangerously dehydrated (dried out) very quickly.

You'll also want to call if baby has a fever, seems "floppy" or unresponsive, has bulging or

sunken-in soft spots, has convulsions ("fits"), or has trouble breathing. Sharp crying while lying down that stops when she is picked up, or rubbing or pulling at an ear can be a sign of an ear infection. Hoarse crying and refusal to eat might mean a sore throat. Call the doctor for these, too.

You know your baby best. If baby doesn't seem quite right to you, trust your judgment and call your clinic.

Write down the doctor's advice, and insist that he or she repeat anything you don't understand. Don't be afraid to ask questions.

Baby Shots



During the second month, along with his well baby check-up, doctors recommend starting a series of shots to protect babies from dangerous diseases. Here's a schedule:

- Diphtheria, pertussis (whooping cough), tetanus (DPT/DTaP) at 2, 4, 6 months and between 12 and 15 months.
- I.P.V. (Inactivated Polio Vaccine) at 2, 4, and between 6-15 months; again between 4-6 years.
- Haemophilus Influenza B (HIB) started at 2 months, with added doses at 4, 6 and between 12 and 15 months.
- Hepatitis B vaccine is started at birth and is given again at 4 and 6 months.
- Measles, mumps and Rubella (German measles) MMR is given between 12 and 15 months.
- Pneumococcal conjugate (PCV7) vaccine. Pneumococcal infection causes severe disease in children under five years old. PCV7 vaccine can help prevent serious pneumococcal diseases, such as meningitis, blood infections and ear infections. PCV7 is given at 2, 4, 6 and between 12 and 15 months.
- Varicella (chickenpox) is given at 12 months.

You may be wondering...

- What if my baby is sick— should he or she be given shots? Answer: Babies and children with minor

illnesses, such as a cold, may be vaccinated. But children who are moderately or severely ill should usually wait until they recover before getting their shots.

Risks/Side Effects

Immunizations do have some risks and side effects, but they are much safer than the diseases would be. If you have questions about shots for your baby, talk to your baby's doctor or nurse.

What to Expect Afterwards

Some children: * get cranky, * have a low fever, * are sore, red, or swollen where the shot was given. Ask your nurse or doctor what to do to make your baby feel better right after the shot.

Often, placing a cold washcloth where your child received the shot will help him or her feel better. Non-aspirin pain reliever infant drops (Acetaminophen), like Tylenol or your drug store's brand name, can also be given to lessen any pain. Ask your doctor or nurse about how much to give your child.

Talk to your doctor or nurse if you have any questions or worries.

It takes several shots to give your child full protection against these diseases. Make sure your child gets every shot he or she needs.

Your doctor or nurse will give you a record of your child's shots. Keep it and carry it with you to every medical appointment.

When you call the doctor, this information may help:

(Check all that apply before you call.)

Temperature:

Rectal _____ Armpit _____

Breathing

- Difficult
- Fast
- Slow
- Coughing
- Wheezing

Pain

- Screaming
- Head rolling
- Pulling up legs

Skin

- Dry
- Flushed/Sweaty
- Pale
- Rash

Eyes/Ears

- Discharge
- Pulling or rubbing

Appetite

- None
- Very Little
- Vomiting
- How much _____
- How often _____

Bowels

- Watery
- Slimy
- Hard/Dry
- How often _____

Mood

- Too Quiet
- Fussy
- Sleepy

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

Sometimes parents think that if they go to their 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 baby promptly when he cries. This leads to less crying later.

The important thing is how quickly parents respond to crying, even more important 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 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 cry less, "talk" more, learn more, make more eye contact, and explore the world more. This is better for baby and for you!



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, 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 baby's room. Keep the room a little bit warmer to help make baby sleepy.
- Wrap baby in a light blanket to reduce thrashing around and startling.
- If baby has diaper rash, wash her bottom with soap and water and leave the diaper off for a while to let the skin dry. Wrap her in a blanket if it is cold in the house.
- Baby may be bored. Give her a new view. 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.

Too Soon for Solid Foods

By now someone has probably told you that feeding your baby solid foods, like cereal, will help him sleep through the night. While you may want to try anything to get a full night's sleep, solid foods probably aren't the answer.

Giving solids too early might cause choking. Babies aren't yet ready to swallow anything but liquids. If you try, his tongue will push the food out of his mouth.

Most babies shouldn't be given solids or juice until 6 months. Breast milk and iron-fortified formula have all the nutrients babies need. Giving solids or juice too early can cause

problems with growth and development.

Sometimes, solids given too early can cause food allergies. The foods are not digested properly, and the body treats them as "foreign bodies."

There may be times when the baby's doctor recommends adding solids or juice before 6 months on an individual case-by-case basis.



Sleeping Through the Night

Some babies will begin to sleep through their middle-of-the-night feeding by the time they weigh about 11 pounds.

If your baby sleeps through the last feeding of the day, you may want to try waking him an hour later for a feeding. Baby may then sleep until 5 or 6 in the morning. But other 2-month-olds will wake up every few hours to be fed, day or night.



Hey Diddle Diddle

Hey diddle diddle,
The cat and the fiddle,
The cow jumped over
the moon;
The little dog laughed
To see such sport,
And the dish ran away
with the spoon.



What about SIDS?

SIDS, also called Sudden Infant Death Syndrome, is when a healthy baby dies during sleep. SIDS peaks between the ages of 2 and 4 months and then declines. No cause is known, but it is suspected that causes could include: existence of a brain abnormality combined with a lack of oxygen, repeated exposure to tobacco smoke, increased carbon dioxide levels, or an infection.

What you can do:

- Make sure nothing interferes with the baby's oxygen supply.
- In general, put baby to sleep on his or her back. However, always check with a doctor as to which sleeping position is best for your baby. Because of certain medical conditions, baby may need to be placed in various positions to sleep.
- Put baby to sleep on a firm, smooth surface.
- Give her tummy time when she is awake.
- Make sure pillows, comforters, and animals (especially cats) stay away while she sleeps.
- Babies should be kept warm, but they should not be allowed to get too warm. Keep the temperature in your baby's room so that it feels comfortable to you.



Please don't smoke.
There's a baby in
the house.



Children develop at different rates. Talk with your child's doctor, nurse or educator if you have concerns with delays in growth and development.

Language Development

Speak in “parentese” -- make your voice higher, use shorter sentences, and speak more slowly. Your baby responds better to “parentese” than to a regular tone of voice.

Babies are fascinated by you and what you have to say. They watch and listen closely.

At about 3 months, baby will start responding through cooing.

Reinforce your baby’s language development by smiling and talking back. Imitate the sounds that he makes to encourage him to continue. Try to keep the “conversation” going.



He is watching how you move your mouth to make sounds.

Babies understand words long before saying them.

Talking for Baby to See

Your baby is beginning to know your voice and likes to look into your eyes when you talk. Why not make a game of it?

Put baby on your lap, facing you, with her face about 8-12 inches away from yours. Lean toward her and talk happily. Pause and give her a chance to smile, gurgle, wriggle, or move her mouth back at you!

Try doing these things one at a time: smile, stick out your tongue, open and close your mouth or eyes widely or shake your head back and forth while you talk. Watch closely. What does your baby do? Does she smile, gurgle, wiggle?

Give her time to respond; she doesn’t have full control of her body yet. If she makes a sound, repeat it. She will be thrilled. In a few months she will babble back when you talk to her, just like a real conversation. Taking turns like this helps your baby learn to talk.

Other things that help a baby learn are:

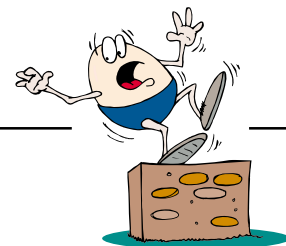
- Music played regularly but not all the time (or too loud).
- A bell sewn securely to baby’s sock.
- Singing to baby and telling her nursery rhymes.
- Wind chimes or a mobile hung in baby’s room.

Rhymes & Songs

When you share rhymes and songs with your baby, he is learning language and getting to know you better. You are also creating a closeness that will last a lifetime.

Humpty Dumpty

Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall;
All the King’s horses and all the King’s men
Cannot put Humpty together again.



Child Care: What to Look for

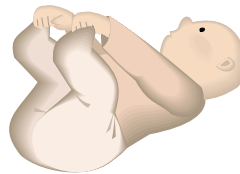
You may worry about leaving your child in someone else's care. The more you trust your caregiver, the more secure you will feel.

Does the caregiver...

- have child-rearing attitudes similar to yours?
- have training to understand what children can and want to do at different stages of growth?
- spend time holding, playing with and talking to your baby?
- have enough time to look after all the children in care?
- welcome visits from parents?
- have flexibility to meet your child's individual needs?

Does the home or center have...

- a license?
- few children? (Infants do better in small groups)
- a clean and comfortable look?
- equipment that is safe and in good repair?
- nutritious meals and snacks, if provided?
- bedding for each child?



Are there chances for children...

- to play alone and with other children?
- to be held, cuddled, rocked, smiled at, talked to?
- to relax and rest when they need to?
- to crawl and explore safely?
- to play with objects that develop their senses of touch, sight and hearing, such as mobiles, mirrors, rattles, things to squeeze and roll, pots and pans, soft toys, etc.?
- to learn language through the caregiver talking to the child, naming things, describing what he or she is doing, responding to the child's actions?

Parents should:

- personally interview the potential caregiver.
- check references, including past employers, and training in the area of early childhood development.
- check if caregiver is trained in CPR or first aid.
- observe how their child interacts with the potential caregiver.
- discuss philosophy and procedures for relevant issues, i.e., toilet learning, separation anxiety, discipline, etc.
- inform the caregiver of any upsets or changes in routine. Quality care requires a partnership among caregivers, parents, and the child.

Always acknowledge a caregiver's hard work and contributions to your child's well-being.

Will My Baby Be OK in Day Care?

Placing babies in day care is very common today. But is it good for babies? Yes, if it's good day care.

Good parents have always counted on family, friends, neighbors and churches.

Today, the paid child care provider is another person in the community who helps parents.

There are two important questions to ask yourself before you decide on a caregiver.

First, does he or she enjoy your child? Babies need lots of loving and attention.

Second, will he or she be there during the hours you need in the months to come? Babies need to form close bonds with people and can suffer if they have too many caregivers.

Children do best when their parents are happy and when they have a caring, sensitive caregiver at home and in day care.

The 4-C council office has more information on day care. Call (231) 941-7767 or 1-800-968-4228.

A child may need a few weeks to become comfortable with his new situation.

When You Need Help

Catholic Human Services	775-6581	Love, Inc.	779-1888
Cradle To Classroom	876-2300	Mercy Hospital	1-800-33-MERCY 876-7200
Child's Doctor	_____	MSU Extension	
Day Care Information (4 C's)	1-800-968-4228	Missaukee	839-4667
District Health Department		Wexford	779-9480
Missaukee	839-7167	North Central Community Mental Health	
.....	825-2040	1-800-49-ALPHA	
Wexford	775-9942	(1-800-492-5742)	
Family Independence Agency		OASIS/Family Resource Center	
Missaukee & Wexford	779-4500	Car Seat Loans	775-7299
.....	1-800-684-2170	Crisis Line	775-7233
Emergency	911	Poison Control	1-800-POISON-1 (1-800-764-7661)
Head Start Enrollment/Information		Wexford-Missaukee ISD	
Cadillac	775-9781	(Intermediate School District)	
Lake City	839-4012	Preschool	876-2300
Manton	824-3385		
Mesick	885-1915		

Talk to me.
Play with me.
Love me.



This edition of *First Steps, Parenting The First Year*, was written with the help of Wexford Missaukee Early On®, Wexford Missaukee Family Independence Agency, Kiwanis Club of Cadillac Michigan, Wexford MSU Extension, North Central Community Mental Health, Northwest Michigan Human Services Agency - Early Head Start, District Health Department #10, Wexford-Missaukee Intermediate School District Preschool, Mercy Hospital, Dr. Mary Dillon, and parents.

Some articles were adapted from North Central Regional Extension Publication No. 321; and from Parents As Teachers "Born To Learn" Curriculum.

Funding was provided by Wexford Missaukee Cradle to Classroom through a grant from the Michigan Department of Education.