

Healthy Baby

BEHIND EVERY HEALTHY BABY IS A HEALTHY WOMAN

(FAMILYMATTERS)

Lullaby, baby

Helping your newborn become a good sleeper

Just brought home your little bundle of joy? If so, you may be wondering if your baby is getting enough sleep or too much. You may also be wondering if you'll ever sleep again. So, what can you do?

In the beginning, there's not much you can do. You may have to become a night owl yourself, knowing that eventually things will get better. In the meantime, try to nap when your baby naps, delete nonessential tasks and solicit help.

Newborns' sleep cycles are disorganized; they have no regular, defined sleep pattern and they will be unable to sleep for long stretches at a time. Newborns generally sleep between 16 and 20 hours a day—from 20-minute to three-hour stretches.

According to the National Sleep Foundation, it's simply too soon to expect structured patterns, so it makes sense to take cues from your baby. Do what works best for your baby now, and before long you'll have the beginnings of a sleep routine.

However, at around the 8- to 16-week mark, you'll notice a more regular rhythm of sleepiness and alertness during the day. A baby's average total amount of sleep a day—

14 hours—remains constant throughout the first year. But, as your newborn grows, he or she will sleep longer at night and less during daytime naps.



● Sleep routines

Once you learn your baby's natural sleep patterns and needs, you can begin to establish some routines. Here are some ways to get started:

- **Learn to recognize your baby's cues** for when it's nap time. Some babies get fussy, other babies pull on their ears, while others stare into space. React to these signs before your baby becomes overtired.
- **Establish a bedtime routine**, such as a sponge bath followed by some gentle rocking or massage. This will start to signal to your child that it's time for sleep.
- **Recreate the womb.** When baby was inside you, he or she was lulled to sleep when you were active. Now, when your baby gets fussy, try swaddling and gently rocking him or her.

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When it matters most.

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South Seminole Hospital



BACK TO WORK

If you work, you'll probably need time to de-stress when you come home. Develop a pattern to help you and your baby reconnect. When you pick your child up at day care or arrive home, slow your pace and feed him or her in a relaxed atmosphere.

Snack on some fruit and drink something while you're breastfeeding. Play relaxing music and consider buying some pre-made meals so you can spend more time with your family.

- **Sit in a comfortable chair with back support.** Hold your baby semi-upright so you can gaze into each other's eyes.
- **Recognize a satisfied baby.** A satisfied baby has six to eight wet diapers and several bowel movements a day, is content or sleeps between feedings and demonstrates hunger cues two or three hours after his or her last feeding.

Understanding hunger

Don't be overly concerned if your baby suddenly wants to nurse more often or drinks the contents of a whole bottle—and then wants more. On some days, baby may demand to feed more often—even every hour—and may seem fussier than usual. If you're breastfeeding, drink plenty of fluids and get extra rest. This helps to increase your milk supply and satisfy your baby's appetite.

Making the most of mealtime

Whether you breastfeed or bottlefeed, mealtime means quality bonding time between you and your newborn.

Feeding time offers the chance to play and make eye contact with your child. Pace the feeding so you can enjoy time together. You and Dad may even want to hum or sing to your child during the feeding.

Here are some ways to turn feeding time into quality time—and to ensure that your child gets the proper nourishment:

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Lullaby, baby

- **Respect baby's daytime routine.** As baby grows, feedings will become fewer and naps longer. Try to be home at nap time so baby can sleep comfortably in familiar surroundings.
- **Work together at night.** Many couples approach night feedings as a team. Once the baby is waking up to feed, your partner can change the baby's diaper and, after the baby is fed, help to settle baby back to sleep.

Sleeping in sync

It's normal for an infant to wake three to 10 times a night. Resist the urge to immediately attend to a baby seemingly awakened in the

middle of the night. Remember that babies are noisy sleepers. They suck, they whimper. If you go in too early, you may wake them. Your baby will eventually get into a routine. It just takes time and patience.

INTIMATE MATTERS

Many new parents struggle with sleep deprivation, which can greatly affect sexual desire and mood. Openly acknowledge this reality and make time to be together—even if it's something as simple as going out for a meal. Think of other creative ways to foster closeness and affection, such as giving massages, cuddling and sharing words of love.

Reaching for the stars!

There's no feeling that can compare to watching your baby develop. Your baby's first three months are a time of rapid brain growth and organization. The experiences of hearing, seeing and touching, as well as smelling and tasting, form permanent connections that will make up the unique wiring of his or her brain.

Try to notice what types of experiences catch your baby's attention and bring delight. Look for cues such as turning away, yawning and going to sleep when he or she has had enough.

◉ Sense of hearing

Before your baby was born, hearing was a part of his or her world. Your baby is ready to absorb more sounds, so feel free to hum, sing and talk. Your newborn may not talk back yet, but the experience of hearing these sounds helps to form the connections needed later to do just that. He or she will especially prefer high-pitched voices that contain lots of love.

◉ Sense of vision

Your baby's eyesight also is getting sharper. The area of the brain responsible for vision has a growth spurt at around 2 to 4 months and peaks at 8 months. Your baby will love to look at bright objects and contrasting colors, but his or her favorite view will be of your face.

◉ Sense of touch

Help develop baby's sense of touch by choosing age-appropriate toys with various textures. Stroke your child's skin with different materials and watch for reactions to see what he or she likes best.

You'll notice your baby will begin to reach for and grasp at objects. Encourage the development of muscle strength and coordination by:

- Holding an object above your child close enough to reach and encouraging him or her to grab it.
- Giving your child "tummy time"—but only when he or she is awake and you are closely observing—to exercise shoulder, arm and back muscles.
- Clapping your newborn's hands and playing "bicycle" with his or her legs. And, remember, when you smile, your baby will smile, too!



A LOVING TOUCH

Infant massage benefits your baby by:

- Reducing tension, fussiness and irritability
- Helping you become more aware of your baby's nonverbal cues
- Assisting growth and development, including helping to increase weight and strengthen immune functions
- Improving sleep

Welcome to parenthood

Tackle your to-do list while keeping your sanity

Feel like you're crunched for time? Time management can be a major stressor for new parents. And, with so much focus on your newborn's well-being, it's easy to neglect your own needs. Most likely, you've already incorporated healthy eating habits, getting as much rest as possible and exercise into your daily routine. Here are some tips to help you balance it all:

- **Set priorities.** Don't be hard on yourself. Aim for success by having a short to-do list and adding to it gradually, keeping your needs and your family's needs at the top.
- **Schedule time for yourself.** Don't feel guilty if every waking moment isn't devoted to your precious bundle. It's not only OK to take time for yourself, it's necessary. Moms: Shower and put on a little makeup every day. Get out of the house for a haircut, a manicure, a massage or just a stroll through the mall. Enlist your partner or a friend to watch baby for an hour



or so while you nap, read a magazine, listen to music or visit the gym.

- **Make time for fitness.** The Surgeon General recommends that you exercise for 30 minutes, on most if not all days of the week. But if you're just starting to get back into your routine or you can't spare that much time, you can divide your exercise program into several 10- or 15-minute segments scattered throughout your day. This can even include taking your baby out for a stroll. If you prefer to run or rollerblade, invest in a jogging stroller, which lets you move at a faster pace.
- **Ease back into a working schedule.** If you return to work, talk to your boss about starting with two to three days a week or ask whether you can temporarily work from home. Talk to your supervisor about work schedules that permit flexible starting and quitting times, a 40-hour week compressed into less than five days, telecommuting or job sharing.



ASK THE PEDIATRICIAN

Q: I've read that the signs of illness in a newborn are subtler than in older children. How will I know when my baby is sick?

A: The signs of illness in a baby can be different than those of an adult. Follow your pediatrician's recommendations, but call your doctor whenever you're concerned about your baby's health. The following are some signs that require attention:

- Fever
- Poor appetite
- Lethargy or abnormal movements
- Inconsolable crying or groaning
- Diarrhea
- Blueness of fingers, toes or lips
- Breathing problems such as rapid respiration
- No wet diaper for eight to 16 hours

Q: I know it's normal for babies to cry, but how much is too much? How can I help my baby feel better?

A: It's normal for babies to cry and be fussy at times. This doesn't mean you're doing something wrong.

Pick up your baby and try to soothe him or her. You'll get better at this as you get to know your baby. Try feeding, changing or burping. If those steps don't work, try walking, rocking, swaddling, playing soft music and dimming the lights.

Colic usually begins when a baby is a few weeks old and typically ends by 3 to 4 months. If your baby seems to be in pain or if the crying worries you, talk to your pediatrician.

maternal education

At **Orlando Health**, we offer classes that provide valuable information for new mothers. All classes are held at the Education Center at 925 S. Orange Ave., Orlando. To register, call the number located below the class description.

Breastfeeding Education Center

Make an appointment with one of our nurses, lactation consultants or childbirth educators who can give you the assistance you need. Complimentary, limited telephone advice is also offered. Please feel free to call with simple questions. Breast pump rentals and sales are available.

Call: 321.THE.BABY (843.2229)

Mother-Baby T.E.A. (TLC, Education, Answers)

Mothers with babies from birth to 8 weeks old deserve special attention. Join nurses and childbirth educators for emotional support and reassurance, and get answers to questions about newborn and new mother care in a relaxed atmosphere.

When: Mondays, 1:00 – 3:00 pm and Fridays, 10:00 am – noon

Cost: Complimentary

Call: 321.THE.BABY (843.2229)

Mommy and Me

For mothers with babies up to 6 months old. Explore a variety of important topics, including language development, childhood illnesses, nutrition and safety. In addition, breastfeeding support is offered by a certified lactation consultant. This is a nine-class series over three months.

When: First three Wednesdays of each month, 9:30 am – noon

Cost: \$45

Call: 321.8HEALTH (843.2584)

Moms Meeting Moms

For mothers with babies up to 6 months old. Come enjoy an ongoing, friendly, fun, informative support group.

When: First and third Tuesdays of each month, 11:00 am – noon

Cost: Complimentary

Call: 321.841.6026

Everyday Breastfeeding

Are you a breastfeeding mother who is planning to return to work or school? Learn strategies to ease the transition and how to pump and store breast milk, maintain your milk supply and breastfeed beyond the first few months.

When: Evening classes offered monthly 7:00 pm – 8:30 pm

Cost: \$10; complimentary for those who have attended the department's Lamaze class.

Call: 321.8HEALTH (843.2584)

Website: winniepalmerhospital.com



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- a bimonthly newsletter, designed to keep you up-to-date on the latest health trends, services and activities
- free or discounted admissions to Healthy Woman-sponsored educational programs and health screenings

To join, call **321-8HEALTH (843.2584)** or visit orlandohealth.com/healthywoman.

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Whether you're preparing to visit a loved one or planning your own hospital stay, Orlando Health's new website has maps, parking information and ways to keep family and friends informed about your healthcare journey. In a world where information can be overwhelming, our new website provides organized, relevant and up-to-date resources.



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(DADDYTIME)

Your special connection

Congratulations! You're a dad! And as every dad knows, building any relationship takes time and effort. This one is no different. Try some of these strategies to bring you and your baby closer:



- **Get physical.** Hold your baby often. Think of ways to connect with your infant, such as playing with his or her toes or letting baby suck on your finger.
- **Make a connection.** Get your baby used to your voice by reading aloud or talking while you go for a walk, describing things as you go. Simply stare into his or her eyes or play. Nothing will help you bond faster than taking care of your baby by yourself.
- **Pitch in.** Get up and help take care of baby at night. Make it routine to take over when you get home. Take your baby for check-ups at the doctor.
- **Encourage your partner.** Tell her what you appreciate about her and compliment her parenting skills.

(SAFEHAVEN)

Bathing your bundle of joy



Some babies love baths from the beginning, but most take time to adjust to the experience. Bathing a newborn can be a fun experience. But, it also can be a little tricky. Here's what you can do when giving your baby a bath:

- Choose a time when your baby is normally calm and well fed.
- Have bathing supplies ready and within reach.
- If you're bathing your baby on a counter top or changing table, always keep one hand on your baby for safety.
- Ensure your baby stays warm by keeping him or her wrapped in a towel and only exposing areas you're washing.
- Use a washcloth to clean your baby and cotton balls to clean eyes and ears.
- Remember that wet babies are very slippery, so be careful when handling.

For newborns who aren't keen on bathing, sponge baths are a good alternative for about the first six weeks. Using a soft, damp washcloth, clean the parts that really need attention—especially hands, head and face, neck, and diaper area.