

# GATOR TEAM

## Baby Packet



### Take Home Messages Concerning Infants Birth to Six Weeks of Age:

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## Formula Feeding



- Pay close attention to instructions when making the formula.
- You do not want to over or under-dilute the formula.
  - Over-dilution can lead to a malnourished baby.
  - Under-dilution can lead to obesity, dehydration, brain and kidney damage, and toxicity of certain vitamins.
- Throw out any unused portion of the formula left in the bottle. Infant formula goes bad quickly, and can get contaminated by being in the bottle and mixing with your baby's saliva.

### Other Feeding Tips:

- Do not prop the bottle in your baby's mouth. Your baby may fall asleep, which could lead to the development of rotting teeth by having the teeth exposed to milk while sleeping. Use this time to hold, talk, and bond with your infant.
- If using a straight bottle, hold it at an angle to avoid air bubbles. Air bubbles cause great discomfort and will lead to more burping.
- Stop to burp your infant if (s)he indicates the need to do so by fussing or crying while eating. After the burp, offer the bottle again to make sure your infant is no longer hungry. After the air is released, there is often room for a bit more formula. If your infant indicates that they are full, then do not force it.
- Be prepared to feed often (every 2 hours or less) in the beginning to satisfy your baby's hunger. There is a tremendous amount of energy used in growing at this age.

Information adapted from:

Endres Jeanete. Food, Nutrition, and the Young Child. 2<sup>nd</sup> Ed. Times Mirror/Mosby College Pub. St. Louis, MO 1985.

Caneon Margret & Yngue Hofuander. Manual on Feeding Infants and Young Children. 3<sup>rd</sup> Ed. Oxford Univ. Press NY 1983.

Parents Place <http://www.parentsplace.com>

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## Improper Bottle Feeding

It is not good to feed cereal or purees through the bottle because:

1. **The larger hole allows too much food to go into your baby's mouth, so in essence it is force-feeding. Force-feeding means you are giving your baby more food than (s)he wants to eat. This could lead to aggravation and even a negative association to meal times. There is an increased risk of choking and the food could also be forced into your baby's lungs and cause severe problems.**
2. **It will deprive your child of the opportunity to learn how to properly eat solids (chewing and swallowing). Slurping food does not allow your baby to develop the muscles required for biting, chewing, and swallowing. If your infant cannot eat solids with a spoon, then it is not time to be giving solids.**
3. **It can lead to eating in order to satisfy thirst. If you are not offering liquids then the only way for your baby to satisfy thirst is by eating.**
4. **Extra energy provided by foods can lead to excessive weight gain. If you are giving your baby too much food when it is not needed, then you are increasing your baby's risk of becoming overweight.**
5. **Putting cereal in the bottle does not help babies sleep through the night. This is an old wives tale thought up ages ago. In reality, it does not work. Feeding formula before bed is really all that is needed to fill your baby's tummy.**
6. **It can negatively affect the digestive system because the digestive system is still developing at this stage and is not capable of fully digesting foods at this time. By feeding foods now, you are increasing the risk of allergies being formed to more foods than necessary.**



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## Food Required in a 24 Hour Period

<u>Baby's Weight</u>	<u>Formula Needed</u> <u>Each day</u>	<u>Feedings</u>
7-9 pounds	12-24 ounces	3-4 oz. every 2 to 4 hours
9-13 pounds	24-35 ounces	4-6 oz. every 3 to 4 hours
13-16 pounds	35-42 ounces	6-8 oz. every 4 to 5 hours

*A 13-pound baby requires at least 320 calories per day.*

*A 20-pound baby requires at least 500 calories per day.*

Four ounces of formula contains approximately 65 calories. Figure out how many ounces of formula you normally feed your baby, multiply it by 65, and subtract from the total number your baby needs. The remaining number should be made up in foods if your infant is older than 4 months of age. \*

\*Remember: This number is only an approximation. Babies have different activity levels as well as different rates of metabolism. If your baby is hungry, odds are (s)he needs to eat.

Water, juice, and other foods are usually unnecessary during a baby's first 6 months. Breast milk or formula usually provides everything babies need nutritionally until they start eating solid foods. (Kidshealth.org)



## Water Regime



Supplying your infant with an adequate amount of water is important to prevent dehydration.

### Water requirements of infants

Age 10 days weight	approx. amount of water per day (fluid ounces)	Age 3 months weight	approx. amount of water per day (fluid ounces)
6 pounds	13	8 pounds	18
8 pounds	18	10 pounds	23
10 pounds	20	12 pounds	28
12 pounds	26	14 pounds	32

- Well prepared formulas should supply adequate amount of water. Be sure to see how much water evaporates when you're heating the formula.
- In a hot and humid environment, additional water may be required.
- To avoid dehydration carefully monitor:
  - volume of intake
  - weight gain
  - hydration status (number of wet diapers)



## Motor Skills For Feeding

### Age 1-3 Months

1. Babies' head control is poor at one month of age.
2. The baby secures milk with a suckling pattern, the tongue projecting during a swallow. Any solids introduced at this time will be treated like milk, usually ending with the food expelled from mouth (not swallowed).
3. By the end of the third month, head control is developed. At 10 weeks of age the infant is able to recognize the bottle as a source of food.



## Motor Skills Involved in Feeding Summary

### **AGE 1-3 MONTHS**

1. Babies' head control is poor at one month of age.
2. The baby secures milk with a suckling pattern, the tongue projecting during a swallow.
3. By the end of the third month, babies' head control is developed.

### **AGE 4-6 MONTHS**

1. Baby changes from a suckling pattern to a mature suck with liquids (tongue moves back and forth as opposed to earlier up and down motions.)
2. Babies' sucking strength increases.
3. Babies' munching pattern begins.
4. Baby can grasp things using palm.
5. Baby grasps, brings objects to mouth, and bites on them.

### **AGE 7-9 MONTHS**

1. Munching movements begin when solid foods are eaten.
2. Rotary chewing begins.
3. Baby has power of voluntary releasing and grasping.
4. The baby can sit alone.
5. Baby can hold bottle alone.

### **AGE 10-12 MONTHS**

1. Baby will bite nipples, spoons, and crunchy foods.
2. Baby grasps bottle and foods and brings them to his/her mouth.
3. Baby can drink from a cup that is held.
4. Babies' tongue is used to lick food morsels off the lower lip.

## Managing Reflux (Spitting-Up)

Reflux or regurgitation is the spitting-up of one or two mouthfuls of stomach contents. This problem usually starts to occur during the first week of life and gradually subsides around 7 months of age.

### Home-Care Prevention:

- Feed smaller amounts at mealtime because a stomach filled to capacity is more likely to cause spitting-up.
- Wait at least 2 1/2 hours between feedings to allow your baby's stomach to empty (but don't wait until your baby is starving before feeding again). If you wait until starving, then your baby will overeat, causing an excessively full tummy and a greater chance of spitting-up.
- Avoid pressure on the abdomen by not using tight diapers. Pressure on the stomach will cause baby to feel even fuller than he/she is and can lead to food exiting when you don't want it to.
- Avoid vigorous play and hugging right after meals. Vigorous play can cause a baby's tummy to go all topsy-turvy, leading the baby to release food out the wrong end.
- Burp your baby 2-3 times during each feeding when your baby pauses to look around. Do not interrupt your baby's feeding rhythm in order to burp. Your baby will give cues that a burp is necessary.

After feeding, keep your baby in an upright position for at least 30 minutes so gravity can help keep things down.



## Managing Diarrhea

Your baby has diarrhea when they have frequent runny, watery stools. This could last from several days to a week, regardless of treatment. Your job is to prevent dehydration by providing enough oral fluids.

To Manage Diarrhea:

- Stop milk feedings and solids. Keep your baby hydrated with an electrolyte formula such as *Pedialyte*.
- Call your physician.
- Switch back to formula after giving the electrolyte drink for 6 to 24 hours or when your baby is hungry.



## Managing Colic

Your Baby May Be Suffering From Colic If:

1. He/she periodically cries vigorously while drawing up the legs and passes a large amount of gas.
2. These episodes are occurring often and lasting many hours.

To Relieve Your Baby of Pain, You May Want to Try One or More of the Following Suggestions:

- Check with your physician or a dietitian to make sure you are making the formula correctly or if you need to change it. The protein in cow's milk may cause colic so the doctor may suggest switching to a soy-based formula. Food allergies in infants are often short-lived so don't worry that your baby is in for a lifetime of food problems.
- Avoid overfeeding because a stuffed stomach can add to the discomfort of your baby.
- Try putting a warm water bottle on your baby's stomach.
- Do not use herbal drinks unless they are verified as sugar free and considered safe by your physician.
- Try gentle movement, like rhythmic walking or rocking, or taking your baby for a car ride. This soothing motion will help calm your baby and ease any discomfort.
- Gently bicycle baby's legs.



## Managing Vomiting

Vomiting can be caused by: illness, eating toxic substances, or emotional stress.

It is very important to prevent dehydration after vomiting. Frequently give your child an ORS (Oral Rehydration Solution such as *Pedialyte*) in small amounts. When your child is able to keep the drink down, slowly increase the amount of ORS you give.

Call your doctor if your child is vomiting and...

- has a temperature above 101.4°.
- have signs of dehydration (dry mouth, sunken eyes, increased thirst, lack of tears when crying, irritability, and reduced urine.)
- has blood or green slime in the vomit.
- is bloated.
- hasn't urinated in 8 hours.
- may have swallowed something that could be a poison.
- has a stiff neck.
- is restless or unusually sleepy.
- has had abdominal pain for over 2 hours



Information adapted from Guide to Your Child's Symptoms, American Academy of Pediatrics. Donald Schiff & Steven Shelov, 1997, pg162-63.

Virtual Hospital: Iowa Health Book: Vomiting and Diarrhea in Children, found at:

[www.vh.org/Patients/IHB/FamilyPractice/AFP/April1995/VOMDirea.html](http://www.vh.org/Patients/IHB/FamilyPractice/AFP/April1995/VOMDirea.html)

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## General Food Safety

The Risk of Food Poisoning is Greatest in:

- un-pasteurized milk and cheeses
- raw or undercooked poultry, meat, fish, or eggs
- foods purchased past their expiration date
- leftovers left out of the refrigerator for more than 2 hours

To protect yourself and your child:

- thoroughly cook all meat, poultry, seafood, and eggs.
- after you've handled or cut raw meat, poultry, or seafood, wash your hands, the cutting board, the counter, knives, and any other utensils you've used with hot soapy water before you use them again to prepare other food.
- reheat all leftovers until they are steaming hot.
- thoroughly wash raw fruits and vegetables with water.
- follow label instructions on products that must be refrigerated or that have a "use by" date.
- when eating out, order meats 'well-done', fried eggs cooked on both sides, and do not eat runny scrambled eggs, Caesar salad, and raw seafood.



## Newborn Reflexes and Behaviors Which Are Normal

- Chin trembling
- Shedding of skin - new skin is being made fast.
- Lower lip quivering
- Hiccups
- Irregular breathing
- Passing gas loudly - from taking in air while feeding.
- Sleep noise from breathing and moving
- Sneezing - we all sneeze from stuff getting in our nose.
- Spitting-up or belching --caused by poor closure of the ring of muscle around the upper end of the stomach. This is harmless and will go away around 7 months of age.
- Gurgling in stomach - baby tummies are still developing and are not as efficient as an adult stomach.
- Loss of weight during the first week - this results from loss of fluid and some breakdown of the tissue.
- Startle reflex or brief stiffening of the body in response to a noise or abrupt movement
- Straining with bowel movements - all which is being eaten at this time is milk, which has no bulk to make bowel movements easier.
- Throat clearing (or gurgling sounds of secretions in the throat)
- Trembling or jitteriness of arms and legs while crying
- Yawning - your baby sometimes needs an extra burst of oxygen (why do you yawn?)
- Imitating facial expressions - this is how babies learn to socialize and act "human".
- Loss of hair (if born with hair) before it starts to really grow -- results from not being exposed to mother's hormones anymore.



## Newborn Equipment and Supplies

### The Essentials:

- Safety Car Seat- holding your baby while driving is dangerous and provides no protection during an accident.
- Crib- you want a safe one to prevent injury. Look for the space between the bars to be small enough so body parts cannot get stuck.
- Bathtub- a small plastic one will prevent injury that could be caused by bathing in the sink (no hard edges or risk of burning).
- Bottles and Nipples- you will need at least ten 8oz. bottles that are made of hard, clear plastic. If you are using disposable liners, then you only need five bottles.
- Diapers and Baby Wipes- (obvious reasons.)
- Nasal Suction Bulb- essential for helping young babies with breathing difficulties caused by sticky or dried nasal secretions. Ones with a blunt tip are more effective.
- Thermometer- good for when your baby gets sick.
- Diaper and Bottle Bag- it is much easier to cart around bottles and diapers in one of these bags.
- High Chair- provides stability and a place for baby to eat.
- Training Cup- learning how to drink takes practice and your child will want to hold the cup alone.
- Bib- protects cloths from spillage.
- Safety Gadgets, such as outlet covers- keeps curious hands out of potentially dangerous situations.

### Helpful Equipment:

- Changing Table- diapers need to be changed around 15 times per day. Having a table will prevent back strain as well as giving you a place to put things like diapers or ointment.
- Front Carrier or Sling (for babies up to 5-6 months of age)- allows for freedom of your hands to do other things.
- Backpack (for babies older than 5 months)- good for shopping trips or walking.
- Stroller-another good way of transporting your baby.
- Playpen- a safe place to put your baby when you need uninterrupted time, like to cook or do a wash.
- Gates- keep baby from falling down stairs or getting out of a specific room.
- Humidifier- prevents dry air in the winter.
- Food grinder or food processor- for making baby foods.
- Teethers- while teething, babies often like to chew on something.

***\*\*\*Walkers are dangerous and can cause physical injury to your infant so please think twice before buying one!***

## Diaper Rash



### Symptoms:

- Redness or bumps on skin surfaces.
- Usually found on lower abdomen, buttocks, genitals, and folds of thighs.

### Causes:

- Wet or soiled diaper on the skin too long.
- Skin not kept clean and dry.
- Antibiotics-- your baby may be having a reaction to the medication.

### Remedies:

- Apply lotion or ointment suggested by your health care provider.
- Change dirty diapers as soon as possible.
- Call doctor if there is no improvement in 2-3 days.

### Prevention:

- Change diaper as soon as possible after bowel movements or urination to limit skin exposure to moisture.
- Clean diaper area with plain water and a soft cloth after movements. Clean, dry skin is less likely to be irritated.
- If using diapers with plastic, make sure they are loose enough for air circulation.

## Bath Time

### Best Places to Bathe Your Baby:

1. A portable bath (hard plastic is the safest with an angle so the head cannot go underwater)
2. The kitchen sink if big enough
3. The bathtub when older



### The How To's:

- Start with sponge baths until your baby is about 6 weeks old. A very young baby is more apt to become chilled or have a reaction to the soap due to very sensitive skin.
- Use warm (not hot) water, a soft cloth, mild soap and shampoo (no tears version) in a warm room.
- Be prepared for a wet, slippery baby. Always keep one hand on the baby at all times!
- Collect all your towels, soap, and other bath items before beginning the bath. This will allow you not to have to turn away from your infant in the bathroom.
- Shampoo your baby's hair about once a week unless it is really needed more often. Put a washcloth over your baby's eyes to prevent water from dripping in them and causing irritation.
- When you are done, bundle your baby in a clean, soft towel, and gently pat dry. You do not want to rub your baby's skin because it is sensitive and rubbing could cause pain.

\*\*\*Never leave your baby alone in the water because baby heads sink and they lack the neck muscles to keep their heads up. Try keeping a cordless phone nearby in case of an emergency!

## Putting Your Baby to Bed

- Put your infant to bed drowsy but awake. This may not be able to be done all the time, but the purpose is to get your infant used to being away from you for the night.
- Taper then discontinue night feedings after about 6 months of age. Late night feedings are not necessary and will make it more difficult to separate for the night.
- At around 6 months of age, introduce objects like a special blanket or teddy bear to help him/her adjust to separation for bed. This will help to comfort your child if he/she happens to wake up during the night.
- Have both regular morning and nighttime routines to help your child establish circadian (bodily) rhythms and provide familiarity with events of the day.
- Establish and maintain a relaxing and consistent bedtime routine. Babies like familiarity and this routine will prepare your baby for separation for the night.
- Provide sufficient quiet and darkness (but don't hesitate to use a nightlight if it is too dark).
- Expect your infant to sleep around 16 ½ hours per day at 1 week of age and 14 hours per day at 1 year of age.
- Do not ever put your baby to bed with a bottle in his/her mouth. This can lead to baby bottle tooth decay as well as overeating.



## Cost of Infant Items at Wal-Mart:

<i>Parent's Choice Disposable Bottle Liners (8)</i>	\$3.97
<i>Parent's Choice 9oz. Reusable Bottle (1)</i>	\$0.96
<i>Parent's Choice Silicone Bottle Nipples (6)</i>	\$2.76
<i>Gerber Non-silicone Bottle Nipples (6)</i>	\$3.96
<i>Huggies Diapers (48)</i>	\$9.44
<i>Huggies Baby Wipes (80)</i>	\$2.57
<i>Pampers Pocket Bibsters (32)</i>	\$5.27
<i>Baby connection Diaper/Bottle Bag</i>	\$9.84
<i>Touriva @ Convertible car seat (5-35 lb)</i>	\$54.84
<i>Acella@ Stroller</i>	\$49.77
<i>Nasal Aspirator</i>	\$1.46
<i>Thermometer digital</i>	\$3.92
<i>Winnie the Pooh Pacifier (2)</i>	\$2.76
<i>Cosco 2 in 1 Convertible Sleigh Crib</i>	\$109.73
<i>Crib Mattress Seally</i>	\$59.96
<i>Infantino Baby Rider</i>	\$13.84
<i>Safety 1<sup>st</sup> 4-in-1 Bath Station</i>	\$19.96
<i>Soft rubber ducky</i>	\$1.88
<i>Johnson and Johnson First Aid Kit for New Parents</i>	\$29.97
<i>Pedialyte (orange/grape) 1 liter solution</i>	\$5.24
<i>Parent's Choice Hot Safety Spoons (2)</i>	\$3.88
<i>Evenflo Position and Lock</i>	\$10.44
<i>Fisher-Price Take-Along Swing</i>	\$49.22
<i>Cosco Chair HighChair</i>	\$24.88
<i>Safety Infant Outlet Covers(24)</i>	\$1.46
<i>Safety 1<sup>st</sup> 3-Level Booster Seat</i>	\$14.96
<i>Pooh Soft Bristle Toothbrush (2)</i>	\$3.99
<i>The 1<sup>st</sup> Years Teether</i>	\$1.46
<i>Baby Connection Receiving Blankets fleece (2)</i>	\$7.88
<i>Safety 1<sup>st</sup> Crystal Clear Nursery Monitor</i>	\$16.96
<i>Safety 1<sup>st</sup> Potty`N Step Stool</i>	\$14.97



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