

the newborn

Your Growing Child

A Family Brochure

Babies grow, change and learn differently. Here are some tips to help you enjoy and keep your new baby healthy and safe.

Call your clinic, public health nurse or school district if you have questions or concerns about your baby.

Health

Breast milk is best, offer ONLY breast milk or iron-fortified formula.

Appetite will vary depending on growth and activity. A newborn baby:

- Needs a Child and Teen Checkups health check starting as a newborn - 1 month. Regular health checks are important.
- Has 6-8 wet diapers a day. BMs will vary.
- May nurse 8-12 times or take 20-24 ounces of formula a day. No solid foods yet!
- Burps at least once during and after a feeding.
- May sleep 11-23 hours a day.



Put babies to sleep on their backs, with crib rails up.

Babies should not sleep on extra soft surfaces (waterbed, sofa or pillow).

Learning

Crying is your baby's first try at talking to you.

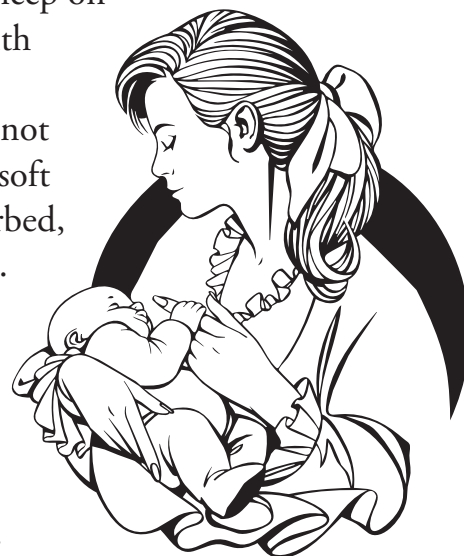
Babies cry when they are hungry, hot, cold, wet, sick or hurt. You will learn the meanings of these cries.

Try to:

- Respond quickly to cries. This will build trust.
- Hold your baby often. It won't spoil him.
- Read, talk and sing to your baby often.

Remember that all behavior has meaning. Asking yourself, "What is my baby trying to tell me?" will help you decide how to respond in sensitive ways.

Sometimes it's hard to comfort your baby—take a break when you need to!



Safety

- **ALWAYS** use an approved car seat, properly secured in the back seat.
- Keep your hot water temperature below 120°F. Before bathing your baby, check the water temperature with your wrist.
- Don't let **anyone** smoke around your baby.
- Never tie a pacifier around your baby's neck or to her clothing.
- Never leave your baby alone in a bathtub no matter how little water is in it.
- Don't let your baby fall. Keep one hand on your baby when on a high surface (changing table, sofa or counter).
- Don't drink, eat or hold anything hot while holding your baby.
- Always hold your baby when feeding. Don't prop the bottle.
- Never warm your baby's bottle in the microwave.
- Keep plastic bags, balloons, safety pins and small objects away from your baby.
- Use smoke detectors and check them twice per year (such as at daylight-savings time).
- Never leave your baby alone or with a young sibling or pet.

Attention. If you want free help translating this information, ask your worker or call the number below for your language.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاسأل مساعدك في مكتب الخدمة الاجتماعية أو اتصل على الرقم 1-800-358-0377

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿងរបស់អ្នក ឬ ទូរស័ព្ទទៅលេខ 1-888-468-3787 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, pitajte vašeg radnika ili nazovite 1-888-234-3785.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, nug koj tus neeg lis dej num (worker) lossis hu 1-888-486-8377.

ໂປດຊາບ. ຖ້າທ່ານກຳລັງຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງຖາມນຳພັນກຳລັງຊ່ວຍວຽກຂອງທ່ານຫຼືໂທໂທລີທາຕາມເລກໂທລີ 1-888-487-8251.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, hojjataa kee gaafaddhu ykn lakkoofsa kana bilbili 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, обратитесь к своему социальному работнику или позвоните по следующему телефону: 1-888-562-5877.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, weydii hawl-wadeenkaaga ama wac lambarkan 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para traducir esta información, consulte a su trabajador o llame al 1-888-428-3438.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi nhân-viên xã-hội của quý vị hoặc gọi số 1-888-554-8759.

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This information is available in accessible formats for individuals with disabilities by calling local 651-431-2486, toll-free 800-657-3739, or by using your preferred relay service. For other information on disability rights and protections, contact the agency's ADA coordinator.

Minnesota Poison Information
1-800-222-1222
Minnesota Immunization Hotline
1-800-657-3970

