

My Baby

at 1 week



I need you to:

- ♥ Feed me when I'm hungry and hold me during every feeding. Being held while eating helps me feel loved, welcomed and builds trust.
- ♥ Smile and hold me close.
- ♥ Talk and sing to me.
- ♥ Comfort me – with rocking, snuggling, gentle words.
- ♥ Provide a smoke-free, nurturing home.
- ♥ Schedule first health care provider appointment and 1st set of immunizations.

Mom needs...

- Rest when I'm sleeping.
- Help from family, friends or neighbors.
- To call health insurance provider to add me to medical coverage.

Family needs:

- Time to adjust to new member.
- Other kids need special time with Mom and Dad.

Watch me grow! I can... .

- See people and things 6" – 12" away
- Hear
- Develop relationships
- Gain 5-8 ounces per week
- Have strong need to suck
- Spit up after feedings
- Wet 8-12 diapers daily
- Pass 3-5 stools per day; color varies. Breastfeeding babies may stool with every feeding.

Keep me safe ...

- Always use an approved car seat.
- Never leave me alone in a parked car.
- Make sure there's a smoke detector in our home.
- Always check bath water temperature.
- Never leave me alone with young children or pets.
- Wash hands after every diaper change and before feeding me.
- Do not warm bottles in microwave – easy to overheat.
- Throw away formula left after feedings.
- Never prop my bottle – I could choke.
- Never shake me – it could cause brain damage or death.

Did you know?

- I may grunt and become red in the face when stooling. Don't worry, this doesn't mean I'm constipated.
- I can sleep up to 20 hours per day.
- I'm a light sleeper, so shhhh...
- I need to sleep alone on my back on a firm mattress.
- It's dangerous for me to sleep with another person, even you.

Check out these websites for more info!



Text4Baby.org
<https://text4baby.org>

WIC Nutrition Website
www.michigan.gov

Michigan Tobacco Quit Line
<https://michigan.quitlogix.org/>

DIAPERING

Dependability—Baby needs you to be dependable.

Interaction—The more positive interaction, the better it is for both of you.

Adoration—Baby needs to know how much you adore him/her.

Predictability—Baby needs to be able to predict what will happen when he/she has wet diapers.

Excitability—Teach Baby how to have fun and get excited.

Repetition—Baby learns through repetition.

Sensitivity—Baby learns he/she is important.

Call the doctor if baby:

- Has a fever.
- Refuses to eat.
- Is vomiting.
- Has diarrhea.
- Is acting in a way that concerns you, or if you feel something isn't right.



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Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.