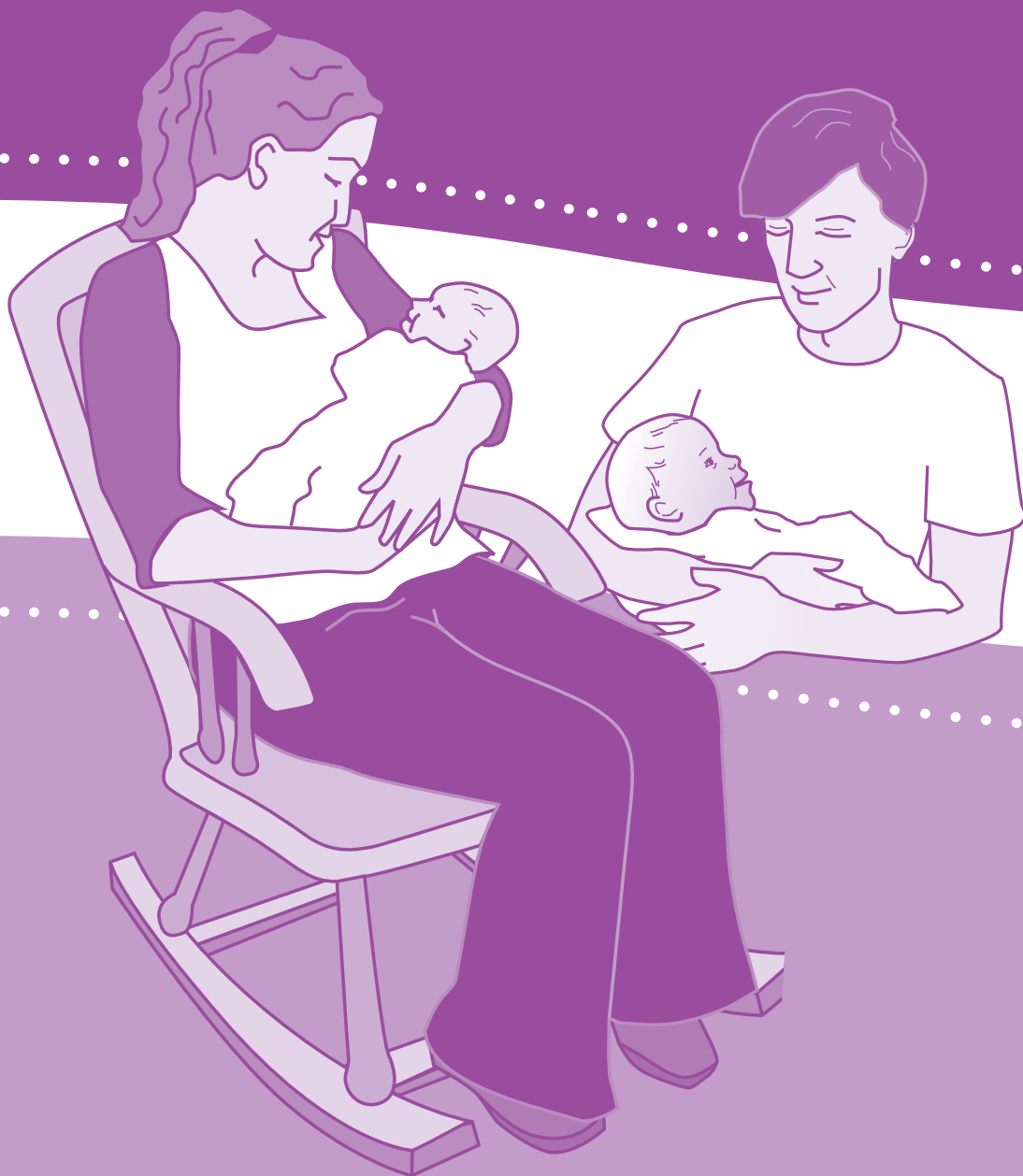


# Making Connections

Your First Two Years with Baby



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# Message to Parents

As a parent, you play a very important role in helping your child grow up to be happy, healthy and ready to start school. Your baby's brain is not fully developed at birth. For your baby's brain to grow and develop in a healthy way, he/she needs positive experiences early in life.

You can give your baby the best start in life by caring for him/her in a warm and loving way and doing things together like reading, singing, talking and playing. These early experiences help different parts of your baby's brain grow and will have a positive effect on how he/she learns, thinks, feels and behaves now and later in life.

Because the early years are so important to your child's healthy growth, you need to know how children learn and what helps them grow up to feel good about themselves. We hope this book will help you understand what you can do to connect with your child in a loving, healthy way.

# Table of Contents.....

<b>TAKING CARE OF YOU</b>	<b>5</b>
Your Changing Body	6
New Feelings	9
When to See Your Public Health Nurse, Doctor or Primary Health Care Provider	10
Birth Control – Which Type is Right For Me?	12
About You	13
Notes	14

<b>THE FIRST MONTH</b>	<b>15</b>
Your First Look at Your Baby	16
Taking Care of Your Baby	18
Sleeping	23
Crying	24
Feeding Your Baby	28
Breastfeeding	29
Playing and Learning	44
Baby Equipment Safety	46
Baby's First Checkups	50
Notes	52



## **1 - 6 MONTHS** \_\_\_\_\_ **53**

Getting to Know Your Baby	54
Building a Close Relationship with Your Baby	57
Your Baby's Brain Development	58
Sleeping	60
Crying	61
Taking Care of Yourself	62
Choosing a Babysitter	63
Choosing Child Care	64
Playing and Learning	66
Stages of Development	67
Keeping Your Baby Safe	73
Your Baby's Checkups	75
Your Growing Baby	76
Notes	77

## **6 - 12 MONTHS** \_\_\_\_\_ **79**

Sleeping	80
Crying	81
Feeding	82
Teething	89
Playing and Learning	90
Stages of Development	91
Keeping Your Baby Safe	97
Your Baby's Checkups	100
Your Growing Baby	101
Notes	102



**1 - 2 YEARS** \_\_\_\_\_ **103**

Sleeping \_\_\_\_\_ 104

Feeding \_\_\_\_\_ 105

Breastfeeding Your Toddler \_\_\_\_\_ 106

Toilet Training \_\_\_\_\_ 107

How Toddlers Act \_\_\_\_\_ 108

Fears \_\_\_\_\_ 110

Stress \_\_\_\_\_ 110

Discipline \_\_\_\_\_ 111

Child Abuse \_\_\_\_\_ 112

Playing and Learning \_\_\_\_\_ 113

Stages of Development \_\_\_\_\_ 114

Keeping Your Toddler Safe \_\_\_\_\_ 117

Your Toddler's Checkups \_\_\_\_\_ 118

Your Toddler \_\_\_\_\_ 119

Notes \_\_\_\_\_ 120

**A FINAL NOTE** \_\_\_\_\_ **121**

**REFERENCES** \_\_\_\_\_ **122**

Acknowledgements \_\_\_\_\_ 124

Notes \_\_\_\_\_ 125

# Taking Care of You



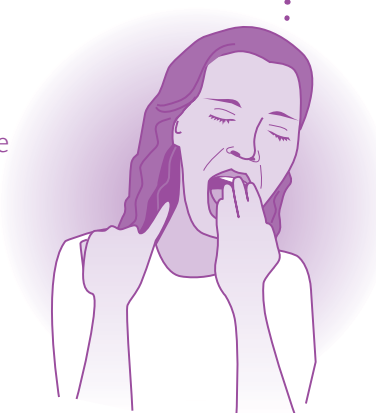
The birth of a child will probably be one of the biggest changes you will go through in your life. In the first few weeks, your body will still be recovering from the labour and birth. You may have many new feelings as you try to adjust to this new life while learning to take care of your newborn baby. You may go from feeling happy to feeling sad in a very short time.

All these things are normal and are part of becoming a new mother. Your partner will also be going through changes, while trying to support you, as you both learn to care for a new baby.

This section is all about what happens after you give birth. You will find answers to the following questions:


- How will my body change after giving birth?
- How will I feel after giving birth? (examples: sadness, excitement, confusion)
- What signs or symptoms should I report to my health care provider right away?
- What are my options for birth control?

# Your Changing Body

What Might Happen	What to Do
<p>You feel tired because of a long, hard labour, and have had little sleep since baby arrived.</p> 	<ul style="list-style-type: none"> <li>• Rest as much as possible.</li> <li>• Sleep when your baby sleeps.</li> <li>• Limit visitors.</li> <li>• Ask family or friends to help out.</li> </ul>
<p>You may have sharp pains in your stomach. These are called afterpains. They help your uterus stop bleeding and go back to its normal size.</p> <p>You may feel these pains in the first few days when breastfeeding. Afterpains are common in women who have had babies before.</p>	<ul style="list-style-type: none"> <li>• Take slow breaths and try to relax.</li> <li>• Pee regularly.</li> <li>• If the pains get worse, or do not go away after a few days, talk to your health care provider.</li> </ul>
<p>You will have bleeding from your vagina for 2 to 6 weeks. This is caused by the uterus shedding its lining.</p> <p>For 2 or 3 days, the flow will be dark red, with small clots. After this, there will be less bleeding, and it will look brownish pink (like the last few days of your period), then yellowish white.</p>	<ul style="list-style-type: none"> <li>• Wear a sanitary pad in your underwear (larger pads at the beginning for heavier flow, then thinner pads as the bleeding slows down).</li> <li>• Only use tampons after any vaginal tears or incisions have healed.</li> <li>• If your bleeding does not decrease or smells bad, call your health care provider.</li> </ul>



What Might Happen	What to Do
<p>You will feel sore between your legs. This is caused either by stretching during labour, or stitches from an episiotomy or tear.</p>	<ul style="list-style-type: none"> <li>• Keep the area clean by squirting warm water between your legs whenever you use the toilet.</li> <li>• If you have stitches, pat dry.</li> <li>• Wipe yourself from front to back.</li> <li>• Sit in a warm bath.</li> <li>• Do Kegel exercises – talk to your health care provider if you don't know how.</li> </ul>
<p>At first, you may find it difficult to pee. This is caused by the stretching of that area during childbirth. It usually goes away in a few days.</p>	<div data-bbox="516 898 1062 1388" data-label="Image"> </div> <ul style="list-style-type: none"> <li>• Drink a lot of fluids (water, juice, tea)</li> <li>• Go to the toilet regularly, even if you don't feel like it.</li> </ul>
<p>For the first little while, it may be hard to have a bowel movement.</p>	<ul style="list-style-type: none"> <li>• Try to eat more fibre - whole grain breads, whole grain rice, bannock, bran, prunes, fruits, vegetables, etc.</li> <li>• Drink a lot of water and other fluids.</li> <li>• Use stool softeners if you continue to have problems (you can get these at the drug store).</li> </ul>

What Might Happen	What to Do
<p>You may get swelling in or around your rectum called hemorrhoids. This can make this area sore and tender.</p> 	<ul style="list-style-type: none"> <li>• Do not stand for long periods of time.</li> <li>• Sit on pillows to ease the soreness.</li> <li>• Lie down to take pressure off your bottom.</li> <li>• Drink a lot of water and other fluids.</li> <li>• Eat more fibre - whole grain breads, whole grain rice, bannock, bran, prunes, fruits, vegetables, etc.</li> <li>• Take walks every day.</li> <li>• Avoid straining (pushing hard) when going to the bathroom.</li> </ul>
<p><b>Getting your menstrual period:</b> If you are breastfeeding only (not giving any formula, water, other liquids or food) your period may be delayed.</p> <p>If you are not breastfeeding, your period will usually start within 4-9 weeks after giving birth.</p>	<ul style="list-style-type: none"> <li>• Be sure to talk to your health care provider about birth control – because you can get pregnant even before you get your period.</li> </ul>
<p>As your milk supply increases, your breasts may feel full for the first few days after giving birth.</p>	 <ul style="list-style-type: none"> <li>• Start breastfeeding early and breastfeed as often as possible.</li> <li>• Breasts will often feel full before feeds and softer after.</li> </ul>
<p>Your stomach will be soft. It takes about six weeks before it becomes firm.</p>	<ul style="list-style-type: none"> <li>• Ask your health care provider about safe exercises you can do after your baby is born.</li> </ul>

# New Feelings

The first few days and weeks after your baby is born can be an exciting and tiring time. You may have many new feelings inside that can be very confusing. Just remember... it is all part of becoming a new parent.

## Baby Blues

Many new mothers feel sad, or cry easily, in the first few weeks after their babies are born. These feelings are normal. They happen for different reasons, such as:

- changing hormones
- lack of sleep
- discomfort from labour and birth
- being unsure about how to care for your baby
- added stress from your new responsibilities as a mother
- a need to try and do everything at once
- your changing relationship with your partner



## Helpful Tips

Here are some tips to help you cope during these first few weeks:

- When you are in the hospital, ask a lot of questions about caring for your new baby (ex: How often does my baby need to feed? What do I do if the baby won't stop crying? Why should I put my baby on his/her back to sleep?)
- When you get home, get a lot of rest.
- Sleep when your baby sleeps, so you will have more energy when baby is awake.
- Don't have too many visitors, and keep the visits short.
- Ask family and friends to help out with the cooking and cleaning.
- Don't be too hard on yourself if you don't know everything. Be patient and give yourself time to get used to your new life and your new baby.

## Postpartum Depression

If you feel sad for a long time or are finding it hard to cope, call your doctor or health care provider. You may have postpartum depression. **If you feel like you might hurt your baby or yourself**, immediately call your health care provider or local hospital emergency.

# When to See Your Public Health Nurse, Doctor or Primary Health Care Provider

Public health nurses provide post partum follow-up and family support to new mothers and their families. This is done by phone contact and/or home visits in the first two weeks after delivery. Public health nurses can answer many questions that new mothers may have about their own body, their baby, breastfeeding and other community resources.



Six weeks after giving birth, you would normally see your doctor or primary health care provider for a checkup. However, if your baby was born by Caesarean section (C-section), the doctor will probably want to see you sooner.

To get ready for your doctor's visit, it is a good idea to write down all the questions you want to ask and take the list with you to your appointment.

*If you have any health concerns before your 6-week checkup, call your doctor or primary health care provider. This is especially important if you have any of the signs or symptoms listed below:*

<ul style="list-style-type: none"> <li>• heavy bleeding - soaking up more than 1 maxi-pad in under an hour</li> </ul>	<ul style="list-style-type: none"> <li>• pass large clots of blood</li> </ul>
<ul style="list-style-type: none"> <li>• bright red blood returns after the 4th day of giving birth</li> </ul>	<ul style="list-style-type: none"> <li>• have bad smelling vaginal flow</li> </ul>
<ul style="list-style-type: none"> <li>• stitches open up, or become painful, or there's a bad smell in that area</li> </ul>	<ul style="list-style-type: none"> <li>• severe, sharp pains in your tummy that don't go away</li> </ul>
<ul style="list-style-type: none"> <li>• chills</li> </ul>	<ul style="list-style-type: none"> <li>• feel dizzy</li> </ul>
<ul style="list-style-type: none"> <li>• unable to have a bowel movement (poop) even after using stool softeners</li> </ul>	<ul style="list-style-type: none"> <li>• pain, redness or swelling near caesarean incision</li> </ul>

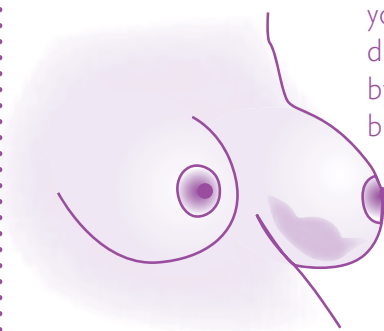
- bad headaches that don't go away
- blurred vision or spots in front of your eyes



- fever



- pain when you pee



- painful red area on your breast that does not get better by more frequent breastfeeding

- painful or red area on your leg



- feelings of sadness and depression that don't go away



- feelings that you might hurt the baby or yourself

# Birth Control – Which Type is Right For Me?

In preparing for your six week check up, it is a good idea to think about birth control. Using birth control is important because:

- your body needs time to recover before you have another baby
- you can get pregnant even before you get your period (even if you are breastfeeding)

Think about the type of birth control you would prefer so you can discuss this with your health care provider at your appointment.

## Types of Birth Control

- the Pill
- Depo-Provera
- cervical cap
- contraceptive vaginal film
- sterilization
- vasectomy (male)
- tubal ligation (female)
- condoms or foam
- contraceptive gel/cream
- sponge
- diaphragm
- IUD (intrauterine device)
- implants
- natural family planning method

## How do you choose?

To help you decide about birth control, you might want to think about:

- How easy is it to use?
- How easy is it to find?
- How much does it cost?
- How do you and your partner feel about this method of birth control?
- How soon you want to have sex after your baby is born?
- Will it effect breastfeeding?
- What are the chances you could get pregnant while using this method?
- What side effects does it have?
- Will it protect against sexually transmitted infections (STIs)?



# About You

Since my baby has been born...

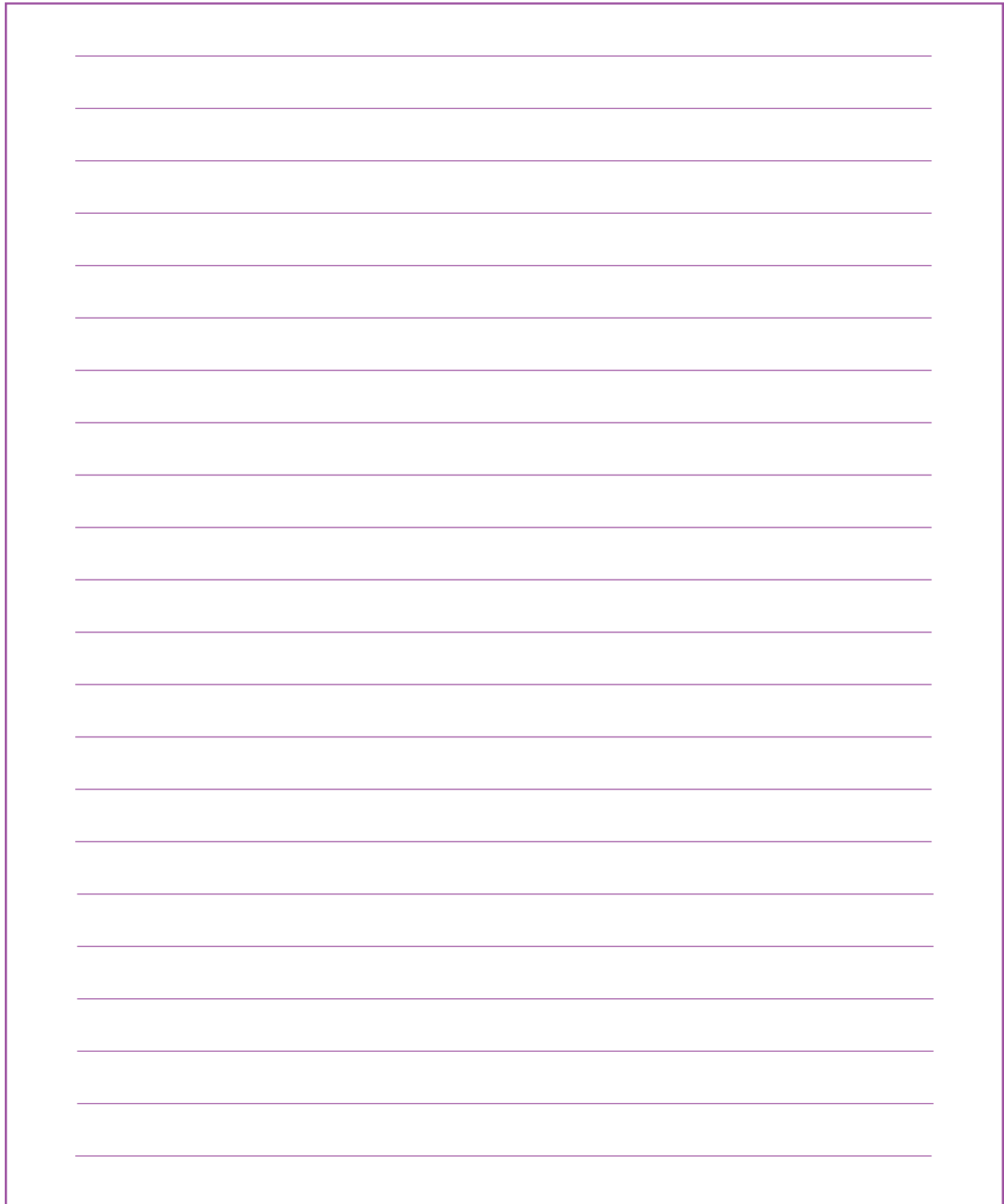
My body has changed...

I feel...

What type(s) of birth control do I want to talk to my health care provider about...



# Notes







# The First Month

The first month with your baby is very special, but it is also very busy and very tiring. As you recover from labour and birth, you will spend most of your energy taking care of your baby's needs such as feeding, diapering and comforting. At times, you might feel nervous about taking care of your baby. Soon you will feel more confident and learn what your baby wants and how to take care of his/her needs. Ask for help from someone you trust.

This section is all about what happens during the first month after giving birth. You will find answers to the following questions:

- How will my baby look after birth?
- How do I care for my baby?
- What is Sudden Infant Death Syndrome (SIDS) and how can it be prevented?
- What do I do if my baby cries or has colic?
- What is Shaken Baby Syndrome and how can I prevent it?
- How do I feed my baby?
- What will my baby be able to do?
- How do I keep my baby safe?
- What will happen during my baby's first checkup?



# Your First Look at Your Baby

You might be surprised by how your baby looks when he/she is born. Many of the things you see are normal and will go away over time.

## Head

Your baby's head might seem too large for his/her body. The head might look out of shape after a vaginal birth. It will become more normal in shape in a few days.

There are two spots on your baby's head where the skull bones do not join. These are called soft spots. The small soft spot at the back of the head will close in 2 - 6 months. The large soft spot at the front of the head will close in 18 months.

## Neck

Your baby is not strong enough to hold up his/her head or neck. Whenever you hold your baby, support his/her head and back with your hands.

## Hair

Your baby might be born with a thick head of hair or no hair at all. Don't worry if your baby's hair is falling out and there are bald spots. New hair will grow in.

The soft, downy hair on your baby's body is called lanugo. It will fall out within the first few weeks.

## Face

Your baby's face might be swollen. From sucking, your baby might have a blister on his/her lip. These things are normal and will go away.

## Eyes

Your baby's eye colour will depend on his/her skin tone. Babies with fair skin are usually born with blue-grey eyes. Babies with darker skin usually have brown or dark grey eyes. Your baby's eye colour can change within the first 6 months.

You might not see many tears when your baby cries. Your baby will shed more tears when he/she is about 3 months old.

Your baby has weak eye muscles, so his/her eyes might look crossed. This will go away over time.



## Skin

Your baby's skin might be coated in a creamy white substance called vernix. It protected your baby's skin while he/she was in the uterus.

You might also notice red marks and white spots that look like pimples on your baby's face. The white spots are called milia. If your baby is dark skinned, you might see dark spots on his/her back and bum. These marks and spots are all normal and will go away.

## Genitals

Hormones may cause your baby's genitals to swell for the first few weeks after birth. Your daughter's vagina might have a white discharge with a small amount of blood in it. Your son's testicles might be larger than normal.

## Umbilical Cord

Your baby's umbilical cord will be bluish-white at birth. It will dry up and drop off over the next two weeks.

Call your baby's doctor or health care provider if the umbilical cord oozes pus, has a bad smell, or is red and swollen.

# Taking Care of Your Baby

Every time you feed, bathe or diaper your baby, you have the chance to get to know him/her better. Touching, talking, smiling and playing are important activities that help your baby's brain grow and help you bond with each other.

## Bathing Your Baby

### General Tips

- Wash your baby's face, neck, hands and diaper area, in that order every day.
- Give your baby a full bath at least 3 times a week.
- Help your baby adapt to a bathing routine by giving him/her a bath at the same time each day.



Do's	Don'ts
<ul style="list-style-type: none"><li>• Always stay with your baby. Your baby can drown in seconds in less than an inch of water.</li><li>• Use one arm to support your baby's head and neck at all times.</li></ul>	<ul style="list-style-type: none"><li>• Never add warm or hot water to the tub while baby is in it.</li><li>• Don't use baby powder or cornstarch on baby's skin.</li><li>• Never put anything inside baby's eyes, ears or nose (including cotton swabs).</li></ul>



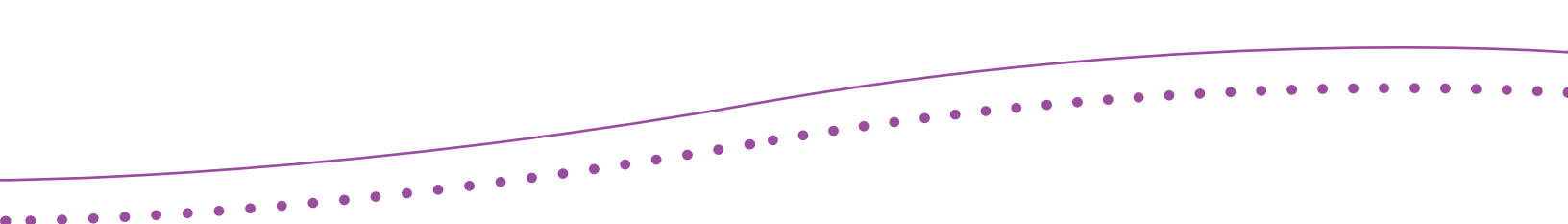
## Giving Your Baby a Bath

### *Getting ready*

- Gather everything you need for your baby's bath ahead of time - baby soap, baby shampoo, wash cloths, towels, clothes and diaper.
- If you are washing your baby in a sink, place a towel at the bottom of the sink to prevent him/her from slipping.
- Make sure the room is warm and not drafty.
- Wash your hands.
- Test the bath water with your elbow to make sure it is warm, NOT hot.

### *Bathing your baby*

- Undress your baby and place him or her in the basin of water or on the folded towel if a sponge bath is being given.
- Use only water and a clean washcloth to clean the area around the eyes. Begin with the inside of the eye and wash toward the ear. Use a clean part of the washcloth and wash the other eye.
- Wash your baby's face with water only.
- Use your little finger tucked inside a wet washcloth to clean the ears. Never use Q-tips inside your baby's ears.
- To wash your baby's hair, tilt the head back while supporting the head and neck. Wet your baby's head with water. Add some baby soap to a damp washcloth and work up a lather. Apply the lather to your baby's head. Gently rub the lather over the head from front to back to keep suds out of the eyes. Rinse the head with clean water and dry with a towel.

- 
- To wash the baby's body, work up a lather with the washcloth. Start with your baby's neck and wash the back, stomach, arms, and fingers. Rinse the washcloth, then rinse the area just washed with water. Repeat the rinsing and lathering of the washcloth and clean the legs and feet.
  - Clean your baby's diaper area last. Clean this area beginning with the front, and then move towards the buttocks.
    - For girls, clean the genitalia from front to back. This avoids getting stool (poop) into the opening leading to the bladder, which may cause an infection.
    - For boys, gently wash the penis with soap and water.
  - Rinse and dry your baby with a clean soft towel.

### *Finishing up*

- Use a towel to dry the area around your baby's umbilical cord.
- Use a towel to dry between your baby's fingers and toes and under his/her neck.
- Dress your baby in clean clothes.

## Changing Your Baby's Diaper

- Change your baby in a clean, safe area.
- To prevent a fall, never leave your baby alone on a change table, bed or other raised surface.
- Choose a diaper - cloth or disposable - that is right for you and your baby. If you choose cloth diapers, use plastic pants to keep your baby's clothes dry.
- Change your baby often to protect him/her from getting a diaper rash.
- Use warm water or baby wipes to wash the diaper area every time you change your baby. Always wipe your daughter from front to back to prevent infection in the area. **Never** pull back your son's foreskin for cleaning.
- Make sure the diaper does not rub against the umbilical cord. (Fold diaper down if this is happening)
- To finish up, wash your hands with soap and water.





## Dressing Your Baby

Your baby cannot control his/her body temperature, you need to keep him/her warm, not hot. These are signs that your baby is too hot:

- sweating
- red cheeks
- less active or alert

When dressing your baby use clothes that are soft with smooth seams. Cotton is a good fabric for baby clothes. Inside you might use an undershirt or “onesie” plus a sleeper. Babies also like a receiving blanket. In warm weather take off a layer. In cold weather add more layers.

## Looking After Your Baby’s Mouth

It’s a good habit to clean your baby’s mouth even before he/she has teeth. Wipe your baby’s gums with a clean, wet wash cloth at the end of every day. The routine will make it easier for you and your baby to adjust to dental care.

Most babies are born without teeth. However, it is possible for a newborn or a very young baby to have teeth.



# Sleeping

Your baby will sleep on and off for 12-20 hours a day for the first 3 or 4 months, and less time as he/she grows. Your baby needs this sleep to help his/her brain and central nervous system grow. There is no set schedule for babies and they will have awake time both during the day and night. Since your baby has a very small stomach, he/ she will likely wake up every 1 ½ - 3 hours to eat. Use this time to feed, change and cuddle your baby during the day and night.

Your baby's sleeping patterns will change as he/she gets older. He/she will sleep less and stay awake for longer. Watch for changes in your baby's sleeping patterns and call your public health nurse/health care provider if you are concerned.

Remember to lay your baby down to sleep on his/her back.

## Helping Baby Sleep

You can help your baby sleep by knowing when he/she is tired and by providing a comfortable, safe sleep environment.

### These are signs your baby may be ready to sleep:

- rubbing his/her eyes
- yawning
- looking away
- fussing



## Sudden Infant Death Syndrome (SIDS)

Sudden Infant Death Syndrome (SIDS) is also known as crib death. It is the sudden and unexpected death of a healthy baby under 1 year of age.

The cause of SIDS is unknown but doctors have identified ways to reduce the risk of SIDS.

### Take these steps to help protect your baby from SIDS:

- Put your baby to sleep on his/her back, NOT his/her stomach or side.
- Put your baby to sleep on a firm, flat surface with no toys, bumper pads or pillow. Make sure baby cannot fall out of the bed.
- Keep your baby away from tobacco smoke before and after birth.
- Keep your baby warm, NOT hot. Use only a light blanket to cover him/her.
- Breastfeeding may help to reduce SIDS.
- Do not sleep with your baby while sitting or lying on the couch, chair, or recliner as your baby could fall and suffocate between the cushions.
- Do not have a baby less than 1 month of age sleep in their car seat if not in the car.
- Do not put your under 1 month old baby to sleep in a swing or hard plastic carrier.

# Crying

Your baby may cry more than you expect. Babies show they are uncomfortable using body movements, facial expressions, fussing, and then crying as ways to express their feelings or needs. This can be frustrating, especially if you don't know what's wrong.

The first thing you should do is pick up your baby when he/she is uncomfortable. This will NOT spoil your baby. In fact, if you hold and cuddle your baby, he/she will cry less and sleep more at night.

## Amount of Crying

Age	What Might Happen
Newborn	Cries a lot, especially at night
6 - 8 weeks	Cries up to 3 hours a day
12 weeks	Cries less often, finds new ways to communicate

Reason for Crying	Your Baby's Signals	What to Do
Hunger	<ul style="list-style-type: none"> <li>• eyes move quickly under the eyelids as baby begins to wake up</li> <li>• hands in mouth</li> <li>• reaches for your breast with his/her mouth</li> <li>• moves around more</li> <li>• clicks or sucks on his/her tongue</li> <li>• makes small sounds</li> </ul>	<ul style="list-style-type: none"> <li>• feed your baby</li> </ul>
Gas Pains	<ul style="list-style-type: none"> <li>• gasps and screams</li> <li>• knees bend up and baby passes gas</li> <li>• swallows air while feeding or crying for a feeding</li> <li>• squirms around</li> <li>• does NOT want to eat</li> </ul>	<ul style="list-style-type: none"> <li>• burp your baby - hold him/her against your body and gently rub his/her back</li> <li>• put your baby in a different position</li> <li>• give your baby a bath</li> <li>• feed your baby before he/she cries</li> </ul>

Reason for Crying	Your Baby's Signals	What to Do
Overtired/ Overstimulated	<ul style="list-style-type: none"> <li>• fusses and squirms</li> <li>• looks away from the person holding him/her</li> <li>• yawns</li> <li>• baby is surrounded by activity - loud sounds, people moving around</li> </ul>	<ul style="list-style-type: none"> <li>• place your baby to sleep on his/her back</li> <li>• rock your baby to sleep</li> <li>• talk gently, hum, or sing to your baby</li> <li>• try feeding your baby</li> </ul>
Cold	<ul style="list-style-type: none"> <li>• baby is in a cool room or is outside</li> <li>• skin feels cold to the touch</li> </ul>	<ul style="list-style-type: none"> <li>• cuddle with your baby under a warm blanket; your body will warm the baby quickly</li> <li>• wrap your baby in a snug blanket</li> <li>• close open windows or turn up the thermostat to warm the room</li> <li>• dress your baby in warm clothes - he/she may need one more layer on top of what he/she has on</li> </ul>
Wants to be held	<ul style="list-style-type: none"> <li>• whimpers</li> <li>• stops crying when you pick him/her up and cries when you put him/her back down</li> </ul>	<ul style="list-style-type: none"> <li>• hold and cuddle your baby</li> <li>• talk gently, hum, or sing to your baby</li> <li>• show your baby an interesting picture or object</li> </ul>
Needs to suck	<ul style="list-style-type: none"> <li>• mouth opens and baby makes sucking sounds</li> <li>• baby ate recently</li> </ul>	<ul style="list-style-type: none"> <li>• help your baby suck on his/her hand</li> <li>• baby may still be hungry, try offering to feed again</li> </ul>

# Colic

All babies cry, however colic can cause your baby to cry for long periods of time no matter what you do to soothe him/her. The cause of colic is unknown. It can start when your baby is 2 - 3 weeks old and usually lasts until they are 3 - 4 months old.

It can be very upsetting when your baby is crying and cannot be comforted. There are ways to help your baby calm down.

## Signs of Colic

- Your baby cries at the same time every day for 3 - 4 hours for no apparent reason. He/she stops crying for only short periods of time.
- Your baby seems to have gas pains - bends his/her knees up and cries.

## What to Do

- Cuddle your baby before he/she starts to cry.
- Keep your baby moving - rock your baby, walk with him/her in your arms or a carrier, or take a car ride together.
- Hold your baby face down along your forearm. Rest the baby's head in the bend of your elbow and grip your hand between his/her legs. Hold the baby in place with your other hand.
- Mothers who have a lot of milk should let baby finish the first breast before switching to the second breast.
- Occasionally changing what you eat may help to decrease colic. Ask your health care provider for information about foods that may increase colic.
- Ask for help from someone you trust. Have them come over and look after your baby so you can take a break.
- Talk to other parents who have coped with a colicky baby.
- Remember colic is not your fault.
- Remember that colic will go away in time.
- Get advice from your doctor or health care provider.





# Shaken Baby Syndrome

It is normal to feel stress or anger when your baby cries for a long period of time. NEVER EVER shake your baby. Shaking your baby for even a brief time can cause brain damage or death. If you think you might lose your temper, put your baby in the crib, walk away and shut the door behind you. Call someone to help you.

## **What You Can Do to Stay in Control**

- Learn your baby's cues so you know what to do before the crying starts.
- Try to calm your baby as soon as he/she starts to cry. Do NOT let your baby cry so hard he/she cannot stop.
- Have someone you trust come over and care for your baby so you can take a break.
- Share your feelings of frustration or anger with a friend or family member.
- Contact your doctor or public health nurse.



# Feeding Your Baby

Feeding gives your baby more than just nutrition. It is an activity that can help you and your baby form a close bond. Hold your baby close and talk to him/her in a gentle voice as you feed. This will help your baby feel secure and loved.

Feeding your baby can be a very positive experience. It is important to learn the signs that your baby is hungry so you can feed before he/she gets upset or cries loudly. Knowing the signs will help your baby be calmer and swallow less air during the feeding.

## **Signs Your Baby is Hungry**

- Eyes move quickly under the eyelids as baby begins to wake up to feed.
- Stretching and increased body movements.
- Clicking and sucking movements of the mouth.
- Puts hands in mouth.
- Starts to squirm.
- Makes small sounds.



# Breastfeeding

Breastfeeding is the ideal way to feed your baby. Health Canada recommends that no other foods besides breast milk be given to your baby until he/she is 6 months old. Infants should be introduced to iron-rich solid foods at approximately 6 months with continued breastfeeding for 2 years or longer.

## **Breastfeeding Baby**

- Gives your baby food that is always fresh and available.
- Protects your baby against illnesses such as childhood diabetes.
- Protects your baby against infections and allergies.
- Protects your baby against childhood cancers, including leukemia and lymphoma.
- Protects your baby against coughs and colds, pneumonia and other respiratory infections.
- Protects your baby against vomiting, diarrhea, and constipation.
- Protects your baby against ear infections that can damage hearing.
- Helps your baby's jaw and teeth develop properly.
- Might increase your baby's protection against crib death, known as sudden infant death syndrome (SIDS).

## **Breastfeeding for You**

- Brings you and your baby close together.
- Saves you money by not having to buy formula.
- Saves you time - no need to sterilize bottles and mix formula.
- Protects you against breast and ovarian cancer.
- Helps keep your bones strong.
- Burns extra calories and helps you lose your "baby weight".
- Is better for the environment - no containers or packages to throw away.

# Breastfeeding Positions

## Cross Cradle

Try this position if:

- you are new to breastfeeding



## Football

Try this position if:

- you are new to breastfeeding
- your breasts are large
- your nipples are flat or sore
- your baby is small
- you had a caesarean



## Cradle

Try this position if:

- you are comfortable with breastfeeding



## Side-Lying

Try this position if:

- you are comfortable with breastfeeding
- sitting is painful for you
- you want to rest while breastfeeding



## Getting into position:

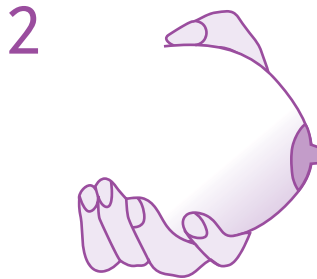
- Put a pillow behind your back and under your arms for support.
- Put your baby on a pillow to help raise his/her head and body up to your breast.
- Place your baby's chest against your chest.
- Lay your baby on his/her back if you are using the football position.
- Lay your baby on his/her side if you are using the cradle, cross cradle, or side-lying positions.
- Pull your baby toward you to bring his/her mouth to your nipple. Do NOT lean over your baby and push your nipple into his/her mouth. This can lead to back pain.



# How to Breastfeed



1 Find a comfortable position that works for you and your baby (See “Breastfeeding Positions” on page 30).



2 Hold your breast in your hand with your thumb on top and your fingers below.



3 Run your nipple back and forth across your baby's top lip until your baby's mouth opens wide.



4 Pull your baby toward your breast. His/her mouth should cover most of the dark area around your nipple (1 - 1½ inches).



5 Check for signs that your baby is well latched on your breast:

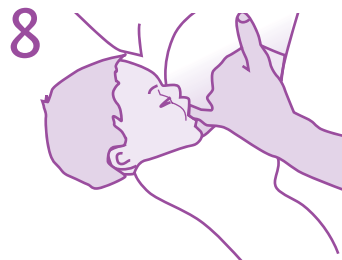
- mouth opens wide
- lips curl out
- chin pressed into the breast
- baby sucks slowly and you feel a gentle tug on your breast



6 If your baby falls asleep at the start of feeding, gently squeeze your breast to help the milk flow...



7 Or gently wake your baby by removing his/her clothes, making a diaper change, or tickling his/her ears or feet.



8 To remove your baby from your breast, slip your finger between your baby's gums. This will break the suction.

9

9 Offer the second breast if your breast feels soft or your baby's suck is not as strong. It is normal for your baby to feed on the second breast for only a short time.

Next time you breastfeed, offer the breast that was fed on last. This breast will usually be fuller.



## Breastfeeding Tips

**Start as soon as possible.** Soon after your baby is born, she/he will be placed against your skin with a warm blanket over both of you. Most babies are alert and ready to feed 30 to 60 minutes after birth.

**Get help.** At the hospital, your nurse can get you started by helping you place baby at your breast. Ask your nurse to watch you breastfeed and help you right away if you have any problems. Once you get home, you can call your public health nurse if you need help, or call the Breastfeeding Hotline - Info Santé Nurse at 788-8200 or toll-free 1-888-315-9257.

**Breastfeed often.** Most babies breastfeed at least 8 times a day (24 hours) for the first month. It is common for babies to feed every 1½ - 3 hours. Your baby will not always be hungry at the same time each day. Some days, your baby might need many feedings in a short period of time. Other days, he/she might sleep longer between feeds. Feed your baby whenever he/she is hungry. (See “Signs Your Baby is Hungry” on page 28).

**Do NOT use bottles or soothers.** If you want to use bottles or soothers, wait until your baby is breastfeeding well and is at least 4 - 6 weeks old. If you give your baby a bottle or soother too early, your baby could become confused between your nipple and the artificial nipple. Your baby may have problems latching onto your breast, which can make breastfeeding more painful. Early soother use can reduce your milk supply and cause early weaning. If you need/want to introduce an occasional cup or bottle of pumped breast milk see “Expressing Breast Milk” page 38.

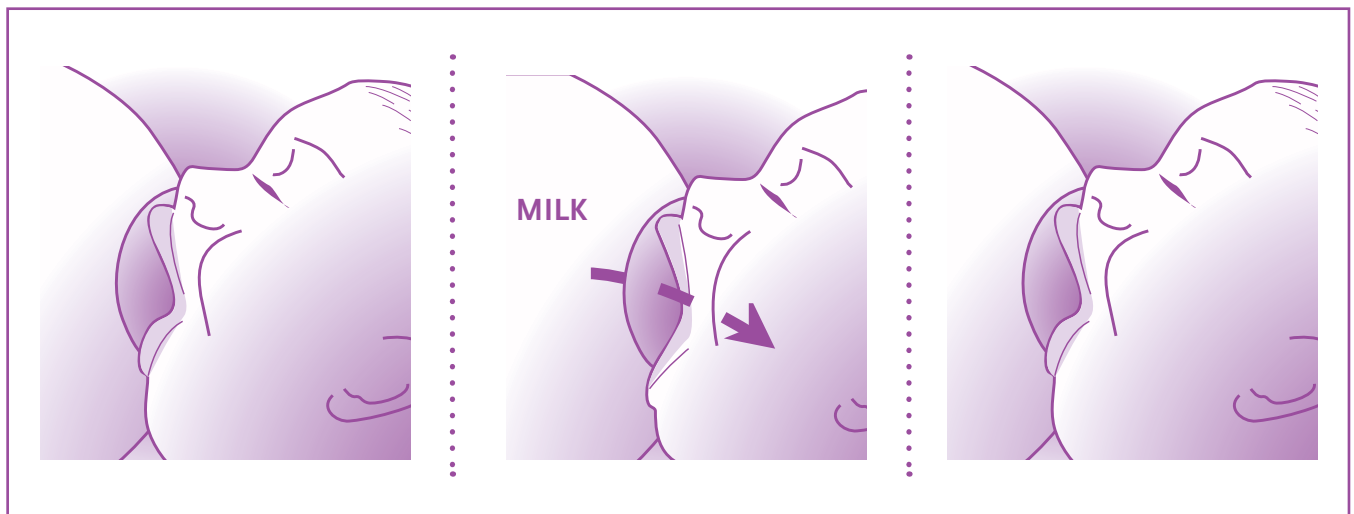
**Give your baby only breast milk.** Breast milk is all your baby needs in the first 6 months of life. Extra drinks or food such as water, juice, sugar water, formula and baby cereal can affect your baby’s health and slow down your milk supply.

# How to Tell if Your Baby is Breastfeeding Well

## Signs Your Baby is Breastfeeding Well

### 1. Long, slow sucks

- Your baby will have short, fast sucks at the start of the feed. The sucks become longer and slower as your milk starts to flow. Your baby will pause during the sucks to fill his/her mouth with milk. Your baby's mouth is open the widest at this time. The mouth will close as your baby swallows. Your baby should have long, slow sucks for at least 10 - 20 minutes each time you feed him/her.
- You can feel a gentle tug on your breast.
- You can hear your baby swallowing.



Mouth opens.

Mouth opens wider.  
Baby pauses to fill his/her  
mouth with milk.

Mouth closes as baby swallows.

## 2. Wet Diapers and Stools

### What to Expect

- Your baby's pee should always be clear or pale yellow with almost no smell.
- Breastfed babies might have many stools each day.
- Breastfed babies 6 weeks or older might have 1 very large yellow stool once a week. This is normal if the stool is soft and the baby is healthy.

Baby's Age	Wet Diapers Per Day	Diaper Weight	Stools (poops) Per Day	Stool (poop) Appearance
1 day	1 or more	Light wet	1 - 2 or more	Sticky, dark green/black
2 days	2 or more	Light wet	1 - 2 or more	Sticky, dark green/black
3 days	3 or more	Heavy wet	2 - 3 or more	Brown/green/yellow
4 days	4 or more	Heavy wet	3 or more	Brown/green/yellow
5 days	5 or more	Heavy wet	3 or more	Getting more yellow
6 days or older	6 or more	Heavy wet	3 or more	*Large yellow, soft like toothpaste or seedy and watery. Baby should not be passing any meconium (sticky, dark green/black poops) at this age.

- **A light wet diaper** feels like 2 tbsp. or 30 ml of water poured on a dry diaper.
  - **A heavy wet diaper** feels like 4 - 5 tbsp. or 60 - 75 ml of water poured on a dry diaper.
- \*A large stool is the size of a quarter or larger.



### 3. Weight Gain

- Breastfed babies usually have a 5 - 7% weight loss during the first 3 - 4 days.
- Your baby should reach his/her birth weight by 2 weeks of age.
- Your baby should gain 4-8 ounces a week for the first 3 months.

### 4. Other Signs

- Your baby has a strong cry and moves around a lot.
- Your baby's eyes are open and bright.
- Your baby's mouth is pink and moist.
- Your breasts feel softer and less full after breastfeeding.

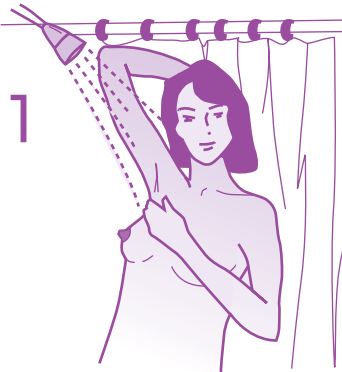
**Get help right away if your baby is not showing signs of breastfeeding well.  
Call your health care provider/public health nurse or someone you trust.**

# Caring for Your Breasts

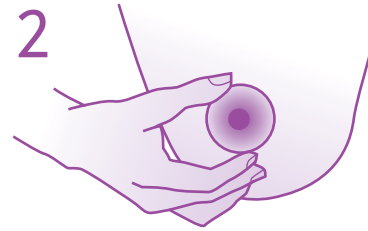
## General Care

- Wash your breasts every day. Do not use soap on your nipples. Soap might cause your nipples to dry and crack.
- Wear a comfortable bra that fits well. Do not wear a bra that is too tight or has underwires.
- After breastfeeding, use your breast milk as a protective lotion for your nipples and the dark area around them. Put on your bra once the milk is dry.

Your baby might have trouble feeding if your breasts are hard. This is called engorgement. Take these steps to help soften your breasts:



**1** Before feeding have a warm shower or place warm wet washclothes on your breasts. Massage your breasts for a few minutes.



**2** Use breast milk as a lotion to soften your nipples and the dark area around them (See “Expressing Breast Milk” on page 38).



**3** Breastfeed your baby until your breasts are no longer hard. Feed your baby at least every 2 to 3 hours. Nighttime feedings are important.



**4** Place a cold, wet towel on your breasts after you finish feeding.

## Get help right away if:

- Your breasts stay hard.
- You have trouble breastfeeding.
- Your breast has a painful red spot.
- You have a fever.
- You feel sick.

# Sore Nipples

Your nipples might be tender for the first week after birth. The tenderness should lessen every day. Breastfeeding should NOT hurt. Check or try the following to avoid sore nipples:

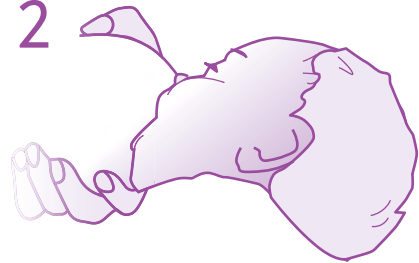
1



Baby is in the right position when you breastfeed:

- head and body are raised to your breast
- you and baby are chest to chest
- mouth is facing your nipple

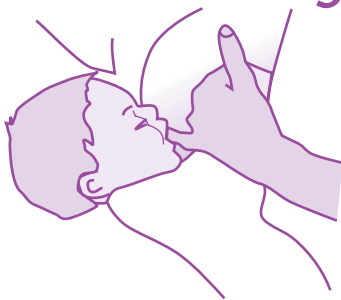
2



Baby is well latched on your breast:

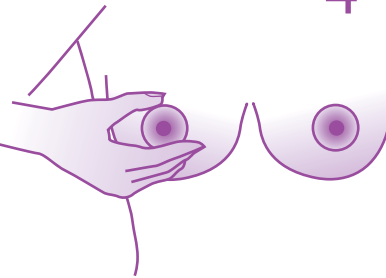
- mouth is wide open
- lips curl out
- chin presses into your breast

3



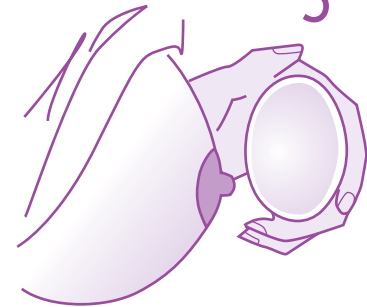
Remove your baby from your breast by slipping your finger between his/her gums to break the suction.

4



Use breast milk as a lotion to protect your nipples and the dark area around them. Apply the milk after feeding. Put on your bra once the milk is dry.

5



Try to keep nipples dry with loose clothing, air exposure, and nursing pads if available. Start feedings on side that is not as sore.

6



Creams and ointments might help you. Ask your health care provider/public health nurse for suggestions.

7



Avoid using bottles or soothers for at least 4-6 weeks so your baby has time to learn how to breastfeed.

If your nipples itch or burn, you may have thrush, a common yeast infection. Both you and your baby would require treatment. See your health care provider as soon as possible.

## Get help right away if:

You have pain in your nipple even when your baby is well latched and in the right position.

# Expressing Breast Milk

You might need to express breast milk if:

- You are unable to breastfeed (ex: your baby is ill or in special care nursery).
- Your breasts are hard and your baby has problems latching on.
- You will be away from your baby at feeding time.
- You need to increase your breast milk supply.
- You are going back to work.

## Expressing Breast Milk by Hand

Mothers usually find it easiest to express milk in the morning when their breasts feel the fullest. Some mothers prefer to express milk right after breastfeeding. Do what works for you.

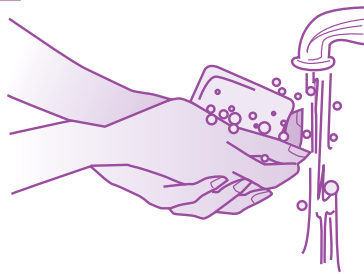
You might only express a few drops of milk when you first start learning how to express by hand. The more you practise, the easier it gets. Here are the steps:

1



Prepare a clean glass or plastic container for your breast milk. Wash the container in hot, soapy water, rinse it with hot water and leave it to air dry.

2



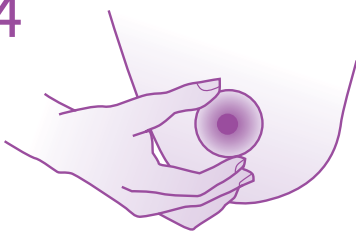
Wash your hands with soap and water.

3



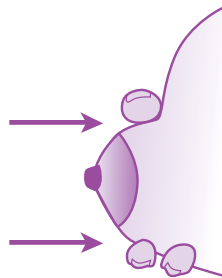
Place a warm damp towel over your breasts. Then, gently massage each breast in a circular motion. Roll your nipple between your thumb and finger to help get your breast milk flowing.

4



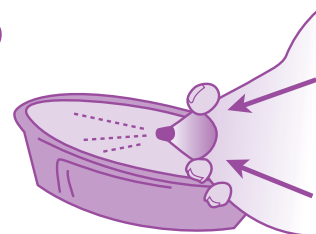
Place your thumb about 1 inch above your nipple and your first 2 fingers about 1 inch below your nipple.

5



Pull your thumb and 2 fingers toward your chest.

6



Move your thumb and 2 fingers toward your nipple.

7. Repeat steps 4 - 6 for about 3 - 5 minutes until the milk flow slows down.

8. Switch to the other breast.

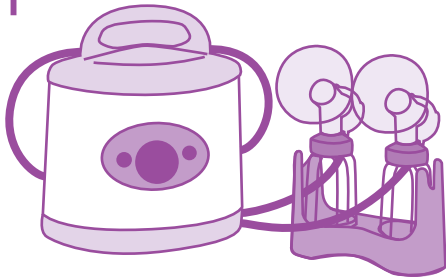
9. Express each breast a second time.



# Breast Pumps

There are several types of breast pumps available. Before using a breast pump, always read the instructions that come with it.

1



**Electric Pump**

- A hospital grade breast pump is the best pump if you cannot be with your baby right after birth or if you plan to pump often over a long period of time.
- Saves you time because you can pump both breasts at once.
- Most expensive to buy.
- Often available for rent.
- Is often covered by work health insurance plans.

2



**Battery Operated Pump**

- Good for occasional pumping or pumping for only a short time.
- Operates with just one hand.
- Works fast.
- Uses less muscle.
- Easy to carry.
- Batteries need to be replaced often, so it is best to buy one that comes with a plug in.

3



**Manual Hand Pumps**

- Good for occasional pumping or pumping for only a short time.
- Some operate with a single hand.
- Takes more time.
- Uses more muscle, so do not use this type of pump if you have problems with your hands, wrists, or arms.
- Easy to carry.
- Least expensive to buy.



## **IMPORTANT**

Do not use a pump with a rubber bulb. This type of pump has a very strong suction that can harm your nipples.

# Storing Breast Milk

## Containers

Use the following to store your breast milk:

- glass or hard plastic containers that close tightly - small bottles and jars with lids work well
- breast milk freezer bags

## Cleaning the Containers

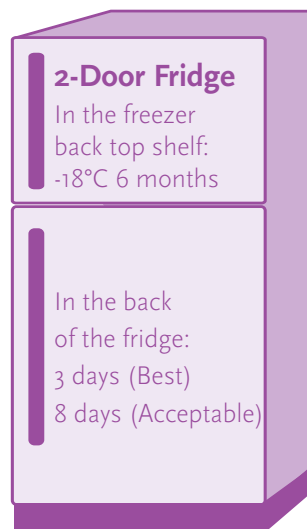
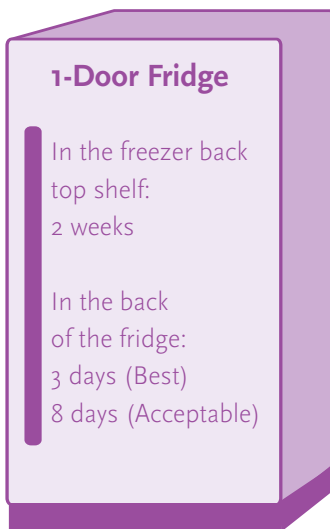
Follow these steps to keep your baby healthy:

1. Wash containers in hot, soapy water.
2. Rinse containers with hot water.
3. Let containers air dry.

## IMPORTANT

- Label each container with the date the milk was pumped.
- Store the milk at the back of the fridge or freezer where it is coldest.
- Throw away the milk if it reaches its expiry date.

## Storage Places



## Storage Tips for Breast Milk

- Store milk in single serving sizes of 2-4 ounces.
- Cool the fresh milk before adding it to milk that is already cool or frozen.
- Add a smaller amount of cool milk to frozen milk to prevent the frozen milk from thawing.
- Leave 1 inch at the top of the container for the milk to expand when it freezes.
- Store thawed milk in the refrigerator for no longer than 24 hours.

## IMPORTANT

- Do not use bottle liners. These are plastic bags made for bottle feeding only.
- Never refreeze thawed milk.
- If your baby is premature or in the hospital, talk to your nurse about how to store your breast milk.

# Thawing Frozen Breast Milk

1



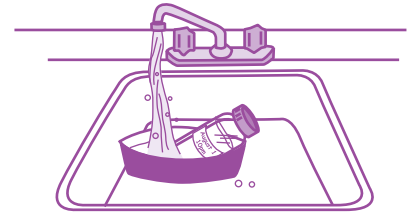
Check the date on the container and use the milk with the earliest date.

2



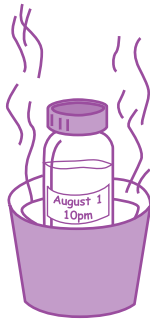
Leave the milk in the fridge for 4 hours to thaw or...

3

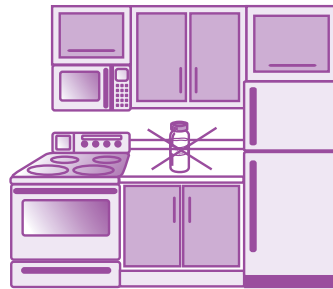


Run cool water over the container. Run warm water over the container once the milk begins to thaw.

4



Place the container in very warm water until the milk is warm.



## IMPORTANT

**Do NOT** thaw milk at room temperature.  
**Do NOT** heat milk on the stove or in the microwave.

## Feeding Tips

- Test the temperature of the milk on the inside of your wrist before feeding it to your baby. The milk should feel warm, NOT hot.
- Use a cup or spoon to feed expressed milk to your baby.
- Hold your baby when feeding him/her expressed milk.
- Smile and talk to your baby to make feedings enjoyable.
- Burp your baby every few ounces or as needed.
- Throw away leftover milk after each feeding.



# Frequently Asked Questions About Breastfeeding

## **When should I take my baby for a breastfeeding checkup?**

Your baby should see a breastfeeding specialist 1 - 2 days after leaving the hospital. Nurses, doctors, midwives and lactation consultants are all breastfeeding specialists. Your baby should see your doctor or health care provider for a full checkup within 14 days after birth.

## **When will I start making enough breast milk for my baby?**

Mothers usually have more milk than their babies can eat. You will make a small amount of colostrum (first milk) during the first few days of breastfeeding. Your milk will start to increase after 3 - 5 days. Your milk production changes to meet your baby's needs. You will make more milk when your baby breastfeeds more often.

## **What are growth spurts?**

Growth spurts are times when your baby grows quickly and needs more breastmilk than usual. Your baby will have a growth spurt when he/she is about 3 weeks, 6 weeks, 3 months and 6 months old. Each growth spurt will last for 2-3 days. Feeding frequently will increase your supply of milk to meet your baby's needs. Your breasts will make enough milk to supply this growth spurt.

## **My baby spits up. Is this normal?**

Babies often spit up after eating or when they are burped. This is normal if your baby is feeding well (See "Signs Your Baby is Breastfeeding Well" on page 33). Most babies spit up less when they reach 4 - 6 months of age.



## **How long should I breastfeed for?**

How long you breastfeed is a personal decision. Health Canada recommends exclusive breastfeeding for the first 6 months of your baby's life. They support feeding your baby breast milk AND solid food starting at 6 months of age and continuing until your baby is 2 years or older. Some mothers will breastfeed longer.

## **Does my baby need vitamin supplements?**

The Canadian Pediatric Society recommends that breastfed babies should receive a daily supplement of vitamin D drops. Ask your health care provider about this.

## **Can I breastfeed if I am sick or taking medicine?**

In most cases, it is safe to breastfeed if you are sick. If you require or are taking medication however you should check with your health care provider or pharmacist to make sure it is safe to take this medication while you are breastfeeding. Some medications will pass into breastmilk while others do not.

## **Should I be on a special diet when I am breastfeeding?**

It is uncommon for foods to affect your baby, so you can continue to eat the foods you enjoy. Follow "Canada's Food Guide to Health Eating." for breastfeeding and pregnant women. Call 1-800-O-Canada (1-800-622-6232) for a free copy.

## **Formula Feeding**

It is rare that a woman is not able to breastfeed or is advised by her health care provider not to breastfeed her baby. If you are not sure about breastfeeding and are considering formula feeding, contact your health care provider.

Information on formula feeding is available on request and can be picked up at your local Healthy Baby Program or call at 1-204-945-2266 or toll-free: 1-888-848-0140.

# Playing and Learning

Your baby's brain is still developing when he/she is born. You help your baby's brain grow through everyday activities like feeding, smiling, talking and cuddling. You can help your baby's brain develop by giving him/her new things to see, hear, touch, taste and smell. These early experiences will have a positive effect on how your baby learns, feels and acts later in life.

## Sight

Your newborn can see as soon as they open their eyes. He/she can focus on things that are 8 - 12 inches away. Your baby likes to look at faces and shapes and patterns that are black and white.

### You can:

- Hold your baby 8 - 12 inches from your face as you smile, talk, or sing to him/her.
- Hold toys 8 - 12 inches in front of your baby's face.
- Surround your baby's crib with objects that have black and white patterns.



## Hearing

Your baby can hear well at birth. He/she will respond well to all kinds of sounds, but the human voice is his/her favorite.

### You can:

- Talk to your baby, look into your baby's eyes.
- Smile at your baby when you feed, diaper and bathe him/her.
- Read aloud to your baby.
- Sing to your baby or play soft music in the background.



## Touch

Your baby likes and needs physical contact and affection. Your touch will make him/her feel secure and loved.

### You can:

- Hug, snuggle and hold your baby close to you.
- Gently rub or massage your baby while you feed, bathe, or diaper him/her.
- Rock your baby to sleep.



## Taste / Smell

Babies can taste and smell at birth. Your baby knows who you are by your smell. Your baby likes the taste of sweet things such as breast milk.

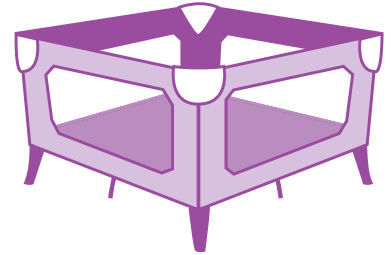


# Baby Equipment Safety

Safety is the most important thing to think about when buying or borrowing baby equipment. Use the tips below to help you pick out safe equipment for your baby.

## Playpens

- made in 1976 or later
- in good shape
- sturdy floor
- thin foam pad
- secure hinges that cannot pinch
- fine mosquito type netting mesh sides with no rips or tears (if mesh is larger, buttons or hooks from clothing may get caught and cause strangulation)



### IMPORTANT:

- Never leave an infant in a drop-sided playpen with the side down. The infant can roll into the space between the mattress and the mesh side and suffocate.

## Cribs

- stamped with a date of 1986 or later
- sturdy - built with screws and bolts, NOT hooks or clamps; tighten screws regularly
- mattress fits snugly - mattress is NOT snug enough if you can fit more than 2 fingers between the mattress and the crib; replace mattress if it is not firm or is worn out



### IMPORTANT:

- Never tie your baby in the crib and do not let baby wear a necklace or a soother on a cord around the neck.
- Place the crib away from the windows, curtains, blind cords, lamps, electrical plugs and extension cords.
- Health Canada recommends that soft mattresses, pillows, stuffed toys and bumper pads should not be used in the baby's crib.
- Do not place a pillow inside the crib.



## Car Seats

- use a car seat every time your baby travels in a car
- car seats are required by law and must meet Canadian Motor Vehicle Safety Standards
- the recommended car seat for a child birth to 1 year old is a rear-facing car seat
- the safest place for the rear-facing car seat is the rear seat of the vehicle
- install the car seat using the directions provided by the manufacturer
- in Winnipeg, the Winnipeg Fire Department offers free drop in visits to make sure that you have put the car seat in your car the correct way. You can call 1-204-985-7133 for times and locations in your area. Outside Winnipeg call 1-888-767-7640

### **IMPORTANT:**

#### **If you use an infant car seat carrier outside of the vehicle:**

- Keep your child buckled in.
- Don't put the seat on a raised surface, such as a table, because it may fall.
- Don't leave your baby in a car seat to sleep when not in your car as it is not safe. Your baby's head can fall forward because of under-developed neck muscles and can make it hard for your baby to breathe.

## Baby Seats

- wide, sturdy, non-slip base
- safety straps

### **IMPORTANT:**

- Use on floor only - do not put on table.

## Clothes

- no hanging pieces such as cords or ribbons
- fit is snug
- sleepwear is fire-retardant to reduce burn injuries
- check for loose buttons or other small parts that could be a choking hazard
- check for loose threads as these can wrap around your baby's finger and cause injury

## High Chairs

- wide, sturdy base so chair does not tip over
- safety belt and harness used whenever child is in high chair. The chair should have a strap that fits between the child's legs
- tray is smooth with no sharp edges or parts that can pinch

### IMPORTANT:

- Do not seat baby next to the stove or counter as the child may push himself/herself over.
- Wash with water and soap after each use.



## Pacifiers

- should be one-piece
- nipple firmly attached
- too big to swallow
- in good condition - no cracks or tears
- replace every two months

### IMPORTANT:

- Clean pacifier with warm water.
- Do not put pacifier in anyone's mouth but baby's.
- Use only after baby is 4-6 weeks old if you are breastfeeding.
- Do not tie pacifier around your baby's neck.
- Never dip the soother in honey or other sweeteners.



## Strollers

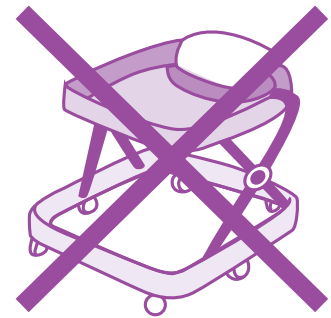
- sturdy
- correct size for your baby's height and weight
- safety harness and lap belt properly attached and used each time child is in the stroller
- brakes work
- make sure stroller wheels are securely attached

### IMPORTANT:

- Do not overload the stroller with goods or extra children.
- Do not use pillows or blankets as padding.

## Walkers

- DO NOT** use a walker. All walkers are unsafe and are not legal to use in Canada.



## Toys

- select only toys recommended for child's age group
- do not have toys with cords that are long enough to wrap around a child's neck
- repair or throw away broken toys
- do not have loud toys as the loud noise can damage your baby's hearing
- keep small toys and balls out of reach of children under 3 years old as these can be a choking hazard

## Used Products

If you are buying or inheriting a used crib, playpen, stroller, or other children's product make sure that:

- The product is in good condition and meets the current safety regulations.
- All safety features of the product are present and working.

For more information on product safety call Health Canada at 1-866-662-0666  
Or check the website at [www.hc-sc.gc.ca/cps-spc/pubs/cons](http://www.hc-sc.gc.ca/cps-spc/pubs/cons)

# Baby's First Checkups

See a breastfeeding specialist 1 - 2 days after leaving the hospital with your baby. Nurses, doctors, midwives and lactation consultants are all breastfeeding specialists.

Your doctor or health care provider will want to see your baby for a full checkup within the first 2 weeks of birth. Prepare for the checkup by writing down your questions or concerns.

Here is what your doctor or health care provider will probably do during the checkup:

- weigh your baby
- measure how long your baby is
- measure your baby's head
- ask how your baby is feeding
- give your baby a physical exam
- check your baby's umbilical cord
- might test your baby's blood
- ask how everyone is adjusting to the new baby
- answer your questions and talk about your concerns
- explain how to tell if your baby is sick



## IMPORTANT

Call your doctor or health care provider if you have any concerns about your baby. This is especially important if you think your baby might be sick.

## Signs Your Baby is Sick

Call your doctor or health care provider if your baby:

- is throwing up
- will not eat
- has no bowel movements (see “Wet Diapers and Stools” on page 34)
- has diarrhea (loose, smelly stools)

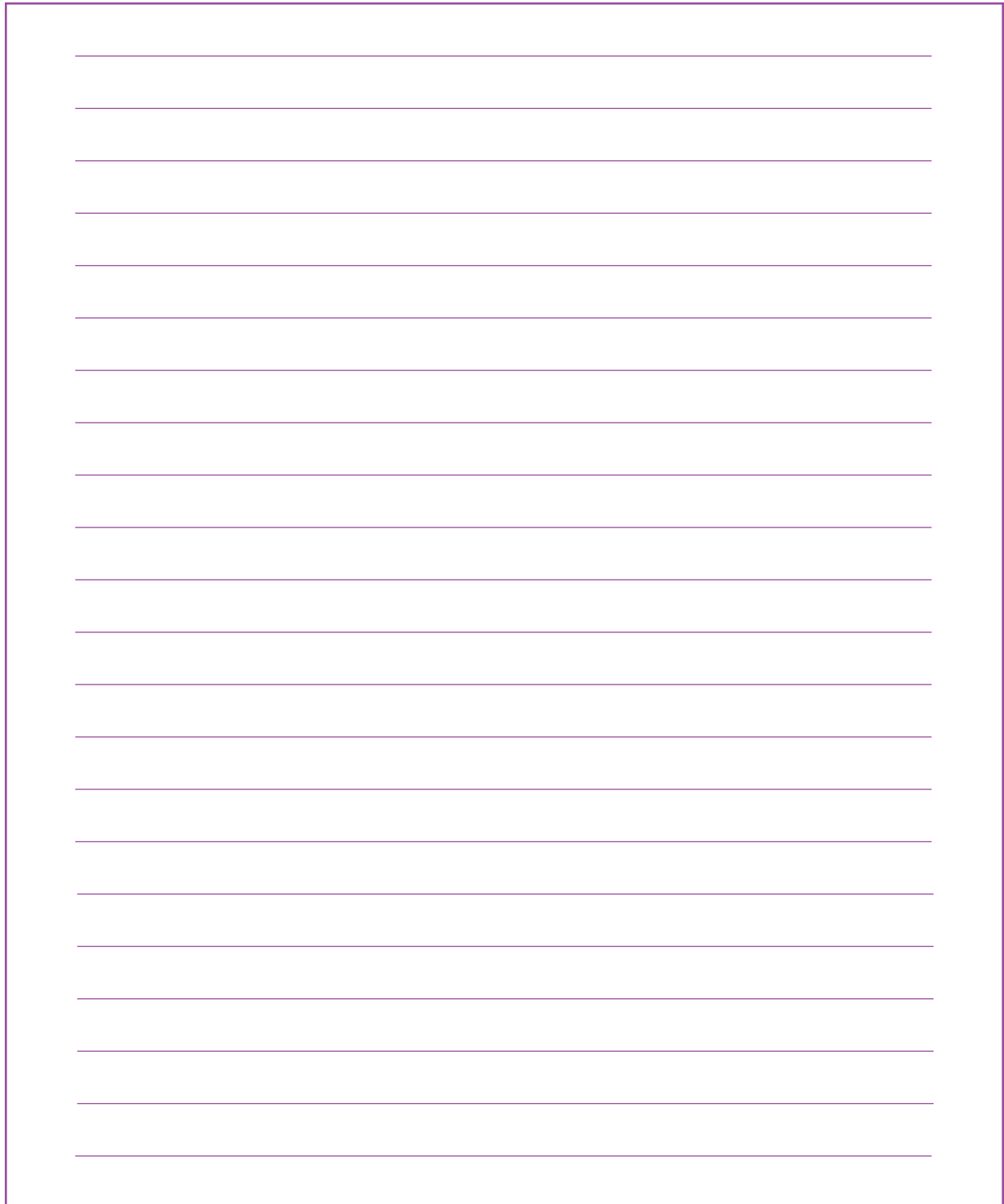
- has fewer wet diapers than usual (See “Wet Diapers and Stools” on page 34)
- has pee that looks or smells unusual
- has a fever - temperature of 38° C (100° F) or higher
- blue or very pale lips
- is very thirsty
- has trouble breathing
- has a strange rash
- sleeps more than usual
- does not wake up to feed
- has a loud, sharp cry or a weak cry or whimper
- has low energy and is NOT alert



\* If you are not sure whether to call your doctor you can call Health Links - Info Santé 1-204-788-8200 to help answer your questions and decide what you should do. Toll-free number for rural and northern moms 1-888-315-9257.



# Notes



# 1-6 Months



It is hard to believe your baby is already 1 month old. He/she is growing and doing new things. By now, your baby has probably settled into more of a routine for feeding, sleeping, bathing and playing. This makes it easier to plan some time for yourself. You deserve it!

This section is all about what happens when your baby is 1 - 6 months old. You will find answers to the following questions:

- What is my baby like?
- How do I form a tight bond with my baby?
- How does my baby's brain grow?
- How do I get my baby into a sleeping routine?
- How do I cope with my baby's crying?
- How can I make time for myself?
- How do I find a babysitter and child care?
- How do I keep my baby safe from common dangers?
- How do I protect my baby from illness?

# Getting to Know Your Baby

Not all babies are alike. Your baby is born with his/her own temperament or way of behaving and reacting to the world. Watch how your baby responds to people, places and events to figure out what your baby's temperament is. He/she might be active or easygoing, shy or cautious. His/her temperament might be very different from yours. If you learn about and respect your baby's temperament, you can help him/her through different situations. You will develop a healthy relationship if you work with his/her temperament rather than fight it.

## Types of Temperaments

The information below will help you develop ways to respond to your baby's temperament.

### Active

Your baby has a lot of energy and is always on the move:

- Have many things for your baby to do.
- Have a lot of room to play.

### Routine

Your baby easily falls into a routine (ex: eating, sleeping or soiling diapers):

- Keep your baby's routine.
- Arrange your activities around your baby's schedule.

### NOTE:

Generally, babies feel more secure when they are in a routine.

### Easygoing

Your baby always appears happy and quick to warm up to new things:

- Give your baby new things to explore, new people to meet and new things to do.

### Cautious

Your baby needs time to get used to new things:

- Introduce new things slowly.
- Hold and comfort your baby when meeting new people, going to new places and doing new things.
- Keep outings short.





## **Sensitive**

Your baby is sensitive to noises, smells, temperature, sights and touch:

- Keep noise levels down.
- Follow a routine.
- Focus on one activity at a time.
- Learn to tell when your baby has had enough (ex: cries, turns away, falls asleep).

## **Very Sensitive**

Your baby often appears sad or anxious:

- Smile and show positive feelings around your baby.
- Hold and cuddle your baby to help him/her feel safe and secure.

## **Persistent**

Your baby sticks to one thing and does not like being stopped:

- Be patient.
- Move on to new activities slowly.

## **Intense**

Your baby has strong emotions and extreme reactions to things:

- Smile and show your baby you are happy around him/her.
- Stay calm and hold your baby when his/her emotions flare.
- Try to figure out why your baby is scared/angry and solve the problem together.
- Take things slowly.
- Distract your baby when he/she is scared or angry.
- Remove your baby from situations that scare or anger him/her.

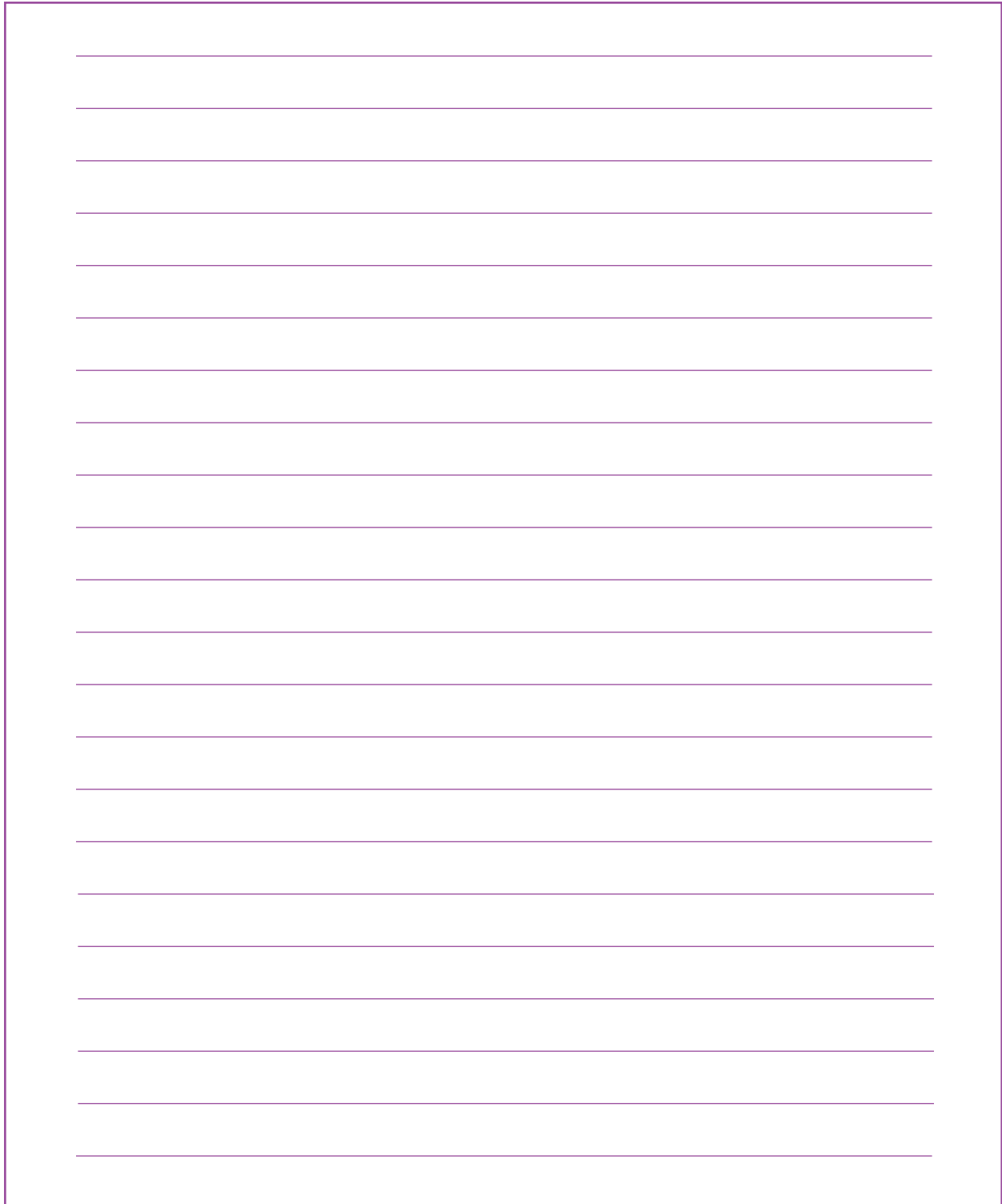
## **Distracted**

Your baby is easily distracted and new things catch his/her attention:

- Play in a quiet place.
- Plan a quiet activity every day.



# Why My Baby is Special



A large rectangular box with a thin black border, containing 20 horizontal lines for writing. The lines are evenly spaced and extend across the width of the box.

# Building a Close Relationship with Your Baby

You can give your baby the best start in life by building a close relationship with him/her. When you care for your baby in a warm and loving way, you give him/her the tools to relate to other people, learn at school and cope with stress. Children who experience close relationships with their parent(s) or caregiver(s) also appear to have fewer behavioural problems.

You can build a close relationship with your baby by getting in tune with his/her needs. Your baby uses sounds, actions or facial expressions to tell you what he/she wants or feels. Watch your baby closely to figure out what he/she is “saying,” so you can read your baby’s cues and respond in a way that meets his/her needs.

## Baby’s Cues

### “I need attention.”

- smiles
- coos
- makes sucking sounds
- looks at you



### “I need a break.”

- cries
- fusses
- pulls or turns away
- falls asleep



Your baby also has ways of telling you his/her needs are met. If your baby was hungry, he/she will be content after a feeding. If your baby wants attention, he/she will get excited by your voice and facial expressions. If your baby is fussy or tired and you hold him/her quietly, he/she may settle or fall asleep in your arms.

Your relationship with your baby grows with time and practice. The more you understand your baby and care for his/her needs, the more secure your baby will feel. You and your baby are learning how to trust and love each other. Holding and hugging your baby and expressing your love for him/her will also help build your relationship. Remember you can't spoil a baby in the first 9 - 10 months of life. The more responsive you are as a parent to your baby, the less demanding and more self-reliant your infant will be as they grow older.

# Your Baby's Brain Development

Most of your baby's brain development occurs after he/she is born. This means you and the people who look after your baby are very important teachers.

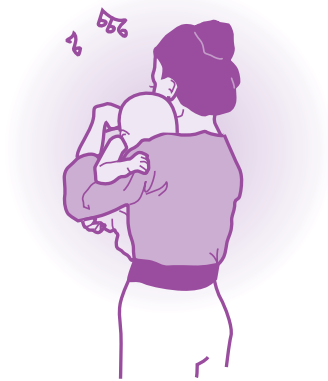
You help shape how your baby will feel, think, learn and behave now and later in life. You can help your baby's brain grow by showing love, taking care of his/her needs and giving him/her new things to do.

Helping your baby's brain development does not require fancy toys or special training. It is done by your minute by minute, and day by day interactions with your baby.

## Things You Can Do to Help Your Baby's Brain Development

### Talk to your baby

Language is important for brain development. Talking to your baby helps your baby to hear language. Talk to your baby when you are doing diaper changes, driving in your car, during playtime, bath time and all throughout the day.



### Sing to your baby

Babies like music and singing to your baby is a good way to engage and entertain your baby. Your baby will like the way your voice changes and the different beats. It helps with baby's memory, imagination and language.

### Read to your baby

Read to your baby everyday. Let the baby touch the pages of the books you read, and help turn the pages if he/she can. Reading the same book over and over helps your baby to make more connections in the brain between what is written and what is spoken.



### **Play with your baby**

Babies learn and experience their world through play. Spend time playing with your child on the floor and watch your child as they play. You can provide colorful objects of different shapes, sizes and textures which stimulate the brain.

### **Touch your baby**

Touch is important for your baby and lets your child know that they are loved. It is a source of comfort and reassures your baby when they are trying new experiences. Touch sends signals to the brain telling it to grow. You can massage your infant, hold them close, rub their back and toes.

### **Let your baby sleep**

Help your baby have naps and a good sleep at night. Their growing brains need time to rest especially at night.



# Sleeping

During the first 3 months babies usually only sleep 2 hours at a time and seldom more than 3 or 4 hours at a time. Babies' sleep patterns can continue this way for 5 to 6 months, although some may sleep through the night sooner.

Here are some things you can do to help your baby settle into a sleep routine:

## Day

- Keep your home light and bright during the day.
- Do not worry about noises in the house such as ringing phones, radios, televisions and dishwasher during the day.
- Talk and play with your baby when he/she is awake.

## Night

- Keep night time feeding quiet and your voice and actions low.
- Turn down the lights during feeding.
- Follow a nighttime routine before putting your baby to bed.
- Make sure your baby is comfortable and relaxed.
- Make sure your baby's room is warm, NOT hot or cold.
- Keep the light dim/dark when you come to your baby at night.

**Remember:** Baby should be on his/her back when going to sleep to reduce the risk of Sudden Infant Death Syndrome (SIDS).





# Crying

Babies rely on someone else to provide them with the food, warmth, and comfort that they need. Crying is a baby's own way of communicating one of those needs. As your baby gets older you will learn to recognize your baby's different crying patterns and be able to help him/her with their needs before they cry sometimes. As babies grow they also learn to communicate in other ways such as better eye contact, making noises, and smiling.

**Remember:** Responding to a crying baby will not spoil him/her, it is what he/she needs you to do.

## Give Your Baby Attention

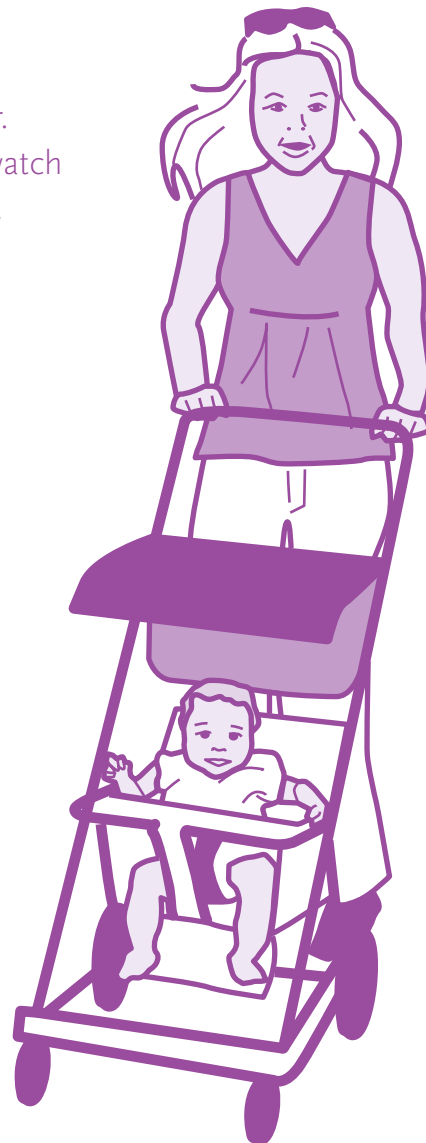
At 3 months, your baby is awake for longer periods of time. He/she needs company and things to do. Give your baby toys to play with. Position your baby safely in the room with you as you go about household tasks like cooking or laundry. Sing to your baby or talk about what you are doing.

# Taking Care of Yourself

Becoming a parent and taking care of your baby is a life-changing experience. Suddenly, everything revolves around your baby and it takes a lot of effort to balance this with household chores and going to work or school. Many parents focus so hard on their baby's needs that they forget to make time for themselves. You need to take care of yourself so you can take proper care of your baby.

Here are some ways to meet your own needs:

- Share parenting with your partner.
- Get enough sleep.
- Eat healthy foods and exercise.
- Spend time as a couple with your partner.
- Ask someone you trust to help out and watch your baby so you can enjoy a short break.
- Take time for yourself every day.
- Go out with a friend.
- Take your baby for a walk in the stroller/baby carrier/sling.





# Choosing a Babysitter

As your baby gets older, you might be comfortable using a babysitter so you can have some time to yourself. It is important to think carefully and ask a lot of questions when choosing a sitter.

## Things to think about:

- Does the sitter have experience with babies?
- Who has the sitter worked for in the past? Ask the sitter for names and telephone numbers. Call the families to ask questions and find out if they were happy with the sitter.
- How does the sitter act with his/her own children? Is he/she patient and caring?
- If your sitter is younger how does he/she act with his/her siblings?
- How does the sitter act around your baby?

When the sitter comes over to look after your baby, make sure you take some time to talk with him/her before you leave.

- Tell the sitter where you will be and how to reach you by telephone. Leave the number by the telephone.
- Make sure the sitter knows how to get help in an emergency.
- Leave the numbers for emergency help and poison control by the phone.
- Make sure the sitter knows any special rules and routines you have for your child (ex: bedtime, what your child is allowed to eat, etc.).
- Let the sitter know what time you will be home.



# Choosing Child Care

It is important to plan ahead and make sure you have someone to take care of your baby if you go back to work or school, look for a job, attend training or have a special medical need. Most parents use one of the following:

- family member
- child care centre
- child care provider who works from home or inside your home

The two types of child care you need to think about are:

## **Licensed (listed or recognized by government)**

Licensed child care is offered in centres or in the homes of child care providers. If licensed, the centre or home needs to follow certain rules. These rules tell them the following:

- size of space they need
- number and age of children they can care for
- hours of care they need to provide
- number of staff they need
- qualifications staff must have
- types of food they need to provide
- programs/activities they need to provide

## **Unlicensed**

Unlicensed child care is offered in your home or in the homes of child care providers. You and the child care provider will make the rules for your baby's care.



# What to Look For

Visit a variety of child care centres and homes before deciding where to place your baby. The visits will help you see the difference between the two types of care. They will also help you compare one place to another.

Use this checklist to help you find good quality care:

## Centre or home providers

- clean and safe environment
- healthy snacks and meals
- daily schedule with activities that are right for each age group of children
- a lot of room to play - space to read, rest, do crafts, go outside
- licence is clearly posted
- security plan

## Children

- happy and having fun
- small number of children for each child care provider
- children constantly supervised

## Child care provider(s)

- spend time playing with children
- talk face-to-face with children
- have received Early Childhood Educator (ECE) training
- respond in a consistent and warm way
- share information with parents and listen to parents' concerns
- discipline techniques

## IMPORTANT

Choosing good quality child care will help your baby develop better social, language and learning skills.

For more information about child care, including available space, subsidies, etc., contact Child Care Information Services 204-945-0776 or toll-free 1-888-213-4754.

Website: [www.manitoba.ca/childcare](http://www.manitoba.ca/childcare)

# Playing and Learning

Playing is the main way your baby learns about himself/herself and the environment. When you play with your baby, you help him/her develop new skills like thinking, hearing, talking and feeling. Play is not only important for your baby's brain growth. It also gives you a chance to build a loving relationship with your baby while having fun. Remember, all babies develop at different rates.

Babies love to play when they are having fun. Follow your baby's cues. When your baby is tired, hungry or bored, simply stop playing. Continue to play when he/she is excited.


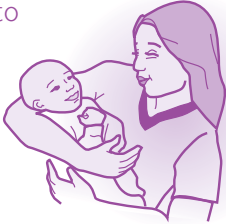

## Playing with your baby

- Play with colourful toys that are simple and right for your baby's age.
- The floor is a safe place to play with your baby.
- Sit face to face with your baby.
- Change toys or games if your baby loses interest.
- Take your baby outside to play.
- Babies like noise. Talk, sing and read to your baby and let your baby respond.
- Babies come with built-in playthings - toes, fingers, hands, legs and feet. Clap the hands together, touch their feet. They love to have you touch them.

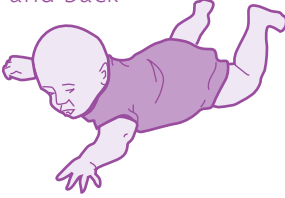
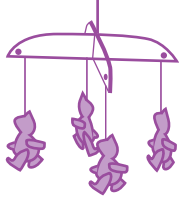

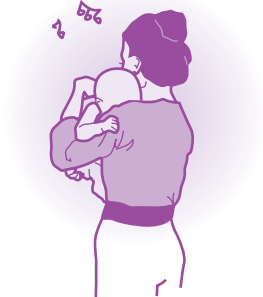

## TIP

Check what is available in your community for you and your baby. Many communities have activities and programs for you and your baby to play and learn new songs and can also be a good place to meet other families.

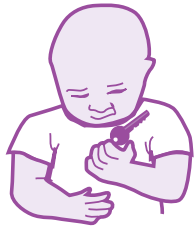




# Stages of Development - 1 Month

Skill	What Baby Can Do	How You Can Help
<p>Moving</p>	<ul style="list-style-type: none"> <li>• form a fist</li> <li>• stretch arms and legs when lying on tummy or back</li> </ul> 	<ul style="list-style-type: none"> <li>• give baby a touch adventure - rub his/her hands over things that are soft, bumpy, smooth, rough, etc.</li> <li>• loosen baby's clothes and blankets to give him/her room to move</li> </ul>
<p>Thinking</p>	<ul style="list-style-type: none"> <li>• look at mother's face</li> <li>• look at objects 8 - 12 inches away</li> </ul> 	<ul style="list-style-type: none"> <li>• hold baby close to your face</li> <li>• decorate the crib area with pictures or objects that are black or have white stripes or checks</li> </ul> 
<p>Hearing and Talking</p>	<ul style="list-style-type: none"> <li>• startle to loud or sudden noises</li> </ul>	<ul style="list-style-type: none"> <li>• gently sing songs and move to the rhythm</li> <li>• talk to baby and tell him/her what you are doing (ex: I am changing your diaper)</li> </ul>
<p>Feeling</p>	<ul style="list-style-type: none"> <li>• stop sucking to listen to mother's voice</li> </ul>	<ul style="list-style-type: none"> <li>• talk and sing gently to baby</li> </ul> 



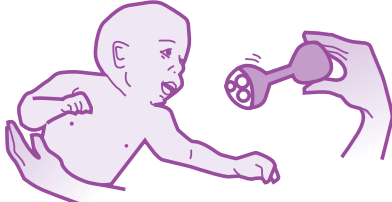

# 2 Months

Skill	What Baby Can Do	How You Can Help
<p>Moving</p>	<ul style="list-style-type: none"> <li>lift head and chest when lying on tummy and back</li> </ul> 	<ul style="list-style-type: none"> <li>place baby on his/her tummy and back during playtime</li> <li>put brightly-coloured toys in front of baby</li> <li>gently clap your baby's hands together</li> <li>gently move your baby's legs as if pedaling a bicycle</li> </ul>
<p>Thinking</p>	<ul style="list-style-type: none"> <li>follow moving objects with eyes</li> <li>pay attention for short periods of time</li> </ul>	<ul style="list-style-type: none"> <li>hang a mobile over baby's crib</li> </ul> 
<p>Hearing and Talking</p>	<ul style="list-style-type: none"> <li>gurgle, coo and make noises when talked to</li> <li>turn head toward sounds</li> </ul> 	<ul style="list-style-type: none"> <li>talk and sing gently to baby</li> </ul> 
<p>Feeling</p>	<ul style="list-style-type: none"> <li>start to understand that when he/she smiles, people smile back</li> </ul>	<ul style="list-style-type: none"> <li>smile at baby</li> </ul> 

# 3 Months

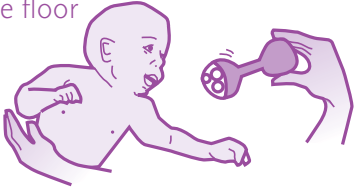
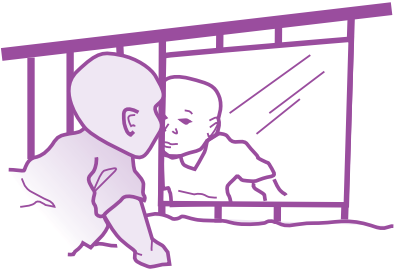

Skill	What Baby Can Do	How You Can Help
<p>Moving</p>	<ul style="list-style-type: none"> <li>• put things in mouth</li> </ul> 	<ul style="list-style-type: none"> <li>• give baby safe things to hold onto and put into his/her mouth (ex: squeaky toy)</li> </ul>
<p>Thinking</p>	<ul style="list-style-type: none"> <li>• play simple games</li> <li>• turn head to look for toys that fall out of sight</li> </ul>	<ul style="list-style-type: none"> <li>• try playing a game like peek-a-boo or watch the rattle</li> </ul> 
<p>Hearing and Talking</p>	<ul style="list-style-type: none"> <li>• make vowel sounds like ooh and aah</li> </ul> 	<ul style="list-style-type: none"> <li>• talk and sing gently to baby</li> </ul>
<p>Feeling</p>	<ul style="list-style-type: none"> <li>• smile when he/she sees mother's face</li> </ul> 	<ul style="list-style-type: none"> <li>• smile at baby</li> </ul> 

# 4 Months





Skill	What Baby Can Do	How You Can Help
<p>Moving</p>	<ul style="list-style-type: none"> <li>• lift head and chest and rest on forearms</li> <li>• roll from back to side</li> </ul> 	<ul style="list-style-type: none"> <li>• move a toy from side to side above baby's head</li> <li>• lay baby on a blanket when he/she is on the floor</li> </ul> 
<p>Thinking</p>	<ul style="list-style-type: none"> <li>• turn head from side to side to follow moving objects</li> </ul> 	<ul style="list-style-type: none"> <li>• put baby in different sitting, feeding and sleeping positions</li> </ul>
<p>Hearing and Talking</p>	<ul style="list-style-type: none"> <li>• babble, squeal and make voice go up and down</li> </ul>	<ul style="list-style-type: none"> <li>• imitate your baby's sounds</li> </ul>
<p>Feeling</p>	<ul style="list-style-type: none"> <li>• get scared by loud or sudden noises</li> <li>• know who his/her mother is</li> </ul> 	<ul style="list-style-type: none"> <li>• hold baby close</li> <li>• talk gently to reassure baby in new situations</li> <li>• try different ways to soothe baby</li> <li>• be patient</li> </ul>



# 5 Months

Skill	What Baby Can Do	How You Can Help
Moving	<ul style="list-style-type: none"> <li>• roll from tummy to back</li> </ul>	<ul style="list-style-type: none"> <li>• move a toy from side to side near baby's head</li> <li>• lay baby on a blanket when he/she is on the floor</li> </ul> 
Thinking	<ul style="list-style-type: none"> <li>• touch your hand when he/she wants to re-start play</li> <li>• focus on objects that are far away</li> </ul>	<ul style="list-style-type: none"> <li>• take baby for a walk outside</li> </ul>
Hearing and Talking	<ul style="list-style-type: none"> <li>• coo in response to other sounds</li> </ul>	<ul style="list-style-type: none"> <li>• play music for baby</li> </ul>
Feeling	<ul style="list-style-type: none"> <li>• look up when his/her name is called</li> <li>• smile at self in mirror</li> </ul> 	<ul style="list-style-type: none"> <li>• say baby's name when playing</li> <li>• play in front of a mirror - smile and point to you and baby</li> </ul> 

# 6 Months

Skill	What Baby Can Do	How You Can Help
Moving	<ul style="list-style-type: none"> <li>• sit up for a short time with support</li> <li>• reach, grab and splash with hands</li> <li>• use hands to push up and lift chest when lying on tummy</li> </ul>	<ul style="list-style-type: none"> <li>• hang or hold toys above baby so he/she can hit, grab and kick (ex: mobile, soft ball)</li> </ul> 
Thinking	<ul style="list-style-type: none"> <li>• play with a toy for several minutes</li> <li>• look when a family member's name is called</li> </ul>	<ul style="list-style-type: none"> <li>• talk, smile, read and sing to baby</li> </ul> 
Hearing and Talking	<ul style="list-style-type: none"> <li>• make sounds in response to other sounds</li> </ul> 	<ul style="list-style-type: none"> <li>• give baby soft toys that make noise</li> <li>• tell baby what you are doing as you change, feed, dress and bathe him/her</li> </ul> <p>"Daddy is changing your diaper"</p> 
Feeling	<ul style="list-style-type: none"> <li>• respond to his/her name</li> <li>• smile or make happy sounds when given attention</li> <li>• know when mother is away</li> </ul>	<ul style="list-style-type: none"> <li>• cuddle and comfort baby as you change, feed, dress and bathe him/her</li> <li>• call baby by his/her name</li> <li>• show baby pictures of people in his/her life</li> </ul>

# Keeping Your Baby Safe

Protecting your baby is a concern of every parent. The best way to keep your baby safe is to know what the dangers are. The following information will help you make your baby's world a safer place.

## Children most often get hurt from:

- falls
- poisonings
- burns

## Children most often die from:

- car crashes
- drownings
- fires

## TIPS

- Lay your baby to sleep on his/her back.
- Put emergency phone numbers in a place where you can quickly reach them.
- Never leave your baby alone with a young child or pet.
- Remind young children that your baby is NOT a toy.
- Make sure your baby's rattles or soft vinyl teethingers do NOT contain DINP. (DINP is a harmful chemical and is used in PVC products to make them soft and flexible.)

## Keeping Baby Safe from Common Injuries

### Falls

- Keep an eye on your baby at all times while he/she is awake. Place your baby in a crib or playpen if you need to leave the room.
- Keep one hand on your baby at all times as you change, bathe and dress him/her.
- Always secure safety belts on strollers, high chairs and shopping carts.
- Install safety gates at tops and bottoms of stairways.

## Burns

- Turn your hot water heater down to 48° C (120° F). This will help keep your tap water at a safe temperature of 43° C (110° F) or lower.
- Test your baby's bath water to make sure it is warm, not hot.
- Seat your baby away from the faucet handles in the bath.
- Do not smoke around your baby.
- Do not hold your baby if you are cooking or drinking a hot drink.
- Have pot handles turned inward away from a child's reach when using the stove.

**Important:** Children have thinner skin than adults. A child will burn 4 times more quickly and deeply than an adult at the same temperature.

## Poisoning

- Medicines, cleaning products and other poisons need to be locked up in a place high up and out of your baby's reach.
- Always read the label and check the dosage each time you give your child medicine.
- Keep medication in child-resistant packaging.

## Choking and Strangling

- Keep small objects away from your baby.
- Use only sturdy toys that are washable and have no small parts.
- Do not prop a bottle in your baby's mouth.
- Never tie anything around your baby's neck (ex: string or necklace to hold a soother).
- Keep blind and curtain cords out of reach of your baby and young children.
- Keep plastic bags away from babies and children so they do not put them over their heads or faces.

# Keeping Baby Safe from Common Deaths

## Car Crashes

- Choose the right type of car seat for your child.
- Make sure your baby's car seat meets Canadian Motor Vehicle Standards.
- Install your baby's car seat according to the manufacturer's instructions.
- Always place your child in the back seat.

For car seat safety information, contact Manitoba Public Insurance at 985-1619 in Winnipeg or toll-free 1-888-767-7640 or 1-800-333-0371.

## Drowning

- Do NOT use bath rings.
- Always keep one hand on your baby as you bathe him/her.
- Always supervise your baby near water.
- Do NOT leave your baby alone in the bathroom. Babies can drown in toilets.
- Empty buckets/containers after use and store them upside down.
- Always use approved life jackets when boating.

## Fire / Poison Gas

- Have a carbon monoxide detector and make sure the batteries are charged.
- Have fire detectors on all floors and make sure the batteries are charged.
- Keep a fire extinguisher in your house.

# Your Baby's Checkups

Your doctor or health care provider will need to see your baby for regular checkups during the first 6 months to see how your baby is developing. He/she will give your baby needles at 2 months, 4 months and 6 months. These needles are called immunizations. They protect your baby from the following serious diseases:

- Diphtheria
- Tetanus
- Pertussis
- Poliomyelitis
- Haemophilus Influenza type B
- Pneumococcal infection
- The flu shot is recommended for healthy babies 6 to 23 months of age and for the people who live with them.

These needles are free. Your doctor or health care provider will tell you which immunizations your baby needs and how to take care of him/her after each one.



## IMPORTANT

Keep a record of your baby's immunizations. Your doctor or health care provider can give you an immunization card to keep at home.



# Your Growing Baby

How my baby is growing:

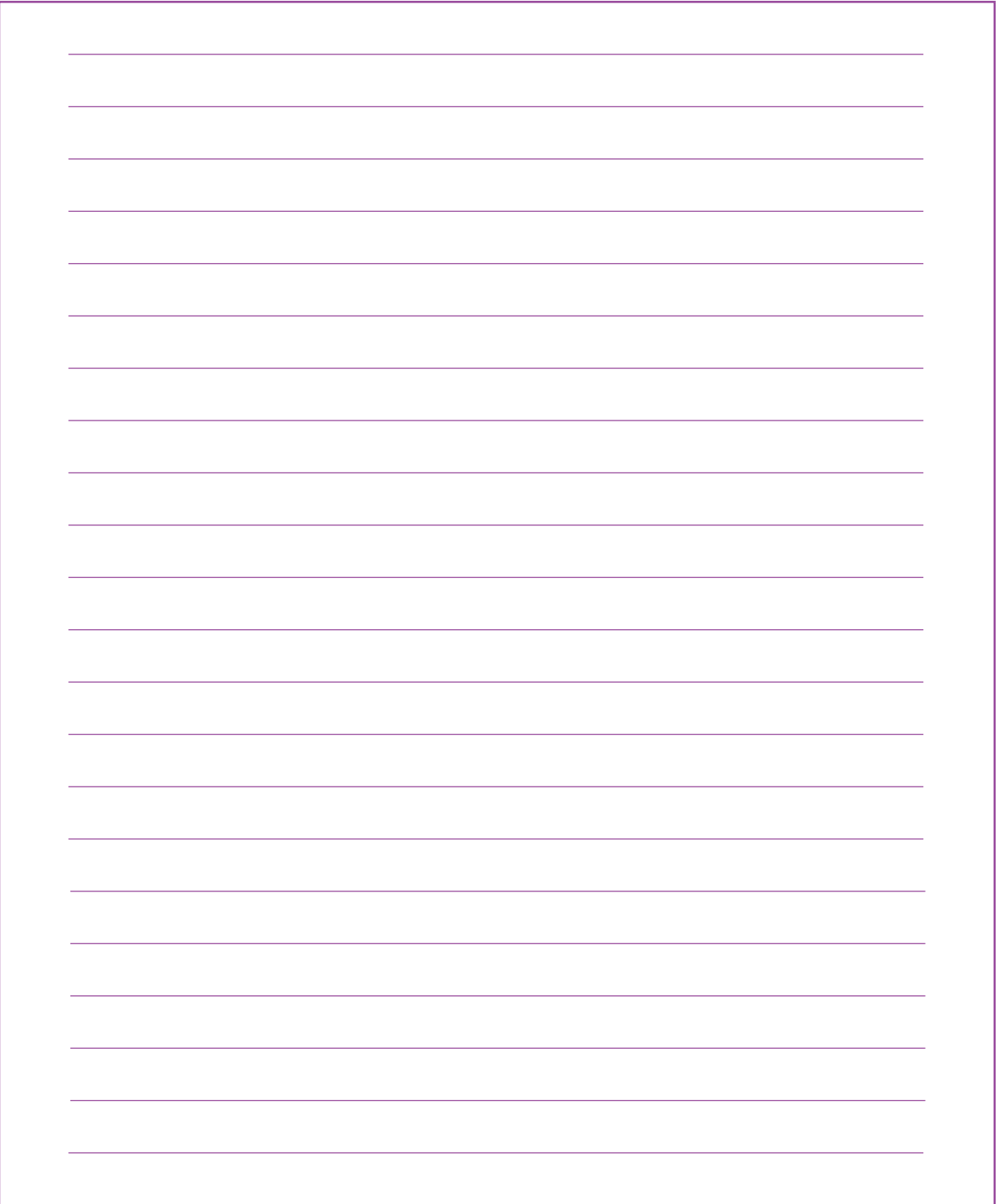
What did I do to help my baby grow...

I feel...

Special moments to remember...

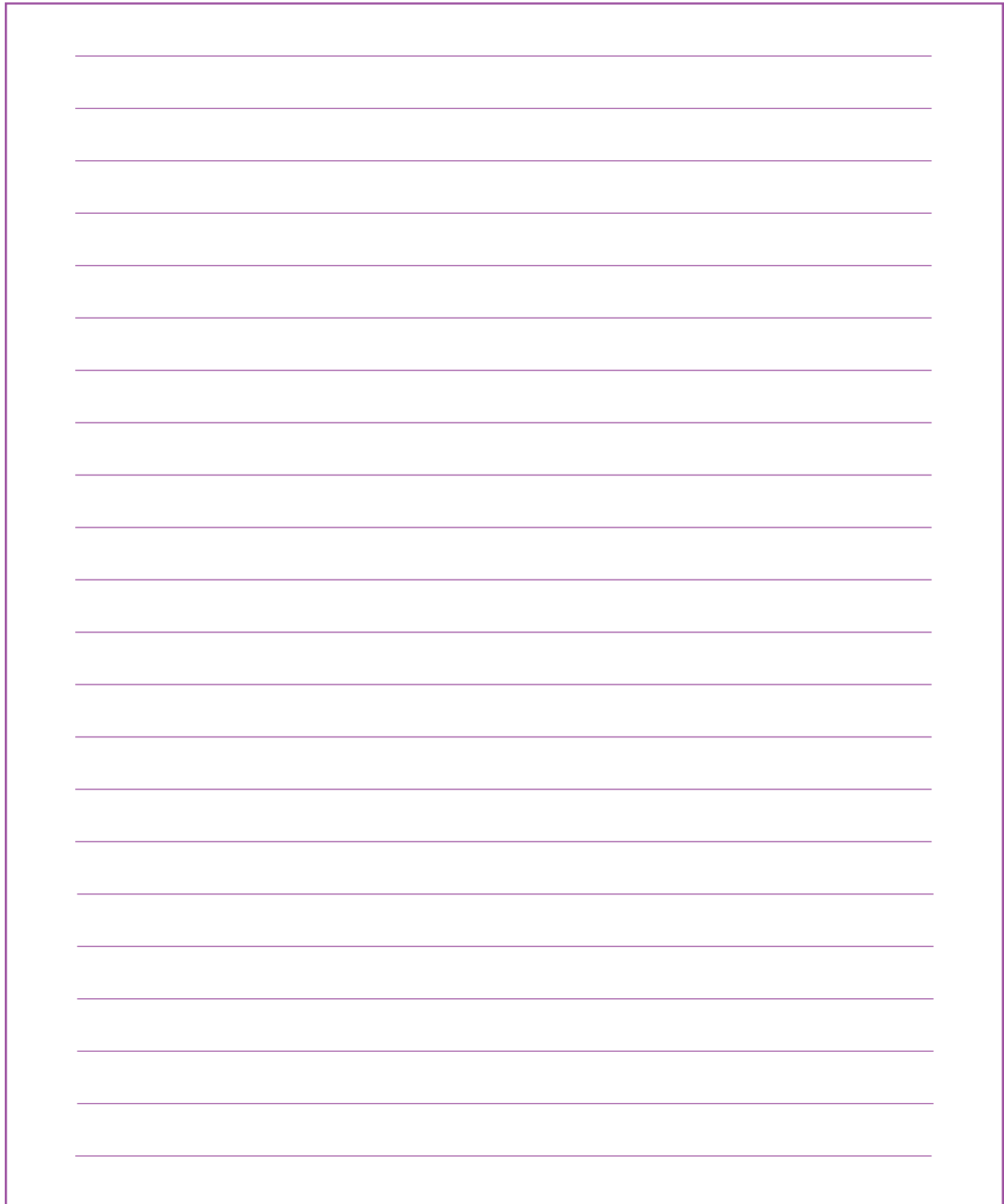


# Notes





# Notes





# 6-12 Months



The next 6 months is an exciting time for your baby. He/she is growing stronger and getting better control of his/her movements. Your baby is also growing more curious about the world around him/her. He/she will want to move from place to place and touch everything in sight.

This exploration will definitely keep you on your toes! Your job is to keep your baby safe while he/she explores. Try taking your baby to programs in your community. The nice thing is that you can talk to other parents while your baby explores a safe new place.

This section is all about what happens when your baby is 6 - 12 months old. You will find answers to the following questions:

- How can I help my baby fall asleep at night?
- How can I help my baby cope with the new things that make him/her cry?
- How do I start my baby on solid foods?
- How do I start my baby on meats and alternatives, fruits, vegetables and family foods?
- How do I deal with teething and caring for my baby's teeth?
- How can I help my baby grow and develop?
- How can I help my baby explore safely?
- How can my doctor or health care provider help me?

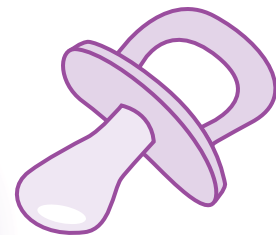
# Sleeping

At 6 months old your baby may nap a couple of times a day. Often that will mean 1 nap in the morning and 1 nap in the afternoon. At night your baby may sleep for about 11 hours. That is not to say that your baby will not wake up during the night, as most babies still wake up at least once a night. Some babies can fall back to sleep by themselves and some may need you to help them back to sleep.



## How to help your baby fall asleep at night

- Create a relaxing bedtime routine (ex: give your baby a bath, read or sing to your baby after feeding).
- Have baby go for naps and to bed at night at the same time every day.
- Play soothing music.
- Dim the lights.
- Spend time in your baby's room after you place him/her in the crib (ex: tidy the room).
- Encourage baby to fall asleep by himself/herself.
- During the night if baby wakes up it is a time to comfort and re-settle your baby, not a time to play.



# Crying

At 6 months, your baby is probably crying less than before. But now, your baby cries for different reasons, especially when faced with new things or when separated from you.

These include:

## Feeling Scared

Your baby is probably scared of things that never bothered him/her before. He/she might cry when you vacuum or make loud noises. Your baby might love his/her bath but cry at the sight of water going down the drain.

**How to help:**

- Hold your baby close.
- Talk gently to reassure him/her.

## Feeling Helpless

Sometimes your baby will cry for help. For example, your baby might crawl into a tight space and not be able to get out and be frustrated.

**How to help:**

- Learn your baby's cues so you can help before he/she starts crying.

## Feeling Angry / Frustrated

Your baby wants to do new things on his/her own. Sometimes, he/she will try to do things that are unsafe or too hard for his/her age. When this happens, your baby might cry in frustration or anger.

**How to help:**

- Move your baby into a safe area.
- Distract him/her with a new activity.

## Facing New Things

Your baby might cry when you change his/her routine or introduce something new.

**How to help:**

- Prepare your baby for things that are new (ex: look at pictures of animals before taking your baby to the zoo).
- Introduce new things slowly so your baby has time to adjust.

## Being Away from You

At around 6 months, your baby begins to understand that he/she is separate from you. Your baby will cry when you are out of sight or gone away. This is normal and is called "separation anxiety".

**How to help:**

- Take your baby with you when you go from room to room.
- Always say good-bye to your baby. Do not sneak out.
- Always leave your baby with someone he/she knows and trusts.



# Feeding

Infants should be exclusively breastfed for the first 6 months. Around 6 months your baby is ready for new foods and will need to learn to eat solid foods.

## When will my baby be ready for solid foods?

Your baby is ready to start eating small amounts of puréed/semi-solid food at 6 months of age. By this age, your baby can swallow this type of food. Solid foods will give your baby the extra iron he/she needs. Here are the signs your baby is ready for solid foods:

- Sits up with a little help.
- Holds head up on his/her own.
- Takes food from a spoon.
- Opens his/her mouth when food is offered.
- Turns away to show he/she is full.
- Closes his/her mouth and refuses food.

## How much should I feed my baby?

Trust your baby's instincts. He/she will eat as much and as often as he/she needs. Follow these cues to make sure your baby is getting the amount of food that is right for him/her:

Hunger Cues	Baby is Full
<ul style="list-style-type: none"><li>• reaches for your breast with his/her mouth</li><li>• reaches for food</li><li>• moves around more and is excited</li><li>• clicks or sucks on his/her tongue</li><li>• makes small sounds</li><li>• opens mouth when sees spoon comes toward him/her</li></ul>	<ul style="list-style-type: none"><li>• relaxed body</li><li>• open fists</li><li>• lets go of breast</li><li>• turns away from breast or spoon</li><li>• eating slows down</li><li>• pushes food away</li><li>• arches back</li></ul>

## What foods and beverages should I start with for my baby?

Breast milk should still be your baby's number one food. Babies drinking formula should still take in more formula than food. Over the next few months your baby can learn to eat:

- infant cereal
- iron-rich meat puréed (blended)
- tofu
- well-cooked and mashed legumes (lentils, chickpeas, blackbeans, etc.)
- poultry
- cooked egg yolks
- fish (boneless)

(See “Baby’s First Solid Food” on page 84).

## What foods and beverages are not good for my baby during the first year of life?

Some foods can make your baby sick or cause choking or an allergic reaction. Check the list below before you give your baby something new to eat or drink.

### Do Not Give your Baby

- |                       |                   |   |
|-----------------------|-------------------|---|
| • bacon               | • gum             | • snack foods (ex: chips, pretzels, French fries) |
| • cakes               | • honey           | • coffee  |
| • candy               | • nuts            | • drink crystals                                  |
| • sugar-coated cereal | • pickles         | • pop   |
| • chocolate           | • processed meats | • sports drinks                                   |
| • cookies             | • popcorn         | • tea, herbal tea                                 |
| • cough drops         | • raisins         |   |

### TIP

- Give your baby only 1 new food at a time to make sure you can tell which food is the cause in case of an allergic reaction. Stop feeding that food until you see your doctor or health care provider.
- Cut foods into small bite-sized pieces to prevent choking.

### Signs of Allergic Reaction

- rash
- diarrhea
- breathing problems
- vomiting
- tummy pains

# Baby's First Solid Food

At 6 months, your baby's number one food will still be breast milk or iron-fortified formula. Start your baby on solid foods by spoon feeding him/her these **iron-rich foods**:

- infant cereal mixture
- puréed meats that are low in fat and salt
- puréed meat alternatives (see next page)

## Cereal

Give your baby 1 - 2 tablespoons of iron-rich dry cereal mixed with breast milk, iron-fortified formula or water. Make the mixture very thin. Do this for 2 - 3 days and then try another infant cereal. Barley cereal, oatmeal cereal, and rice are some of the types you can give your infant. You can make the mixture thicker and feed more of it to your baby once he/she is used to eating cereal.

## How to Spoon Feed Your Baby

After you breastfeed or bottle feed your baby, let him/her try a little dab of food on the tip of a very small spoon. Put the spoon to your baby's lips and let him/her suck the food from it. Your baby might gag or spit out the food. This is a normal part of learning to eat. Don't worry about the mess. With practice, your baby will learn to eat what's on the spoon.

## TIP

Your baby needs to learn to chew and swallow. **Do NOT put cereal in his/her bottle.** Drinking cereal can cause your baby to choke. Studies show that adding cereal to a bottle does NOT help your baby sleep through the night.

## Iron-Rich Meats and Alternatives

Give your baby 1 - 2 tablespoons of puréed (blended) chicken, turkey, beef, veal, lamb, pork or wild meat once a day after you breastfeed or bottle feed. Make sure you do not give your baby meat that is high in fat and salt, like bacon. Or, try 1 - 2 tablespoons of meat alternatives such as puréed beans, peas, lentils, tofu or mashed, cooked egg yolk mixed with breast milk, formula or water. Avoid egg whites until after your baby is 1 year old.

Feed your baby only one type of meat or alternative for 4 - 5 days before trying another type. This way, you can tell if he/she has an allergic reaction to the new food (See “Signs of Allergic Reaction” on page 83).

Once your baby is used to eating puréed meats and alternatives, you can mash them up and start feeding more to him/her.

### TIP

Feed your baby only small amounts of beans, peas, lentils and tofu to avoid gas and cramps.

## Sample Menu

### 6 - 7 Months

Early morning	• *breast milk or iron-fortified formula
Morning	• *breast milk or iron-fortified formula • 1 - 4 tablespoons dry infant cereal mixed with breast milk, iron-fortified formula or water
Afternoon	• *breast milk or iron-fortified formula
Early evening	• *breast milk or iron-fortified formula • 1 - 2 tablespoons puréed meat and/or alternatives
Night	• *breast milk or iron-fortified formula

\* Most babies under a year will breastfeed 6 or more times in a 24 hour period even when eating solid foods. Some of these feedings will be snacks, some will be for comfort, and others a meal. Watch your baby's cues and breastfeed when your baby indicates he/she wants to breastfeed.

## Baby's Next Solid Foods

At 7 months, your baby's main food will still be breast milk or iron-fortified formula with cereal, meat and alternatives. Now that your baby is used to eating these iron-rich foods, he/she is ready for some new tastes and textures. Your baby is learning to chew and needs to try the following foods rich in vitamins:

- puréed (blended) vegetables
- puréed (blended) fruit

Increase texture (lumpiness) of vegetables and fruits as your baby gets used to and wants to chew.

### Vegetables

Start your baby with puréed (blended) peas, green and yellow beans, sweet potatoes, squash and broccoli.

Start by feeding your baby 1 - 2 tablespoons of vegetables twice a day after you breastfeed or bottle feed.

### IMPORTANT

Give your baby vegetables before feeding him/her fruits. Your baby might reject the stronger taste of vegetables if he/she picks up the sweet fruit taste first.

### Fruit

Once your baby learns to eat vegetables, try feeding him/her puréed (blended) apples, bananas, nectarines, pears, plums, apricots and peaches.

Start by feeding your baby 1 - 2 tablespoons of fruit twice a day after you breastfeed or bottle feed.

### IMPORTANT

Feed your baby only 1 vegetable or fruit for 2 - 3 days before trying another type to make sure he/she is not allergic to any of them. (See "Signs of Allergic Reaction" on page 83). Once your baby is used to eating puréed vegetables and fruit, you can mash them up and start feeding more to him/her.



# Sample Menu

## 7 - 8 Months

Early morning	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula</li> </ul>
Morning	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula</li> <li>• 1 - 4 tablespoons dry infant cereal mixed with breast milk, iron-fortified formula or water</li> <li>• 1 - 2 tablespoons puréed fruit</li> </ul>
Afternoon	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula</li> <li>• 1 - 2 tablespoons puréed vegetables</li> </ul>
Early evening	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula</li> <li>• 1 - 2 tablespoons puréed meat and/or alternatives</li> <li>• 1 - 2 tablespoons puréed vegetables</li> <li>• 1 - 2 tablespoons puréed fruit</li> </ul>
Night	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula</li> </ul>

## 8 - 9 Months

Early morning	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula</li> </ul>
Morning	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula</li> <li>• 4 - 6 tablespoons dry infant cereal mixed with breast milk, iron-fortified formula or water</li> <li>• 2 - 3 tablespoons mashed fruit</li> </ul>
Afternoon	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula</li> <li>• 1 - 2 tablespoons puréed vegetables</li> </ul>
Early evening	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula</li> <li>• 2 - 4 tablespoons puréed meat and/or alternatives</li> <li>• 2 - 4 tablespoons mashed vegetables</li> <li>• 2 - 4 tablespoons mashed fruit</li> </ul>
Night	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula</li> </ul>

\* Most babies under a year will breastfeed 6 or more times in a 24 hour period even when eating solid foods. Some of these feedings will be snacks, some will be for comfort, and others a meal. Watch your baby's cues and breastfeed when your baby indicates he/she wants to breastfeed.

# Finger Foods and Beyond

At 9 months, your baby's number one food will still be breast milk or iron-fortified formula. Now he/she is ready to try finely chopped family foods and finger foods. Your baby will enjoy the challenge of using a spoon or picking up small pieces of food to feed himself/herself by hand.

## What to Feed Your Baby

Start by feeding your baby finely chopped family foods and finger foods without added sugar, salt, butter or margarine. Give your baby new foods 1 at a time and slowly add different ones to his/her diet.

At this age, many babies do not have a lot of teeth, so make sure the foods are soft and easy for your baby to gum. This reduces the risk of choking.

At 9 months, your baby can be given homogenized whole (3.25%) milk. Do not give your baby skim, 1% or 2% milk until he/she is 2 years old. These milks do not have enough fat to meet your baby's needs. Do not let your baby have more than 720ml (3 cups) of milk per day.

## 9 - 12 Months

Morning	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula or homogenized milk</li> <li>• 4 - 6 tablespoons dry infant cereal mixed with breast milk, iron-fortified formula or water</li> <li>• 2 - 4 tablespoons soft fruit</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• cheese cubes</li> </ul>
Afternoon	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula or homogenized milk</li> <li>• 3 - 4 tablespoons dry infant cereal mixed with breast milk, iron-fortified formula or water</li> <li>• 1 - 3 tablespoons mashed meat and/or alternatives</li> <li>• 3 - 4 tablespoons cooked vegetables</li> <li>• 3 - 4 tablespoons soft fruit</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• apple sauce and water</li> </ul>
Evening	<ul style="list-style-type: none"> <li>• *breast milk or iron-fortified formula or homogenized milk</li> <li>• 2 - 4 tablespoons mashed meat and/or alternatives</li> <li>• 3 - 5 tablespoons cooked vegetables</li> <li>• 2 - 4 tablespoons soft fruit</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• ½ carrot muffin</li> <li>• unsalted soda crackers or dry toast strips</li> </ul>

\* Most babies under a year will breastfeed 6 or more times in a 24 hour period even when eating solid foods. Some of these feedings will be snacks, some will be for comfort, and others a meal. Watch your baby's cues and breastfeed when your baby indicates he/she wants to breastfeed.

# Teething

Most babies get their first tooth around 6 months old, but there is no set schedule. Your baby's first tooth might come in as early as 3 months or as late as 12 months. He/she might feel pain or discomfort weeks before the new teeth start to poke through. Don't worry. The pain of teething is normal and your baby will get through it just fine.

## Signs Your Baby is Teething

- drooling
- biting and chewing on things
- not wanting to breastfeed because sucking hurts the gums
- waking up at night
- fussing
- pulling on his/her ear
- crying and rubbing his/her face
- red cheeks

## What to Do

- Give your baby love and attention.
- Give your baby dry toast, unsweetened teething biscuits and unsalted bread sticks or crackers. Chewing will help ease the pain.
- Let your baby chew on a frozen wash cloth/teething ring. Cold will help soothe baby's gums.
- Ask your doctor or health care provider for help if nothing works.

## IMPORTANT

Do NOT give your baby a teething ring that contains PVC. PVC is part of DNIP which is a harmful chemical.

# Looking After Your Baby's Teeth

Even babies can get cavities. Formula and fruit juice and other drinks left in baby's mouth can cause tooth decay. Germs that cause tooth decay can be passed from parent to baby by kissing, sharing spoons or putting the baby's soother in your mouth. You should begin caring for your baby's teeth as soon as they start to come in.

## What to Do

- Wipe your baby's teeth with a clean, wet wash cloth at the end of every day.
- Limit foods that are high in sugar.
- Do NOT let your baby fall asleep with a bottle in his/her mouth.
- Teach your baby to use a cup at 6 - 9 months.
- Do not put baby's soother in your mouth to clean it.



# Playing and Learning

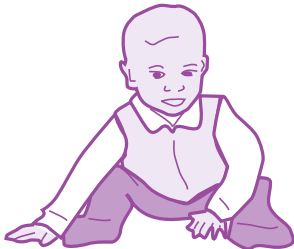
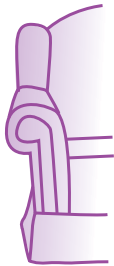



Now your baby is really on the move! He/she is discovering new ways to get around and touch everything in sight. Let your baby safely explore the world around him/her. Exploring is his/her way of learning.

Your baby is also learning to understand some words, make new sounds and use his/her hands more.

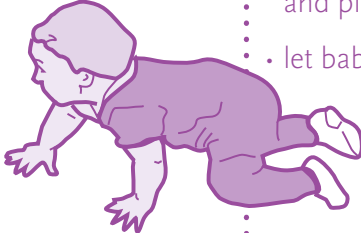
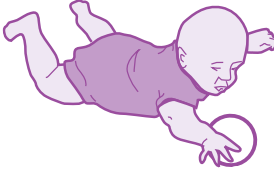



## **Here is what you can do to help your baby explore, discover and learn:**

- Create a safe place for your baby to explore.
- Watch over your baby as he/she moves around and explores.
- Play games your baby enjoys.
- Give your baby new things to see and hear.
- Take your baby out to new places.
- Spend time around other people.






# Stages of Development - 7 Months

Skill	What Baby Can Do	How You Can Help
<p>Moving</p>	<ul style="list-style-type: none"> <li>• pull himself/herself up using furniture</li> <li>• sit up without help</li> </ul> 	<ul style="list-style-type: none"> <li>• give baby strong things to hang onto when he/she wants to stand up</li> </ul> 
<p>Thinking</p>	<ul style="list-style-type: none"> <li>• follow fast moving objects with eyes</li> </ul>	<ul style="list-style-type: none"> <li>• put baby in a place where he/she can see you moving around</li> </ul>
<p>Hearing and Talking</p>	<ul style="list-style-type: none"> <li>• copy sounds that he/she hears</li> </ul> 	<ul style="list-style-type: none"> <li>• read to baby - point to pictures as you say the words (ex: dog)</li> </ul> 
<p>Feeling</p>	<ul style="list-style-type: none"> <li>• show fear of things that never bothered him/her before</li> <li>• play give and take games</li> </ul>	<ul style="list-style-type: none"> <li>• stay close to baby when he/she is afraid</li> </ul> 



# 8 Months

Skill	What Baby Can Do	How You Can Help
<p>Moving</p>	<ul style="list-style-type: none"> <li>• crawl forwards and backwards</li> </ul> 	<ul style="list-style-type: none"> <li>• give baby a safe place to crawl and play</li> <li>• let baby explore</li> </ul>
<p>Thinking</p>	<ul style="list-style-type: none"> <li>• reach over things to grasp objects</li> </ul> 	<ul style="list-style-type: none"> <li>• help baby pick up, squeeze and bring toys to his/her mouth</li> </ul>
<p>Hearing and Talking</p>	<ul style="list-style-type: none"> <li>• make babbling noises that sound like words</li> </ul> 	<ul style="list-style-type: none"> <li>• sing to baby</li> <li>• teach baby simple words that sound like babbling (ex: mama, dada, bye-bye)</li> </ul> 
<p>Feeling</p>	<ul style="list-style-type: none"> <li>• want only his/her mother to do things for him/her</li> <li>• easily go from laughing to crying</li> </ul> 	<ul style="list-style-type: none"> <li>• be positive around your baby</li> </ul>

# 9 Months

Skill	What Baby Can Do	How You Can Help
<p>Moving</p>	<ul style="list-style-type: none"> <li>• point at things</li> <li>• stand for a short time by holding onto things</li> </ul> 	<ul style="list-style-type: none"> <li>• take baby for a walk and point out the interesting things you see</li> <li>• give baby strong things to hang onto when he/she wants to stand up</li> </ul> 
<p>Thinking</p>	<ul style="list-style-type: none"> <li>• throw things</li> <li>• understand “no”</li> </ul> 	<ul style="list-style-type: none"> <li>• give baby things to pick up and drop into containers (ex: blocks)</li> </ul>
<p>Hearing and Talking</p>	<ul style="list-style-type: none"> <li>• respond to his/her name</li> </ul> <p><i>“How are you Sarah?”</i></p> 	<ul style="list-style-type: none"> <li>• say baby's name often</li> </ul>
<p>Feeling</p>	<ul style="list-style-type: none"> <li>• show fear when left alone, especially at bedtime</li> </ul> 	<ul style="list-style-type: none"> <li>• stay in baby's line of sight</li> <li>• create a bedtime routine</li> </ul>

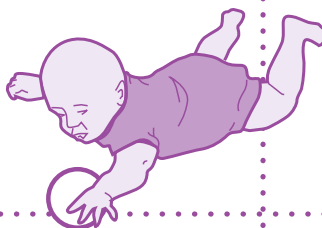
# 10 Months

Skill	What Baby Can Do	How You Can Help
<p>Moving</p>	<ul style="list-style-type: none"> <li>• take steps when held</li> </ul> 	<ul style="list-style-type: none"> <li>• hold baby up in a walking position for short periods of time</li> </ul>
<p>Thinking</p>	<ul style="list-style-type: none"> <li>• wave bye-bye</li> </ul>	<ul style="list-style-type: none"> <li>• help baby wave bye-bye</li> </ul>
<p>Hearing and Talking</p>	<ul style="list-style-type: none"> <li>• imitate sounds</li> </ul>	<ul style="list-style-type: none"> <li>• teach baby new words (ex: point to dog and say “dog”)</li> <li>• talk to baby and listen when he/she talks back</li> </ul> 
<p>Feeling</p>	<ul style="list-style-type: none"> <li>• show off new skills to mother (ex: makes splashes in bathtub)</li> </ul>	<ul style="list-style-type: none"> <li>• express pleasure and pride in baby’s new skills</li> </ul>

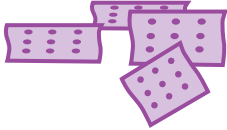



# 11 Months

Skill	What Baby Can Do	How You Can Help
<p>Moving</p>	<ul style="list-style-type: none"> <li>• walk when both hands are held for support</li> <li>• move around by holding onto furniture</li> <li>• pick up and place things into containers</li> </ul>	<ul style="list-style-type: none"> <li>• hold baby's hands to help him/her walk for short periods of time</li> <li>• play games with baby - give baby colourful toys to move around and different kinds of containers to put them in (ex: balls to roll, cars to push)</li> </ul>
<p>Thinking</p>	<ul style="list-style-type: none"> <li>• remember people who have left an area</li> <li>• try to reach for things that are far away</li> </ul>	<ul style="list-style-type: none"> <li>• play peek-a-boo</li> <li>• play simple hiding games - hide toys halfway</li> </ul>
<p>Hearing and Talking</p>	<ul style="list-style-type: none"> <li>• say mama or dada when he/she sees a parent</li> </ul>	<ul style="list-style-type: none"> <li>• respond to baby's words by repeating them in simple sentences (ex: "Mama is playing.")</li> </ul>
<p>Feeling</p>	<ul style="list-style-type: none"> <li>• take part in routines</li> </ul>	<ul style="list-style-type: none"> <li>• create routines for baby (ex: read to baby before bedtime)</li> </ul>



# 12 Months

Skill	What Baby Can Do	How You Can Help
Moving	<ul style="list-style-type: none"> <li>stand up for a very short time without support</li> <li>pick up things using thumb and index finger</li> </ul>	<ul style="list-style-type: none"> <li>let baby pick up and eat finger foods</li> </ul> 
Thinking	<ul style="list-style-type: none"> <li>push toys around</li> <li>understand colour</li> <li>understand size</li> </ul>	<ul style="list-style-type: none"> <li>give baby toys that have different shapes, sizes and textures</li> <li>give baby push toys or toys with strings to pull</li> </ul>
Hearing and Talking	<ul style="list-style-type: none"> <li>understand simple instructions or questions (ex: Is Hayley full?)</li> <li>use sounds to tell you what he/she wants</li> </ul>	<ul style="list-style-type: none"> <li>give baby simple directions</li> <li>tell baby what you are doing as you do it</li> </ul> 
Feeling	<ul style="list-style-type: none"> <li>explore with adults nearby</li> </ul>	<ul style="list-style-type: none"> <li>let baby play alone while you are in the same room</li> </ul>

# Keeping Your Baby Safe

At this age, your baby is full of wonder. He/she is crawling around, pulling up on things and reaching for everything in sight. Your baby can move around without your help but he/she depends on you to keep him/her safe.

Here are some things you can do to make learning and playing safe for your baby:

- Child-proof your home (See “Child-proofing Checklist” on page 98).
- Give your baby toys that are right for his/her age.
- Keep small objects out of your baby’s reach. If it fits in the mouth, your baby can choke on it.
- Move cords from blinds and curtains up high where your baby can’t reach them.
- Tuck lamp and telephone cords behind tables.
- Cover all electric outlets with child-proof covers.
- Secure your drawers and cupboards with safety latches.
- Put corner bumpers on furniture.
- Lock all windows.
- Block stairs from top and bottom with baby gates that bolt in place.
- Clean up party leftovers. Alcohol is poisonous to small children even if they have just a little.
- Keep all detergents, medicines, sharp objects out of your child’s reach.
- Hang Christmas ornaments out of your baby’s reach to avoid cuts or lead poisoning.
- Do not use tablecloths that hang within your baby’s reach.
- Never leave your baby alone **EXCEPT** in a crib or playpen.

# Child-proofing Checklist

Use the checklist below to help make your home a safe place for your baby.

## Kitchen

- Pots are placed at back of stove.
- Pot handles are turned in.
- Stove is clear of things that can easily catch fire.
- Chairs and step stools are away from the counter and stove.
- Electrical appliances are unplugged and away from water.
- Cords are tucked away from baby's reach.
- Sharp knives and utensils are out of baby's reach.
- Household cleaners and chemicals are stored up high in a locked cupboard or closet.
- Fire extinguisher works.
- Ironing board and iron are put away.
- Keep plastic bags out of child's reach.

## Bathroom

- Door is always closed.
- Toilet lid lock is installed.
- Drawers and cabinets are secured with child-proof locks.
- Use electrical appliances carefully.
- Install ground-fault circuit interrupters on outlets near sinks and bathtubs.
- Bathtub has a non-skid strip or mat.
- Hot water heater is turned down to 48° C (120° F) to keep tap water at a safe temperature of 43° C (110° F) or lower.
- Never leave a young child alone in the bathroom.

## Child's Bedroom

- Cords from blinds and curtains are moved up high.
- Non-toxic paint is used on walls and furniture.
- No bunk beds for children under 6.

## Adult Bedroom

- Personal care products are out of baby's reach (ex: make-up, deodorant, hair pins or elastics).
- Electrical appliances are out of baby's reach.



## Halls and Stairs

- Baby gates are secured at the top and bottom of stairs.
- Stairs are well lit.
- No small rugs or clutter to trip over near the stairs.
- Night light is on in the hallway between bedrooms and bathrooms.

## Basement and Storage Areas

- Laundry products are out of baby's reach.
- Paints, chemicals and poisons are stored up high or locked away.
- Tools are out of reach or locked away.
- Power tools are unplugged and put away.
- Doors and shelves are removed from any unused fridge or freezer.

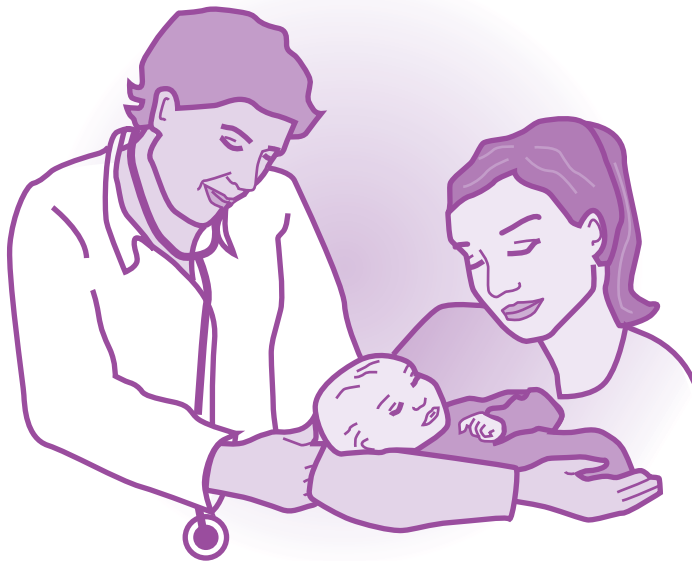
## Balconies

- Items children can climb on are far away from balcony rail (ex: chairs, toys, flowerpots).
- Balcony rails are vertical (go up and down) and close together.
- Children are always supervised by an adult when on the balcony.
- Windows and doors that lead to the balcony are locked.

# Your Baby's Checkups

Your doctor or health care provider will need to see your baby for regular checkups from 6 - 12 months so he/she can see how your baby is growing. He/she will check your baby's growth and development and make sure your baby can do things such as reach, imitate, listen and laugh.

Your baby might get a cold or flu before his/her first birthday. Ask your doctor or health care provider about the signs and what to do if your baby is sick.





# Your Growing Baby

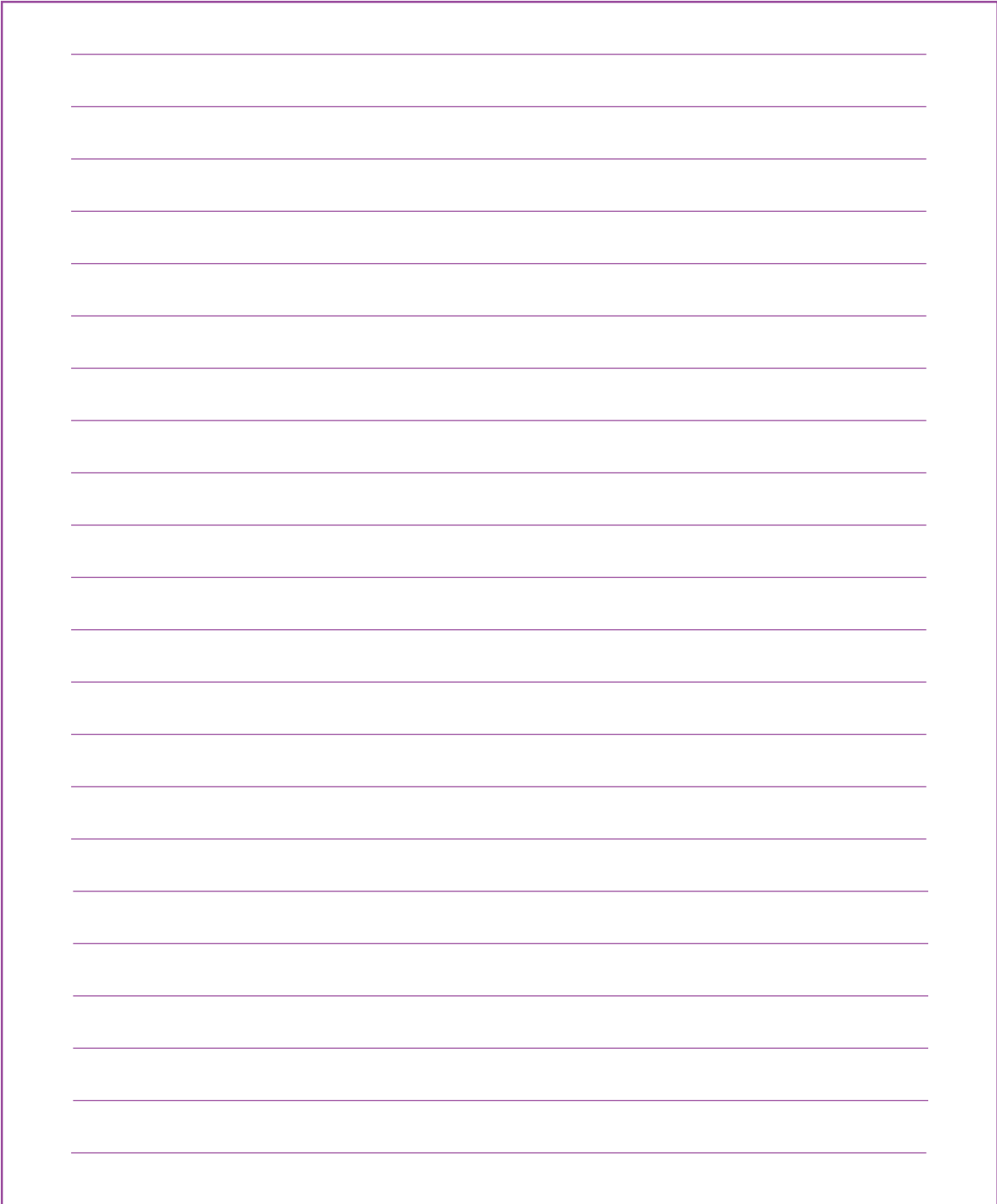
How my baby is growing:

What did I do to help my baby grow...

Special moments to remember...



# Notes







# 1-2 Years

Your little one has grown so fast! As a parent, you will experience many new and exciting challenges as your baby becomes a toddler. Your baby will test out many new behaviours. One minute he/she will be full of joy and the next minute, kicking and crying. Your job is to stay patient and learn ways to build on the caring relationship you have developed so far.

This section is all about what happens during the toddler stage. You will find answers to the following questions:

- How do I help my toddler with sleeping issues?
- What do I feed my toddler?
- Is my toddler's behaviour normal?
- How can I help my toddler deal with stress and fear?
- How and when do I toilet train?
- How do I discipline my toddler?
- What skills will my toddler develop over the year?
- How do I keep my toddler safe?
- How do I care for my toddler's health?

# Sleeping

Most toddlers between ages 1 and 2 require 10-13 hours of sleep a day. Your toddler will still have naps during the day, especially after an activity like going to the park. Many parents feel that getting their toddler to sleep at night can be a challenge. Other concerns are coping with your toddler's bad dreams and moving him/her from the crib into a bed.

## Sleeping at Night

Your toddler might have problems falling asleep at night. It is hard for him/her to settle down after a busy day filled with excitement.

### How to help:

- Create a 15 - 30 minute bedtime routine.
- Follow through with the bedtime routine even if your toddler is fussing.
- Give your toddler a toy to cuddle in bed.

## Bad Dreams

Your toddler might wake up crying because of a bad dream. It is important to comfort your toddler so he/she feels safe and can fall back asleep.

### How to help:

- Cuddle your toddler.
- Show your toddler the room is safe.
- Talk about happy things.
- Give your toddler a toy to cuddle.
- Leave on a night light/hall light.

## Moving From the Crib into a Bed

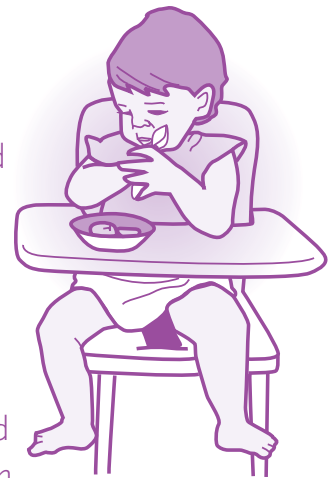
If your toddler can climb out of his/her crib, he/she is probably ready to make the move into a bed. This is a big step and your toddler will need time to adjust.

### How to help:

- Go slow and talk to your toddler about the move.
- Keep bedtime routines the same (ex: story, bath, etc.).
- Let your toddler practise sleeping on a mattress on the floor.
- Take your toddler on the shopping trip to pick out his/her new or used bed.
- Keep the crib in your toddler's room for a little while.
- If the crib is no longer available, put your toddler's bed in the same place his/her crib used to be.
- Put up a guardrail to prevent your toddler from falling out of bed.

# Feeding

Feeding is a way for you and your toddler to interact. A positive feeding relationship is necessary for your child's proper nutrition and growth. In addition, how you interact with your child during feeding has a powerful impact on how they feel about themselves and the world. Feeding depends on the abilities and temperaments of both parent and child.



Babies grow fast and eat a lot of food. Toddlers grow slower and tend to eat less. Your toddler is developing eating habits that will stick with him/her for a lifetime, so it is very important that your toddler learns to enjoy eating many different types of foods. Below is what you need to know to help him/her eat healthily now and for life.

## A golden “Rule” for feeding children is:

Parents decide what foods to offer, when to offer food and where to offer food.  
The child decides whether to eat and how much to eat.

### Parents decide what foods to offer:

- Parents do the grocery shopping and decide what food will be brought home and put on the table.
- Try new foods. Offer a small amount first. It may take 15 - 20 times before a new food is accepted.
- Serve food in a form that your child can eat. Eating with their hands is okay.
- Offer healthy food choices to your child. For information on healthy choices look at the Eating Well with Canada's Food Guide. It will help you and your family know how much food you need and what types of foods are better. For a free copy of the food guide call 1-866-225-0709, online: [www.hc-sc.gc.ca/fn-an/food-guide-aliment/index.eng.pop](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index.eng.pop).

### Parents decide when to offer food:

- Children need the routine of regular meals and snacks to grow well (usually 3 meals and 2-3 snacks a day).
- Plan meals and snacks at regular times so your child knows when to expect meals and snacks.

### **Parents decide where to offer food:**

- Children should eat meals and snacks at the table.
- Sit and eat meals with your child.
- Make mealtimes a fun time with good food and good feelings.
- Turn off the TV and radio during mealtimes.

### **Child decides whether to eat:**

- Children's appetites change from day to day. Some days your child will not eat much, other days they will eat more. This is normal.
- Make mealtime a happy time and do not force your child to eat.
- Children can turn down or ignore foods they do not want to eat. Do not force a child to eat food they do not want.

### **Child decides how much to eat:**

- Children know when they are hungry and when they are full. Do not make your child finish his plate, or tell him/her to "take just 1 more bite".
- Children's portion sizes tend to be smaller than adult's portions. Children have small stomachs and need to eat small amounts more often during the day.
- Your child's steady growth is the best way to tell if your child is eating enough.

### **Remember to make mealtime fun!**

## **Breastfeeding Your Toddler**

Health Canada recommends breastfeeding continue until your baby is 2 years or older.

Children who are allowed to breastfeed until they wean themselves often will nurse at least 2 years. Toddlers breastfeed for many of the same reasons infants breastfeed: for nutrition, comfort, security, for a way to calm down and for reassurance.

Mothers breastfeed their toddlers for many of the same reasons they breastfeed their infants: they recognize their child's needs, they enjoy the closeness, they want to offer comfort, and they understand the health benefits.

Commonly a breastfeeding toddler will ask to nurse by pulling on your shirt or lying in the nursing position.

## Tips for Breastfeeding Your Toddler

- Make up a code word for breastfeeding so that your baby can ask to nurse discreetly.
- Have small amounts of food with you for distraction if you would rather nurse privately and your child is hungry.

# Toilet Training

Toilet training is a big step in your toddler's life. He/she will be ready to toilet train anytime around age 2 or later.

## When to Start

These are some of the signs your toddler is ready to be diaper free:

- fewer wet diapers - wakes up dry from naps but still wets at night.
- can tell when he/she needs to go.
- can walk to the potty and sit on it.
- can pull his/her pants up and down.

## How to Toilet Train Your Toddler

- Show him/her a potty chair and explain what it is used for.
- Dress your toddler in pants he/she can easily take down and pull up.
- Tell your toddler to let you know when he/she has to go.
- Stay with your toddler while he/she uses the potty.
- Read books or tell stories while he/she goes.
- Praise him/her for using the potty or trying to go.
- Teach your toddler to wash his/her hands after using the potty.



## IMPORTANT

- Do not try toilet training during a big time of change in your toddler's life (ex: new sibling, starting daycare).
- If toilet training is NOT working, stop and try again a few weeks later.
- Do not get upset or punish your toddler if he/she has accidents. Accidents are normal, especially at night.

# How Toddlers Act

Your toddler is figuring out who he/she is and what he/she can do. All this “discovery” can lead to some challenging behaviour. Your job is to be patient as your toddler acts out and tests his/her new skills.

## Running Away From You

Being away from you is a skill your toddler needs to learn. He/she will develop this skill by running away from you for short periods of time.

### How to help:

- Turn it into a game and let your toddler run to a safe place and back.
- Keep a close eye on your toddler and remind him/her where to run to. He/she will quickly forget the rules of the game.
- Carry your toddler or hold his/her hand in dangerous places (ex: sidewalk, parking lot, near stairs, malls).



## Temper Tantrums

Your toddler wants a say in what goes on around him/her. But he/she doesn't have the skills to say it. This can lead to frustration, anger... and temper tantrums. Temper tantrums are your toddler's natural way of acting out to tell you he/she is frustrated. Don't be alarmed if he/she falls to the floor, stomps, kicks, cries, screams, bites, hits and throws things. With your help, your toddler will eventually learn how to control his/her emotions.

### How to help:

- Stay with your toddler until the temper tantrum is over.
- Be calm.
- Do not try to reason with your toddler.
- Do not try to stop the fuss by giving your toddler what he/she wants.
- Hold your toddler to protect him/her from physical harm (ex: head banging).
- Praise your toddler for stopping.
- Distract your toddler with a game or activity once the tantrum ends.
- Prevent temper tantrums by making sure your toddler is well fed and rested.
- Help your toddler express his/her feelings with words (ex: “I can see that you are mad.”).



"NO!"



## Saying No

Your toddler has a mind of his/her own and wants to show it. He/she will say "no" to everything.

### How to help:

- Offer choices to give your toddler control (ex: "Do you want to eat the apple or the banana?").
- Do not ask your toddler yes or no questions (ex: "You are getting dressed now", NOT "Do you want to get dressed?").
- Praise your toddler's agreeable behaviour (ex: "Mommy is proud of you for getting dressed so fast.").

## Not Sharing

Your toddler will learn how to share when he/she is about 2 ½ years old. For now, your toddler will simply act his/her age and not share. Your toddler will often use the word "mine."

### How to help:

- If your toddler takes someone's toy, quietly tell him/her to give it back.
- Move your toddler to another play area if he/she continues to take toys away from others.

# Fears

Fear is a normal part of your toddler's development. These are the most common things toddlers are afraid of:

- dogs
- monsters
- insects
- loud noises
- strangers

## How to help:

- Be understanding and let your toddler know it is okay to be scared.
- Show your toddler there is nothing to be afraid of.
- Keep scary things away from your toddler.
- Tell your toddler you won't let anything hurt him/her.
- Give your toddler time to overcome his/her fear. Do not force him/her to face it head on.

# Stress

Your toddler is growing independent and going through a lot of changes in his/her life. This can cause stress. Stress is normal for toddlers. It helps them learn to cope.

## Signs of Stress

- more temper tantrums
- tummy aches for no reason
- loss of appetite
- more nightmares
- has accidents even though he/she is toilet trained

## IMPORTANT

Too much stress can be unhealthy. If your toddler shows 2 or more of signs of stress, try to figure out what is causing the problem. Look to see if there have been changes in his/her routine or if there are other reasons he/she is stressed. If your toddler continues to show signs of stress, talk to your health care provider.



# Discipline

Your toddler wants to be independent, loves to explore and does not know right from wrong. Your job is to set clear and consistent limits that keep your toddler safe. Your toddler's job is to test those limits in order to learn how to behave. It is easier to be patient when you know what to expect from your toddler and realize some misbehaviour happens for a reason (ex: thirsty, tired, scared).

## **IMPORTANT**

Your toddler will start to obey your rules at around age 3.

## **Toddler Behaviour You can Expect**

- Does things without thinking about it (ex: drops a cup without realizing it could break).
- Only understands simple rules (ex: "Put your mitts on to go outside.").
- Does not remember what you told him/her.
- Pays attention for only short periods of time.

## **Ways to Discipline**

- Child-proof your house (See "Child-proofing Checklist" on page 98).
- Pick up your toddler and move him/her away from danger.
- Always keep an eye on your toddler.
- Try to distract your toddler when he/she misbehaves.
- Tell your toddler how his/her behaviour is unacceptable (ex: "It is okay to be angry but not okay to yell in the store.").
- Give your toddler choices and follow through on the choices (ex: "Do you want to hold my hand in the store or go home?").
- Praise your toddler when he/she behaves well.
- Be patient with your toddler.

## **Spanking**

Some parents believe spanking is a good way to discipline children. **THIS IS NOT TRUE.** There are many reasons why children should not be spanked.

### **When you spank your child/toddler:**

- You are telling him/her it is okay to hit, especially when you are bigger.
- You may spank too hard and badly injure/hurt your child.
- You are not teaching your child how to behave.
- You damage your relationship with your child.
- You make your child feel bad about himself/herself rather than think about what he/she did.

# Child Abuse

Child abuse is any act that hurts a child on purpose or fails to protect him/her from harm. The major forms of child abuse are:

## *Physical abuse*

- Any non-accidental injury to a child's body (ex: shaking, hitting, burning).

## *Sexual abuse*

- Any sexual act between an adult and child (ex: fondling, pornography).

## *Neglect*

- Failure to provide for a child's needs (ex: lack of food, clothing or care).

## *Emotional abuse*

- Any behaviour that hurts a child's mental health or social development (ex: verbal threats, name-calling, ignoring).

## **IMPORTANT**

If you think your child is being abused, call All Nations Coordinated Response Network (ANCR) at 204-944-4200 or toll-free at 1-866-345-9241.

## **Fear of Hurting Your Child**

Parenting is a stressful job. Many parents have days when they feel like they have reached the end of their rope. Follow these steps if you think you might hurt your toddler:

- Put your toddler in a safe room, walk away and shut the door behind you.
- Express your feelings in a safe way (ex: cry, hit a pillow).
- Have someone you trust come over and care for your toddler so you can take a break.
- Share your feelings with a friend, family member, health care provider or public health nurse.

## **IMPORTANT**

Asking for help is a sign of strength.



# Playing and Learning


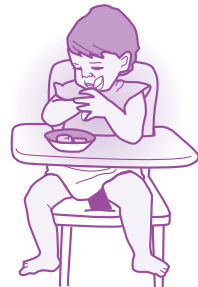
Your toddler learns from exploring. From 1 - 2 years old, he/she will become more mobile (walk), start doing things themselves and express a wide range of feelings. Push toys teach him/her about balance and how to walk. Reading teaches him/her new words. Stacking blocks teaches him/her about movements, shapes and weight. It is important to provide your toddler with activities that encourage learning.

## **Ways to encourage learning:**






- Give your toddler a safe place to play inside and outdoors.
- Talk to your toddler and listen when he/she talks to you.
- Read to your toddler and point out pictures to match the words.
- Help your toddler test out his/her new skills (ex: show him/her how to stack blocks).
- Let your toddler spend time around other children.
- Be patient when your toddler is frustrated.

# Stages of Development - 14 Months




The toddler stage is full of exciting milestones like walking, talking and drawing. It is amazing to watch your toddler learn one skill and quickly move onto the next. You can help your toddler master new skills if you know what he/she is working on. These next few pages explain what to expect at different ages.

Skill	Baby is Learning to:	How You Can Help
Moving	<ul style="list-style-type: none"> <li>• walk by himself/herself</li> <li>• stack 3 blocks together</li> </ul> 	<ul style="list-style-type: none"> <li>• take toddler for walks</li> <li>• give him/her blocks and stacking rings to play with</li> </ul>
Thinking	<ul style="list-style-type: none"> <li>• bring spoon to mouth and turn it over to eat from</li> <li>• point to things</li> </ul> 	<ul style="list-style-type: none"> <li>• give toddler a spoon and bowl</li> <li>• ask him/her to point to things in the house, outside and in books</li> </ul>
Hearing and Talking	<ul style="list-style-type: none"> <li>• say 1 - 2 words</li> <li>• make noises when pointing</li> </ul>	<ul style="list-style-type: none"> <li>• name people, places and things for your toddler</li> <li>• speak clearly</li> <li>• sound out words</li> </ul>
Feeling	<ul style="list-style-type: none"> <li>• hug and kiss</li> <li>• use sounds and words to express feelings</li> </ul>	<ul style="list-style-type: none"> <li>• ask toddler how he/she feels</li> </ul>

# 18 Months

Skill	Baby is Learning to:	How You Can Help
<p>Moving</p>	<ul style="list-style-type: none"> <li>• walk downstairs one step at a time with one hand held</li> <li>• push and ride toys without pedals</li> </ul>	<ul style="list-style-type: none"> <li>• help toddler practise walking downstairs</li> <li>• give him/her toys without pedals</li> </ul> 
<p>Thinking</p>	<ul style="list-style-type: none"> <li>• pretend</li> <li>• enjoy messy activities</li> </ul> 	<ul style="list-style-type: none"> <li>• show toddler how to make-believe with play food and toy phones</li> <li>• give him/her pails and shovels to use in a sandbox</li> </ul>
<p>Hearing and Talking</p>	 <ul style="list-style-type: none"> <li>• say no</li> <li>• try to sing songs</li> </ul>	<ul style="list-style-type: none"> <li>• sing with toddler</li> <li>• teach him/her to make motions to familiar songs</li> </ul>
<p>Feeling</p>	<ul style="list-style-type: none"> <li>• enjoy routines</li> <li>• take off simple clothes (ex: socks, pants)</li> </ul> 	<ul style="list-style-type: none"> <li>• create and follow routines</li> <li>• encourage toddler to make decisions</li> <li>• ask him/her to take part in tasks (ex: dressing, bathing)</li> </ul> 

# 24 Months

Skill	Baby is Learning to:	How You Can Help
Moving	<ul style="list-style-type: none"> <li>• walk upstairs while holding rail</li> <li>• try to draw lines and circles</li> </ul>	<ul style="list-style-type: none"> <li>• supervise toddler on stairs</li> <li>• give him/her drawing toys (ex: large crayons, finger paints)</li> </ul>
Thinking	<ul style="list-style-type: none"> <li>• point to body parts</li> <li>• play beside other children, not with them</li> </ul>	<ul style="list-style-type: none"> <li>• give toddler names of his/her body parts</li> <li>• let him/her spend time around other children</li> <li>• give him/her time to play alone</li> </ul> 
Hearing and Talking	<ul style="list-style-type: none"> <li>• say mama or dada when he/she sees a parent</li> </ul>	<ul style="list-style-type: none"> <li>• look at picture books with toddler</li> <li>• expand on what toddler says (ex: toddler says ball, you say big ball goes bounce)</li> <li>• give simple answers to his/her questions</li> </ul> 
Feeling	<ul style="list-style-type: none"> <li>• show affection and try to comfort others</li> <li>• get frustrated easily</li> </ul>	<ul style="list-style-type: none"> <li>• encourage toddler to think of others (ex: feed a doll, cuddle a stuffed animal)</li> <li>• help him/her through temper tantrums (See “Temper Tantrums” on page 108)</li> <li>• respect his/her feelings of frustration and anger</li> <li>• teach him/her how to express frustration and anger using words and faces</li> </ul> 

# Keeping Your Toddler Safe

Your toddler is very curious and bursting with energy. He/she wants to test out new skills and do things for himself/herself. This means walking, climbing, opening drawers and exploring without your help. The best way to keep your toddler safe is to watch him/her at all times. But it can be hard to keep up when your toddler is always on the move. You can prevent accidents by making sure your house is child-proof (See “Child-proofing Checklist” on page 98) and your toddler has a safe place to play inside and outside.

The following information explains the dangers and what you can do to make your toddler’s world a safer place.

## Poisons

- Lock up all medicine and household cleaners.
- Never refer to medicine as candy.
- Store bath products out of your toddler’s reach.
- Never leave pills in your purse or pockets.
- Keep emergency phone numbers on your fridge or by the phone.

## Playgrounds

- Keep an eye on your toddler at all times.
- Make sure playground equipment is right for your toddler’s size and skills.
- Check playground equipment to make sure it is safe (ex: no sharp edges or splintering wood).
- Most serious playground injuries happen when children fall onto hard surfaces. Make sure equipment has a safe landing pad (ex: sand, wood chips).
- Dress your toddler in safe clothing - no cords or strings.
- Tie your toddler’s shoelaces tight and tuck in his/her scarf.
- NEVER let your toddler go down a slide head first.

## Falls

- Make sure your floors are not slippery.
- Clear your floors of things your toddler can trip on.
- Block stairs from top and bottom with safety gates that bolt in place.
- Put corner bumpers on furniture and cover all sharp edges with padding.
- Lock all windows and keep furniture away from them so your toddler cannot climb up.

# Your Toddler's Checkups

Your toddler will need to see your doctor or health care provider for more needles after his/her first birthday. These needles are called immunizations. They protect your toddler from the following serious diseases:

- Measles
- Mumps
- Rubella

At 18 months, your toddler will need more needles to protect him/her from:

- Diphtheria
- Tetanus
- Pertussis
- Poliomyelitis
- Haemophilus Influenza type B
- Pneumococcal infection

## **IMPORTANT**

- Keep a record of your baby's immunizations.
- Visit your doctor or health care provider if you have questions or concerns about your toddler's health.





# Your Toddler

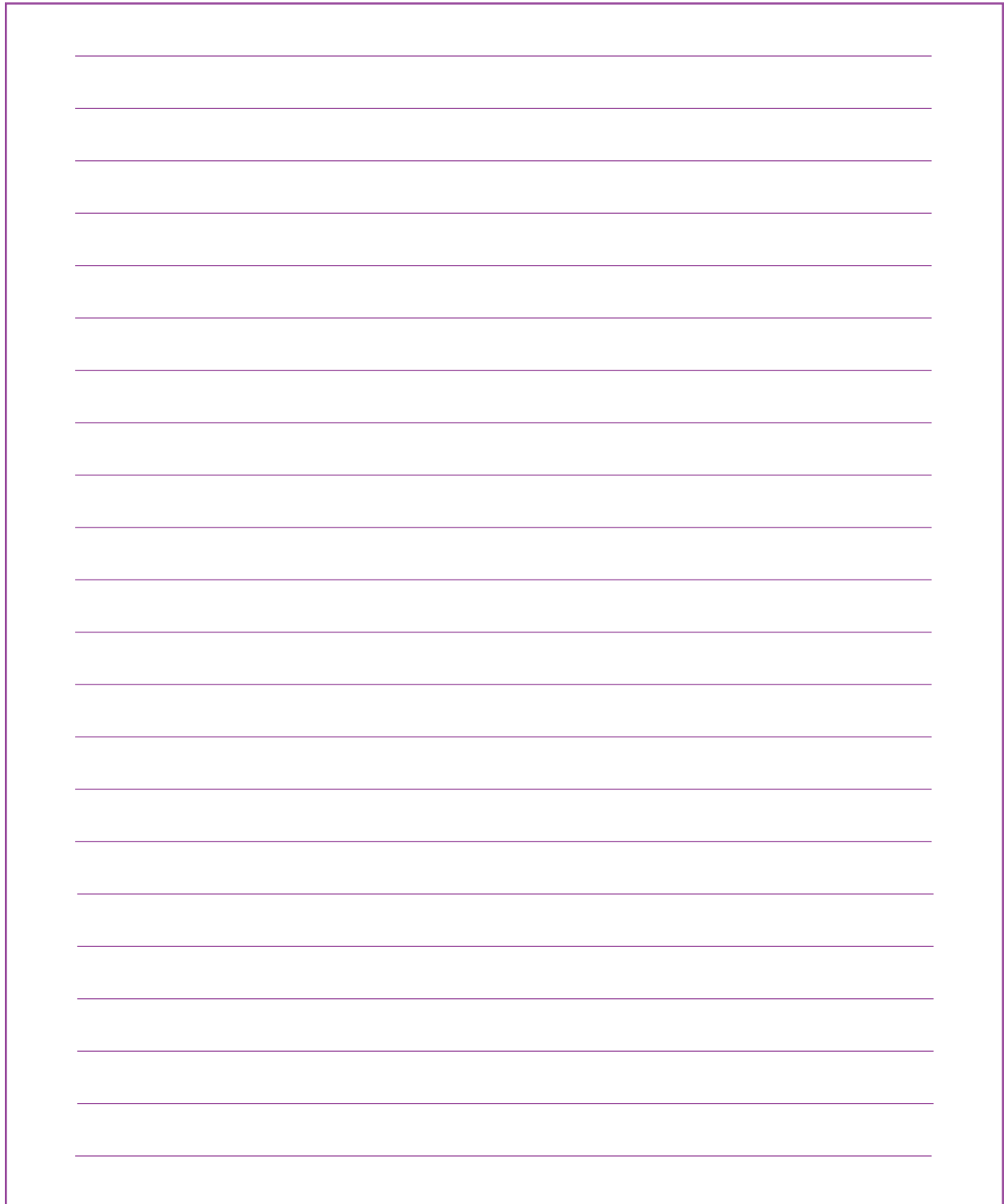
**My toddler is growing...**

**How have I helped my toddler grow?**

**Some special moments were...**



# Notes





# A Final Note

Congratulations on all your successes in parenting from the newborn to toddler years! We hope you found this book helpful when you had questions about how to care for your little one and teach him/her about the world. Parenthood is a journey filled with joys, thrills and challenges. It is so important to stay informed and understand what lies ahead. Keep learning and remember there are many places and people who can help you care for your child in a loving way.

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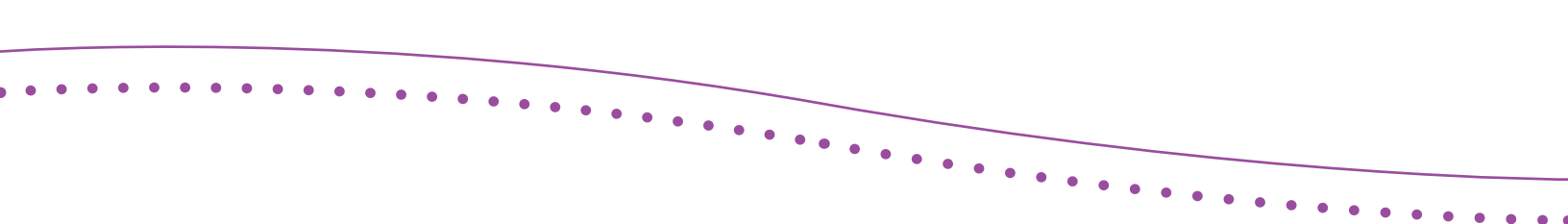
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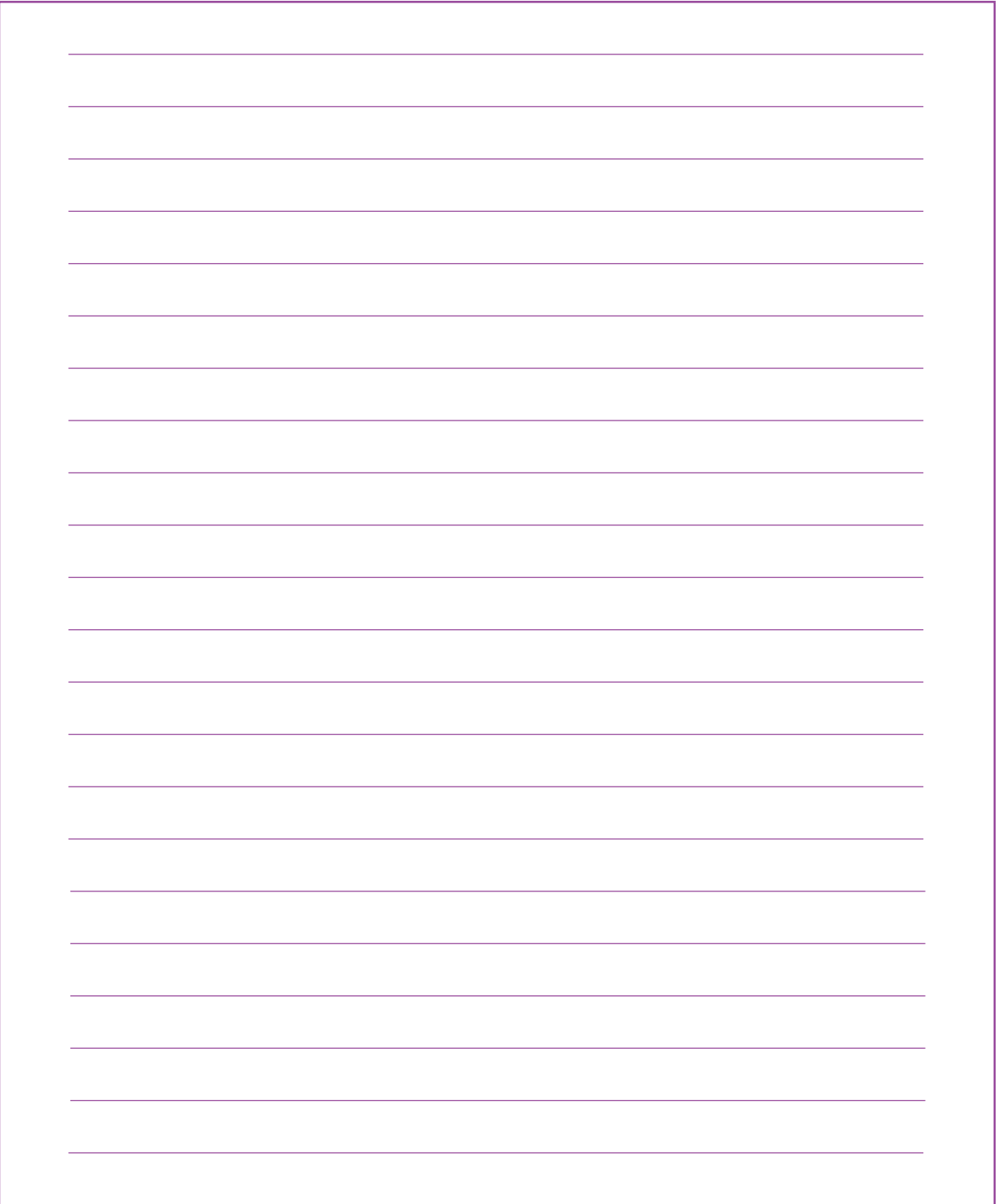


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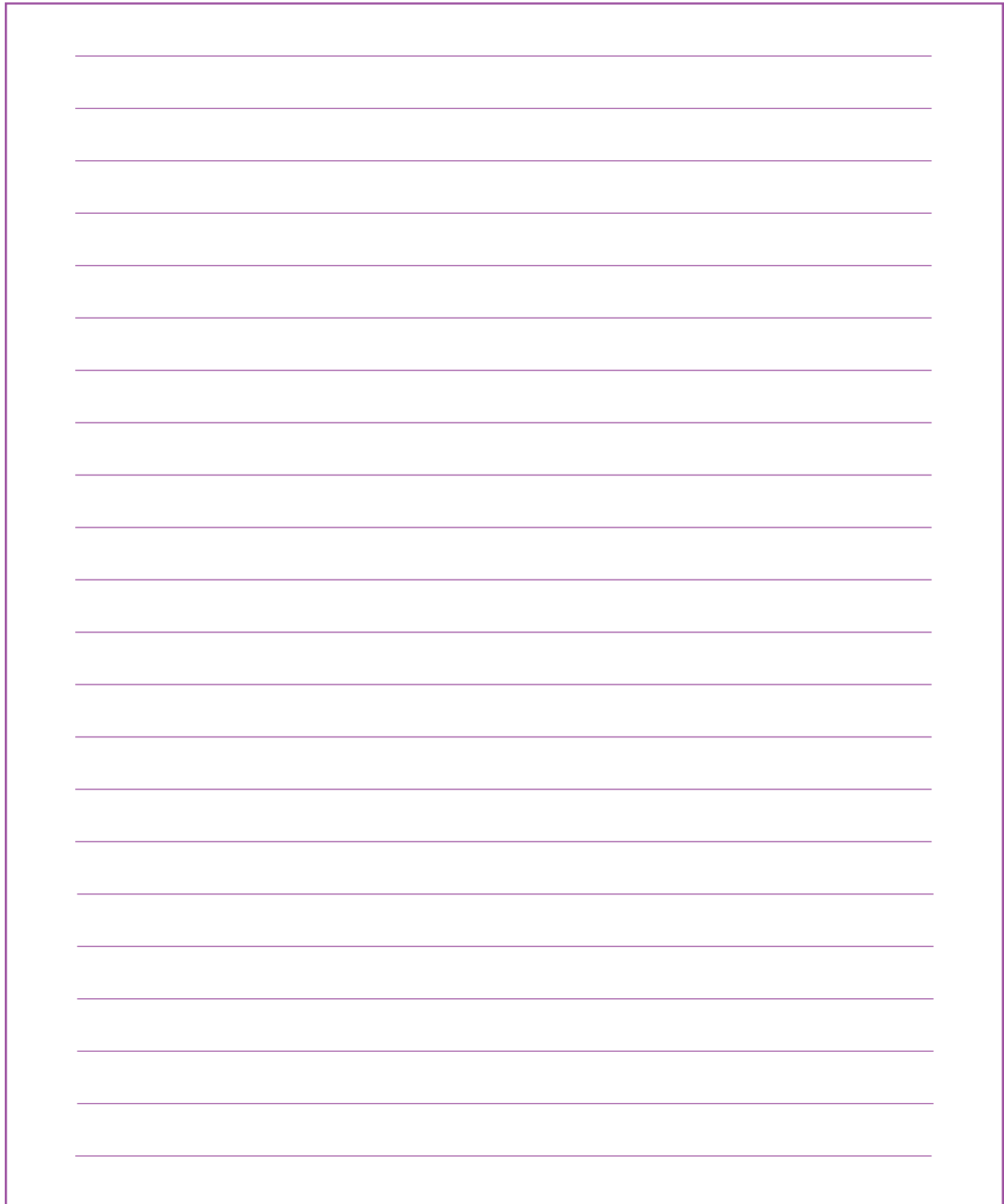
# Notes



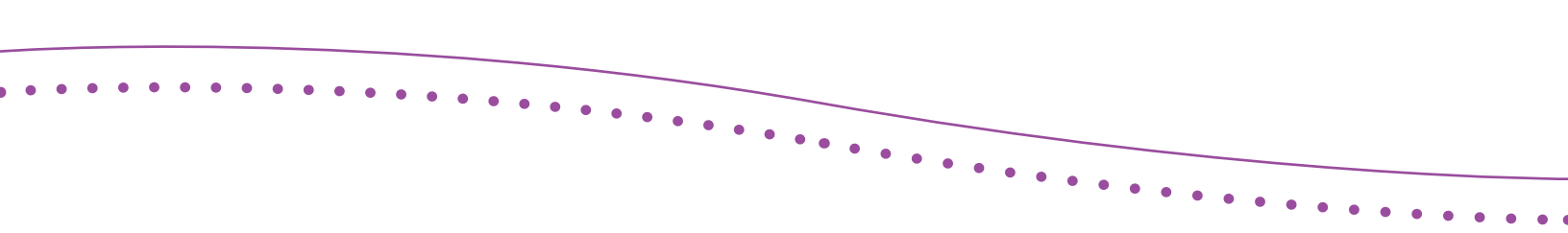
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# Notes







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# Notes

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**Manitoba**

