

Baby Basics

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Neighborhood Family Health Center

IHA Women's Health Conference
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About Me and My Family



University of Michigan Medical School

Internal Medicine and Pediatrics
Residency at University of Chicago

3 daughters, ages 5, 4, 18 months

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Baby is here! Now what?

- Vitamin K, erythromycin ointment
- Baby's first check-up: will be seen by pediatrician in the hospital
- Newborn screen, jaundice check
- Hearing screen, CHD screen
- Hepatitis B immunization
- Will see pediatrician in the office 2-3 days after going home

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Well Child Checks

- Occur on a regular schedule:
 - 2-3 days, 2 weeks, 1 month, 2 mo, 4 mo, 6 mo, 9 mo, 12 mo, 15mo, 18mo, 24 mo, 30 mo, 36mo, then yearly
- Review nutrition, sleep, developmental milestones
- Many, but not all, visits include immunizations
- Chance to ask questions and get advice

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What To Expect the First Week

- Baby's main jobs:
 - Eat: will usually feed every 1-2 hours. Breast is best!
 - Sleep: newborns sleep 12-18 hours per day, often in 1-2 hour blocks at first
 - Poop and pee: stools will transition, wet diapers will increase
 - Communicate: crying

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Safe Sleep

- **Always place babies on their backs to sleep for every sleep.**
- Use a firm sleep surface, fitted sheet
- Have the baby share your room, not your bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, such as pillows and loose bedding out of your baby's sleep area.
- Do not smoke or allow smoking around your baby

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What if Baby Gets Sick?

Call your pediatrician for:

- Temperature ≥ 100.4 Rectally
- Extreme fussiness
- Poor sucking or feeding
- Persistent rapid breathing
- Difficult to arouse at normal times
- Decreased number of wet diapers (less than 4/d or >8 hours between diapers)



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Immunizations

- Given on a regular schedule to ensure good immune response
- Baby has passive immunity for first few weeks
 - Pregnancy immms are important for baby!
- Primary vaccine series given between 2-15 months at well child check-ups (WCC)



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Baby's Development

- Monitored by pediatrician at WCC
- Common milestones:
 - 2 months: social smile
 - 4 months: rolling over
 - 6 months: babbling and sitting up
 - 9 months: crawling
- Every baby is different

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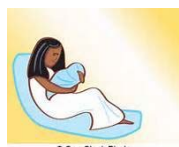
Colic and Crying Babies

- Part of normal development 2-6 weeks
- Period of Purple Crying
 - **P: Peak of crying** – Your baby may cry more each week; the most at two months, then less at three to four months.
 - **U: Unexpected** – Crying can come and go and you don't know why.
 - **R: Resists soothing** – Your baby may not stop crying no matter what you try to do.
 - **P: Pain-like face** – A crying baby may look like they are in pain, even when they are not.
 - **L: Long lasting** – Crying can last as much as five hours a day, or more.
 - **E: Evening** – Your baby may cry more in the late afternoon and/or evening.

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Calming Your Baby

- The 5 S's
 - Swaddling
 - Side
 - Shush
 - Swing
 - Suck



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Remember: It's always okay to place baby in a safe sleep place and walk away. Never shake a baby!

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Taking Care of Mom Too

- Post-partum depression occurs with up to 15% of births
- Signs:
 - Feeling sad, hopeless, overwhelmed
 - Not enjoying regular/fun activities
 - Mood swings, poor sleep, thoughts of harming self or baby
- Help is available: family support, counseling
- Talk to your doctor or pediatrician if concerned


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Recommended Resources

- www.healthychildren.org
 - AAP site, basic child health/parenting info
- www.cdc.gov
 - Vaccines, safety, preventive health info
- Your pediatrician or family doctor!




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My Official Qualifications

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Background

Undergraduate:
University of Michigan, 1982

Graduate School:
Wayne State University, 1996

Board Certifications:
 Pediatric Nursing Certification Board, Certified Pediatric Nurse Practitioner, 1996
 International Lactation Consultant Association, 2008



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My Other Qualifications



- Meet my family!
 - son-in-law Jack,
 - daughter Erin,
 - granddaughter Lily,
 - myself,
 - grandson Graham,
 - son Christopher,
 - husband Don, and
 - daughter-in-law Robyn



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BABY BASICS



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Your Baby's Job

- Eat
- Sleep
- Pee
- Poop







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Your Job

- Help your baby grow
- Help your baby develop
- Keep your baby safe
- Enjoy your baby





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Breastfeeding

- As long as
 - Your baby grows and
 - Your milk comes in
- Breastfeeding will likely go well



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Initial Breastfeeding Hurdles

- In first 1-2 weeks
 - Latch
 - Milk supply
 - Weight Gain









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Later Hurdles

- Back to work
- Sleep
- Milk supply on & off


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LOVE AND LOGIC

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Basic Premises of Parenting with Love and Logic


- “Effective parenting centers around love: love that is not permissive, love that doesn't tolerate disrespect, but also love that is powerful enough to allow kids to make mistakes and permit them to live with the consequences of those mistakes.”
- Let the child learn from his mistakes while the costs of mistakes are low.
- Let the child learn from his mistakes by experiencing consequences of his mistakes – natural or logical consequences teach best.




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Helicopters

- Helicopter parents hover, rescue and protect.
- The messages they send say:
 - You are fragile. You can't make it without me.
 - You need me to run interference.
 - You need me to protect you.
 - You can't make it in life without me!



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Drill Sergeants

- Drill Sergeant parents say: "Do it! Do it now, or else!"
- The messages they send say:
 - You can't think.
 - I have to do your thinking for you, boss you around, tell you what to do.
 - You aren't capable of making it in life.



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Consultants

- Consultant parents are always there to give advice and let the child make the decision, with the idea that they will let the child make as many mistakes as possible when the price tag is affordable.
- The message consultant parents send says:
 - you'd best do your own thinking because the quality of your life has a lot to do with your decisions.
- Consultant parents take very good care of themselves in front of the kids...
 - They never tell a kid what to do.
 - They get better results by saying what they're going to do.
 - They offer choices and alternatives instead of orders.
 - When confronted with a problem, consultant parents use meaningful actions and few words. They wrap consequences in a loving blanket of empathy.



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The "C.O.O.L." Formula

- Control that's shared
- Ownership of the problem
- Opportunity for thinking/decision making
- Let empathy and consequences do the teaching

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"C" Stands for Control That's Shared

- Parents need to determine who has the control now and to understand how to give away a little control and get a lot back



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"O" Stands for Ownership of the Problem

- Parents and kids need to be able to determine who owns the problem



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"O" Also Stands for Opportunity for Thinking/Decision Making

- Parents need to understand how to give kids an opportunity to do more thinking than the adult.



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“L” Stands for Let Empathy and Consequences Do the Teaching

- Let empathy and consequences do the teaching and, as a result, prepare kids for the real world.



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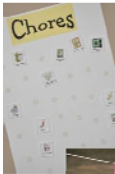
Four Steps to Responsibility

1. Give the child a task he/she can handle.
2. Hope that the child “blows it”.
3. Let equal parts of empathy and consequence do the teaching.
4. Give the same task again.



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Give the child a task he/she can handle



- Builds responsibility.
- Prepares children for the real world.
- Develops self-concept



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Hope that the child “blows it”...

- ...so the child has a learning experience when the price is small



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Let equal parts of empathy and consequence do the teaching

- Empathy allows learning to occur, rather than giving the child an opportunity to focus upon the anger of the adult.
- Empathy builds relationships.
- Empathy stimulates thinking.
- Consequences allow children to “own” the problem.
- Consequences are real world.



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Give the same task again



- Sends implied message: “You’re smart and I know you can learn from your mistakes.”
- Communicates TRUST.
- Says: “YOU ARE CAPABLE.”



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Modeling Behaviors

- Honesty
- Compassion
- Responsibility
- Patience
- Respect

QUESTIONS?

Thank you for coming!