

NEW BABY

A New Beginning



12097 HBHC-20e



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BABY IS HERE!

Congratulations!

To give your baby the best start in life, the Eastern Ontario Health Unit (EOHU) is pleased to offer this step-by-step guide to parents. The guide offers a wealth of tips and information on your baby's development, safety, nutrition, and immunization schedule.

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The Eastern Ontario Health Unit offers a variety of programs specifically designed to help families grow healthy and strong. To find out more about our programs, please call 613-933-1375 or 1 800 267-7120.

New Baby, New Beginning can also be found online, with additional resources, at www.EOHU.ca/newbaby.

If you require this information in an accessible format, please call 1 800 267-7120 and press 0.

Newborn

Being a parent can be fun, gratifying and occasionally exhausting. Trust your instincts and remember to take it one day at a time.



Tips for...

New Parent

- » Sleep when your baby sleeps, night or day.
- » Don't worry about housework; it can wait.
- » Do something for yourself every day.
- » Ask for help when you need it and accept help from others when it comes (e.g. help with such things as laundry, housework and shopping).
- » Make time for your partner.
- » Join an infant/parent group and meet other parents for support.
- » Join a breastfeeding support group.
- » Carry your baby in a front baby carrier/sling, so that you can still get things done.

New Parenting Partner

- » Don't be afraid to hold your newborn.
- » Talk to your partner and keep the lines of communication open.
- » Help out around the house with laundry or grocery shopping.
- » Help your partner recover. Get up with the baby in the middle of the night if possible.
- » Give your partner a massage.
- » Ask for help when you need it.

Helping siblings to adjust

- » Try to keep your child's routines and activities similar to before the baby was born (e.g. bedtime).
- » Acknowledge your child's feelings. This lets your child know you understand.

Postpartum Blues

Feeling exhausted, irritable or overwhelmed? Postpartum blues are extremely common among new parents, particularly a few days after delivery. However, if your symptoms last longer than 2 weeks, it could be postpartum depression.

Postpartum depression can affect new parents and their parenting partners; it can develop anytime during your baby's first year. If you think you or your partner may have postpartum depression, talk to someone you trust and consult your healthcare provider.

Caring for Your Baby

What is jaundice?

Jaundice is very common in newborns. It causes the baby's skin and whites of the eyes to turn a yellow colour. Most jaundice is not harmful and usually occurs during the first 3 to 5 days of life. However, some babies could develop serious complications. Fortunately, this can be prevented. For details, consult the *Dry Baby Alert* available at www.EOHU.ca/newbaby. Talk to your healthcare provider if you're concerned.

Feeding Your Baby

Breastfeeding is the most natural way to feed your growing baby. Breast milk contains most of the nutrients your baby needs for the first 6 months of life. You can start to introduce solid foods at around 6 months; however, breastfeeding can continue up to 2 years and beyond. In addition to offering many health benefits, breast milk is convenient and is available anytime, anywhere and always at the right temperature.

The first few weeks can be challenging for some new parents and their infants as both are learning to breastfeed at the same time.

During the early weeks, allow your baby to feed on demand with at least 8 effective feeds per day. It's important to know that the amount of milk your body produces will increase in response to your baby nursing at your breast. In other words, the more you breastfeed, the more milk your body produces. If you're experiencing challenges with breastfeeding, **get help now**. Make sure to keep stimulating your breasts to maintain your milk supply, expressing a minimum of 8 times per day and once during the night.

Breastfeeding is a learned skill. Seek out support from other breastfeeding parents or consult our resources for Breastfeeding Help. You can also find information on breastfeeding at www.EOHU.ca/breastfeeding or by calling your Public Health Nurse.

If you have made an informed decision not to breastfeed, help and information is available for you. Please discuss it with your healthcare provider or your Public Health Nurse.

Don't give your baby honey (even if it's pasteurized or cooked) before 1 year of age, because it can cause a serious illness called botulism. Corn syrup is also inappropriate for infants.

Signs that your baby is feeding enough

- » For the first 2 to 3 days, he has 1 or 2 large or several small bowel movements that are sticky and dark green (almost black).
- » For the first 3 days, he has 1 or 2 wet diapers per day.
- » By the fourth day, he has 2 or more bowel movements in 24 hours. The bowel movements are becoming more and more yellow in colour.
- » By the fifth day, he has 6 wet diapers. This is harder to notice in disposable diapers.
- » He has at least 8 effective feeds in 24 hours.
- » He has no signs or symptoms of dehydration. Please consult the *Dry Baby Alert* for details.

Get help if:

- » Your baby is very sleepy and hard to wake for feedings.
- » Your nipples are sore and don't start to get better.
- » Your baby still has dark green (almost black) bowel movements at 4 days of age.
- » You have fever, chills, flu-like symptoms or a red painful area on your breast. If you have these symptoms, nurse often, apply warm wet towels and get lots of rest. If you don't feel better after 6 to 8 hours, call your healthcare provider.

What you eat is also important!

Nursing parents should maintain a healthy diet as recommended in Canada's Food Guide. For more information, visit EatRight Ontario at www.EatRightOntario.ca or call 1 877 510-5102 to speak to a Registered Dietitian for free.

Holding Your Baby Skin-to-Skin

Skin-to-skin, also known as "kangaroo care", involves holding your baby naked (in only a diaper) on your bare chest with a cover on top of both of you. It's the best place for your baby to adjust to life outside your womb. Placing your baby skin-to-skin on you will help him adapt to his new environment as he can smell you, hear you and feel you.

Newborn

Holding your baby skin-to-skin will also help you and your baby exchange sensory information that stimulates the following behaviours in your baby: rooting, searching for the breast and staying calm.

These are important behaviours that can help with breastfeeding success. Skin-to-skin will have additional positive effects for your baby by:

- » Indicating to you when he's ready to feed
- » Maintaining his body temperature
- » Maintaining his heart rate and respiratory rate
- » Maintaining his blood pressure and blood sugar levels
- » Calming him when in stress or during painful procedures
- » Supporting healthy growth and development

Skin-to-skin should be done immediately after the birth of your baby and for as long and often as possible in the first few weeks of life. If you're separated from your baby due to premature birth or illness, we encourage you to take every opportunity to hold your baby skin-to-skin. This practice will help both you and your baby develop a strong bond, and can help get breastfeeding off to a good start. Holding your baby skin-to-skin can also be done by your partner or another person you're close to. We encourage EVERY baby to be placed skin-to-skin.

For more information on the benefits of skin-to-skin, please visit www.EOHU.ca/newbaby.

Understanding Your Baby

Vision

Your baby:

- » Enjoys bright or contrasting colours, even though his range of sight is limited
- » May initially be attracted to black and white patterns (e.g. checkerboard, bull's eye)

Hearing

Your baby:

- » Starts to turn toward you when he hears your voice, at about 7 days old
- » Likes soothing, rhythmic sounds, especially music
- » Is startled by loud, sharp noises

Touch

Your baby:

- » Responds to touching, stroking, cuddling and gentle movements
- » May enjoy baths
- » Likes to be held in different positions, such as on your lap, in your arms or at your shoulders – this will help strengthen his muscles and allow him to see the world in different ways

Smell

Your baby:

- » Prefers sweet smells
- » May recognize the smell of your breast milk
- » May not like strong perfumes

Sucking

Your baby:

- » Needs to suck, not just for food but also for comfort
- » Has a "rooting reflex" that will gradually disappear (if you stroke your baby's cheek, he will turn to that side)*

* If your baby doesn't suck, swallow, or "root" well, call your healthcare provider.

Changing Diapers

Your baby needs to be changed every time you feed him, or as needed. Use a wet cloth and wipe only from front to back. Babies who are breastfed may have a bowel movement with every diaper change. Bottle-fed babies will have fewer and thicker bowel movements.

If you have made an informed decision to circumcise your son, follow your healthcare provider's recommendations for after-care.

Bath Time/Umbilical Cord

Each day, wash your baby's face, hands and bottom. Because soap tends to dry the skin, use it mainly on your baby's bottom. Every other day, until the umbilical cord falls off, you can give your baby a sponge bath or a bath in a baby tub.

Make sure you dry the umbilical cord well after bathing your baby. It will heal best without putting anything on it and should fall off in 7 to 14 days. If it becomes crusty or foul smelling, have your healthcare provider check it for infection.

Why Do Babies Cry?

All babies cry, but for different reasons. Although hunger is the most common reason, here are some others:

- » **Discomfort:** Your baby may be in an uncomfortable position, have a wet diaper, or clothing that pinches.
- » **Gas pains:** Your baby may need to burp.
- » **Room temperature:** Your baby may be too hot or too cold. Dress him as warmly as you dress yourself, plus one more layer.
- » **Need to suck:** Your baby may enjoy a pacifier. If you're breastfeeding, wait until he's 4 to 6 weeks old before giving him a pacifier, as it may interfere with breastfeeding.
- » **Need to be held:** Your baby may need to feel safe and secure.
- » **Over-stimulation:** Your baby may need rest or sleep.

Sometimes, healthy babies can cry for hours at a time and can't be soothed. This is called the "Period of PURPLE Crying" and it's common in the first 5 months of life, starting in the first few weeks and peaking at around 2 months. The good news is that it will end.

No matter how long your baby cries, never use shaking to stop crying. This can cause serious and permanent injury. Remember, the crying will come to an end.

To learn more, please review the Period of PURPLE Crying™ program that was given to you after the birth of your baby. The program features a free 10-minute DVD and an 11-page booklet. If you didn't receive the program, please call the EOHU at 613-933-1375 or at 1 800 267-7120.

Sudden Infant Death Syndrome (SIDS)

Sudden Infant Death Syndrome (SIDS), also known as "crib death", is the sudden, unexpected, and unexplained death of an apparently healthy baby. SIDS usually occurs during sleep, and is most common between 2 and 4 months of age, with fewer cases after 6 months. However, it can occur at any time during a baby's first year of life.

We don't know the cause of SIDS, but research suggests that there may be a combination of factors involved, including genetic, metabolic and environmental factors. Some babies are at greater risk of SIDS, including those that are born prematurely or with low birth weight, male infants, multiples (twins, triplets, etc.) and Aboriginal infants.

Unfortunately, SIDS cannot be predicted or prevented. However, providing a safe sleep environment for your baby can help reduce the risk of SIDS, as well as the risk of accidental deaths such as suffocation. Below are current recommendations for a safe infant sleep environment:

- » **Place your baby on his back to sleep.** While babies should spend some supervised time every day on their tummies (to help develop their neck muscles), at naptime and bedtime they should be put on their back.
- » **Keep your baby away from tobacco smoke.** Make your baby's room and your house smoke-free, and choose a non-smoking caregiver. Don't allow anyone to smoke around your baby.
- » **Place your baby to sleep in your room, in a crib, cradle or bassinet that meets current Canadian safety regulations.** Your baby's mattress should be firm, flat and fit snugly in the frame. Strollers, swings, bouncers and car seats are not intended for sleep.
- » **Don't bed-share.** Sharing an adult bed, sofa or other soft sleeping surface with your baby increases the risk of SIDS. Your baby is also at risk of becoming trapped, smothered or suffocated.
- » **Keep soft materials out of your baby's crib.** Don't use sleep positioners, or place bumper pads, comforters, stuffed animals, pillows or other items in your baby's crib or bassinet.
- » **Make sure your baby's room isn't too warm.** Put your baby in light sleepwear that's comfortable at room temperature. If a blanket is needed, use only a thin, lightweight and breathable one, or a wearable blanket.

For more information: *Sleep Well, Sleep Safe* (available at www.BestStart.org)

Newborn

Prevent the Flattening of Your Baby's Head

Because you place your infant on his back to lower the risk of Sudden Infant Death Syndrome (SIDS), his head may develop a flat spot at the back.

To help avoid this:

- » Lay your baby's head at the head of the crib one day and at the foot of the bed the next day.
- » Give your baby lots of supervised tummy time and side lying when he's awake.
- » Change toys and mobiles frequently so that your baby will turn his head more often.
- » Change the way you feed, hold or carry your baby.
- » Avoid long periods of time in baby seats, swings and car seats.

Helping Your Baby Grow and Discover

Babies make all kinds of sounds. Try imitating your baby's sounds and facial expressions. Talking to your baby, singing or making sounds will help him learn how to talk.

Playing Together

Familiar songs and rhymes will help to calm your baby.

Try this one:

The moon is round, round as can be,
(Trace a circle with your finger around the baby's face, touching gently.)

Two eyes, a nose, and a mouth,
(Touch under your baby's eyes, on his nose and on his mouth.)

Like me!
(Here's the smile, of course.)

Smoke-Free Homes and Cars

Smoke-free home

Babies who are exposed to second-hand smoke tend to get more colds, ear infections, bronchitis and asthma. In fact, they are twice as likely to die of Sudden Infant Death Syndrome (SIDS). Keep your baby's lungs healthy. Never allow anyone to smoke in your home.

Smoke-free vehicles

Second-hand smoke in motor vehicles can be up to 27 times more concentrated than in a smoker's home. That's why in Ontario, it's against the law to smoke in motor vehicles with passengers under 16.

If you or someone you know is interested in quitting smoking, visit www.MyQuit.ca.

Your Baby's Health

Contact your healthcare provider if:

- » The soft spot on your baby's head changes.
- » The umbilical cord has an odour or discharge.
- » There is discharge from your baby's eyes or ears.
- » Your baby's bowel movements are bloody or green.
- » The diaper has been dry for more than 4 hours.
- » Your baby has a fever.
- » Your baby is vomiting; he could dehydrate quickly.

Signs of dehydration

- » Dry mouth
- » Sunken eyes or dark shadows under the eyes
- » Decrease in urine and urine that's darker than normal
- » Skin that stays compressed when slightly pinched
- » Pale skin
- » Sunken fontanelle (soft spot on baby's head)
- » Drowsiness

Trust your gut feeling!
If you're concerned, see your
healthcare provider.

1 to 3 Months

A new baby in the house means you have a whole new set of priorities. However, it's still important to take time for yourself to relax, to reflect, and to recharge your batteries.



A Word About Postpartum Depression

It's very common for new parents to feel anxious, overwhelmed or to have mood swings in the early weeks after a baby is born. However, if these feelings last longer than 2 weeks, they may be signs of postpartum depression. If you're experiencing any of the feelings listed below, consult your healthcare provider:

"I feel like crying for no apparent reason."

"I feel helpless and inadequate."

"I find it hard to concentrate and make even simple decisions."

"I have trouble sleeping."

"I have no appetite."

"I'm overeating even when I'm not hungry."

"I feel anxious and guilty."

"I feel scared and panicky."

"I'm not interested in sex or intimacy."

"I'm afraid I might hurt my baby or myself."

Remember, you're not alone. There is help. Talk to your partner, friend, family or healthcare provider.

Source: *Life with a new baby is not always what you expect* (available at www.BestStart.org)

Understanding Your Baby

Your baby may now:

- » Turn toward anything that touches his cheek (rooting reflex)
- » Move his arms and legs
- » Cry when he needs something
- » Calm down when he's held and comforted
- » See things 20 to 30 cm (8 to 12 inches) away
- » Turn toward sounds
- » Make eye contact
- » Look at objects, especially bright colours
- » Follow an object from side to side
- » Watch your face while being fed
- » Hold his head up at your shoulder
- » Hold your fingers
- » Recognize caregivers

1 to 3 Months

Helping Your Baby Grow and Discover

Playing together

- » Show your baby a rattle or a small toy.
- » Hold it about 30 cm (12 inches) away from your baby's face.
- » Move it slowly.
- » Try the same game using a squeaky toy.

Discovering and learning

- » Place large black and white patterns or coloured patterns near the change area, in the crib, or on the floor near your baby.
- » Open a children's book and place it near your baby.

Talking and singing

- » Speak softly to your baby when you're holding him.
- » Sing songs and recite nursery rhymes.

Feeding Your Baby

Breast milk is the only food your baby needs for the first 6 months of life. It has nearly all the nutrition your baby needs for healthy growth and development. Babies who are breastfed should also be given a daily vitamin D supplement of 400 IU. In addition to being an excellent source of nutrition, breast milk also contains antibodies that help protect your baby from infections.

Your baby won't need solid foods (also known as "complementary foods") until around the age of 6 months. Introducing solids too early may cause a number of issues:

- » Your baby may breastfeed less often, which can cause you to make less breast milk.
- » Your baby may stop breastfeeding too early.
- » Your baby may not get the protection from illness that breast milk provides.
- » Your baby's diet may be low in protein, fat and other important nutrients.

Preventing Early Childhood Tooth Decay

Early Childhood Tooth Decay occurs when cavities develop in children younger than 6 years of age. It usually happens in the upper front teeth. To prevent this:

- » Lift your baby's top lip to check for cavities at least once a month.
- » Use a soft baby toothbrush or wrap your finger in a clean, damp washcloth to wipe your baby's gums after each feeding.
- » Gently remove the nipple if your baby falls asleep while feeding.
- » As soon as your baby's teeth appear, brush them at least twice a day with a small, soft toothbrush. Use only tap water, without toothpaste.
- » Visit a dentist with your baby by age one.

Immunization

Immunization protects your baby from childhood diseases that can be very dangerous and sometimes fatal. In Ontario, children can receive vaccines against most childhood diseases free of charge.

Your baby will get his first injections when he's 2 months old. Refer to your child's immunization record (yellow booklet) for the recommended vaccine schedule. Each time your child receives a vaccine, be sure to record it in your child's immunization record. You must also remember to update his records by calling the Eastern Ontario Health Unit at 613-933-1375 or at 1 800 267-7120. Ask for the Immunization Department.

For a handy mobile app that can help you keep track of your baby's past and upcoming immunizations, visit www.canimmunize.ca.

4 to 6 Months

Your child enjoys being with you. After all, you're his first and most important teacher.



Tips for Parents

Managing the changes in your life

- » Stay organized with a "to do" list.
- » Arrange time to meet or talk with friends.
- » Make a date with your partner.
- » Relax and unwind whenever possible.

Childcare

When you plan to go back to work, school, or your other daily routines, you may need childcare services. Waiting lists can often be long. Here are some tips to help make the transition:

- » Research your childcare options. Are you interested in a daycare or a home care setting?
- » Find out which services are available in your community.
- » Talk to family, friends and neighbours to share their childcare experiences.
- » Discuss the new routine with your childcare provider.
- » Create a back-up plan in case of an emergency. If someone gets sick or if the car breaks down, who else can help?
- » Revise your phone lists to include the childcare provider, your school or employer.

Understanding Your Baby

Your baby may now:

- » Follow objects with his eyes
- » Turn toward sounds and your voice
- » Imitate speech sounds
- » Babble and seem to understand words such as "bye-bye"
- » Hold his head up and rest on his forearms when he's on his tummy
- » Roll over
- » Hold his head up when pulled from a lying to sitting position
- » Sit with support
- » Hold his head steady when in a sitting position
- » Look at his hands and begin to grasp a rattle or small toy
- » Use his hands to reach, bang and splash
- » Move around to try to get a toy
- » Bear weight on his legs

4 to 6 Months

Helping Your Baby Grow and Discover

Playing together

Offer toys with a variety of textures, shapes, colours and sounds, including:

- » Cradle gyms
- » Squeeze and plush toys that are simple, washable and soft
- » Sturdy books with simple pictures
- » Rattles

You can also try these fun interactive activities:

- » Finger play games and rhymes
- » “Peek-a-boo” or “I’m going to get you” games
- » Rocking and gentle bouncing
- » Touching different textures like rugs, towels and velvet

Reading together

- » Read large, colourful picture books.
- » Start your baby’s bedtime routine with a story. Read slowly and calmly.
- » Visit the local library or parent resource centre.
- » Start your own family library.

Introducing Solid Foods at About 6 Months

Breast milk is all your baby needs for the first 6 months. Once your baby is around 6 months old, it’s recommended that you continue breastfeeding, along with beginning to introduce some solid foods (also known as “complementary foods”). Breastfed babies should also continue to be given a daily vitamin D supplement of 400 IU.

At about 6 months of age, your baby is becoming developmentally ready to start eating some solid foods. Signs of your baby’s readiness include:

- » Better head control
- » Ability to sit up and lean forward
- » Ability to pick up food and try to put it in his mouth
- » Ability to let you know when he’s full

Start with iron-rich foods like iron-fortified cereals, and meat or meat alternatives (e.g. eggs, beef, chicken, turkey, lamb, fish, pork, tofu or legumes).

Offer your baby food with a variety of soft textures such as lumpy, tender-cooked, finely minced, pureed, mashed or ground. You can also offer finger foods to encourage self-feeding. Examples include soft cooked vegetables and fruits; soft, ripe fruit such as banana; finely minced, ground or mashed cooked meat, poultry and deboned fish; grated cheese; and bread crusts or toasts.

Don’t give your baby honey (even if it’s pasteurized or cooked) before 1 year of age, because it can cause a serious illness called botulism. Corn syrup is also inappropriate for infants.

For more on introducing solid foods, including recipes for homemade baby food, visit our “[Introduction to Solid Foods](http://www.EOHU.ca)” webpage at www.EOHU.ca.

Food allergies

Food allergens are foods that sometimes cause allergies. You can introduce some common food allergens (eggs, milk, mustard, seafood, sesame, soy, sulphites, wheat, and foods containing peanuts or tree nuts) as part of your baby’s first foods at about 6 months. When you’re introducing a common allergen for the first time, only offer one per day and wait 2 days before introducing another food allergen. This will help you know which food caused a potential allergic reaction. Signs of allergic reaction include rash, vomiting, diarrhea, or breathing problems.

Beverages (drinks)

Continued breastfeeding is recommended, but at about 6 months you can start to introduce other fluids such as water.

Fruit juice should not be introduced to infants before 12 months of age because of the sugar content and poor nutritional benefits. Fruit is more nutritious than juice and is a better option.

Cow’s milk isn’t recommended for infants before 9 to 12 months of age.

Helpful tips

- » Respect your child’s appetite. Let him decide whether he wants to eat and how much.
- » Bring your baby to the table to join in at family mealtimes.
- » Use a baby spoon and begin with small amounts (about 5 mL, or a teaspoon) and gradually increase the amount.

4 to 6 Months

- » Warm foods gradually by placing the dish in a bowl of warm water. Microwaves heat food unevenly in spots and could burn your baby.
- » Serve food from a dish. Do not feed your baby directly from a jar of baby food.
- » Refrigerate leftover jarred vegetables or fruit, and feed them to your baby within 72 hours (3 days). Jarred meat leftovers should be refrigerated and eaten within 48 hours (2 days).

For more information about how to feed your child, please visit EatRight Ontario at www.EatRightOntario.ca, or call 1 877 510-5102 to speak to a Registered Dietitian. You can also visit one of the Eastern Ontario Health Unit's Watch Me Grow drop-in centres and ask for a free copy of *Feeding Your Baby From Six Months to One Year*.

Some Ontario Early Years Centres and Family Centres also offer workshops led by Registered Dietitians on how to feed your infant. Contact or visit your local Ontario Early Years Centre or Family Centre to learn more.



7 to 9 Months

Create wonderful memories with your children by spending time with them. Take the time to enjoy their company and share in their experiences.



Tips for Parents

Separation anxiety becomes stronger between 7 and 9 months of age. Here are a few strategies to help ease the anxiety:

- » Get your baby familiar with caregivers before he develops anxiety.
- » Schedule separations after naps or feedings.
- » Have a regular primary caregiver.
- » Practise separation for brief periods.
- » Keep your baby in familiar surroundings when possible.
- » Develop a “goodbye” ritual, such as a wave at the window or a special kiss.
- » Have a calm, positive attitude.
- » Tell your child that you’re leaving and that you’ll return. Then leave, using your “goodbye” ritual.

Understanding Your Baby

Your baby may now:

- » Sit without support
- » Play with his feet, pull your hair, or reach for your eyes
- » Transfer a toy from one hand to another
- » Push himself up from lying to sitting with one hand while you hold his other hand
- » Throw toys on purpose
- » Support weight on his feet while standing and making stepping movements
- » Push away things he doesn’t want
- » Control both hands to pick up a small object
- » Drink from a sipping cup and feed himself
- » Crawl or roll around the room
- » Imitate your facial expressions
- » Understand questions and short instructions, such as “Wave bye-bye”
- » Babble a variety of sounds such as “ba”, “ma”, “da”
- » Start to “make strange” when a stranger comes near him
- » Click his tongue, smack his lips, and blow bubbles with his tongue and lips

Helping Your Baby Grow and Discover

Playing together

Offer toys that appeal to your baby's senses, including:

- » Books made of cloth, plastic or board
- » Toy mallets, plastic hammers or spoons
- » Xylophone (show your baby how to hit the instrument and make noise)
- » Loud ticking wind-up clock

Talking together

- » Talk to your baby to help him understand that words have meaning.
- » Name the items of clothing while dressing your baby (e.g. "Here is a sock. It goes on your foot.").
- » Add some interest by playing peek-a-boo while dressing your baby.

Although your baby doesn't completely understand what you're saying, he understands your tone of voice. A loud and angry voice will frighten your child. Talk and sing calmly to your baby while cuddling him.

Feeding Your Baby

Graduating to table food

- » Continue breastfeeding on demand, along with giving your baby a daily vitamin D supplement of 400 IU.
- » Introduce a variety of nutritious foods from your family meals, in a variety of textures. Make sure that lumpier textures are introduced no later than 9 months.
- » Depending on your child's appetite, provide up to 3 larger feedings (meals) and 1 to 2 smaller feedings (snacks) per day. Children's appetites vary from day to day and from meal to meal. Let your child decide how much to eat. Never pressure your baby to eat more than he wants or restrict the amount you give him to eat when he seems hungry.
- » Continue offering iron-rich foods at least twice per day.
- » Expect a mess; making a mess is part of learning how to eat!

- » You can begin to introduce homogenized (3.25% M.F.) cow's milk between 9 to 12 months if your child is eating a variety of iron-rich foods. Don't give your child more than 750 mL (3 cups) of cow's milk per day.

Helpful tips

- » Mash some of your supper into a lumpy texture and offer him small pieces.
- » Offer some of the following foods: pasta, diced cooked vegetables, low-salt crackers, grated cheese, tuna, cottage cheese, toast or soft fruit.
- » Do not add butter, salt or sugar to your baby's food.
- » Stay with your baby when he's eating, in case he chokes.
- » Encourage your baby to drink water or milk from a cup.
- » Avoid distractions like TV or toys when eating at the table.
- » Eat together as a family often.

For more information about how to feed your child, visit EatRight Ontario at www.EatRightOntario.ca, or call 1 877 510-5102 to speak to a Registered Dietitian for free.

You can also visit one of our Watch Me Grow drop-in centres (www.EOHU.ca/watchmegrow) and ask for a free copy of *Feeding Your Baby From Six Months to One Year*.

Some Ontario Early Years Centres and Family Centres also offer workshops led by Registered Dietitians on how to feed your infant. Contact or visit your local Ontario Early Years Centre or Family Centre to learn more.

10 to 12 Months

Babies learn by watching and imitating you.



Tips for Parents

Your baby cannot control his reactions. He may get frustrated, cranky or angry. Encourage his efforts with positive feedback such as “hurray” or “good job”. This will help him feel good about himself and encourage him to try new things.

Understanding Your Baby

Your baby may now:

- » Understand familiar words
- » Pull himself up to a standing position
- » Drop things into a small opening or container
- » Wave bye-bye
- » Crawl, creep or move from one place to another
- » Crawl around and over things
- » Walk while holding onto something
- » Follow simple directions
- » Look at pictures in a book
- » Begin to stoop
- » Roll a ball
- » Babble as if speaking
- » Tear paper
- » Imitate gestures
- » Say a few recognizable words
- » Turn pages of a hard-paged book
- » Make a stack of two blocks
- » Spend more time doing an activity
- » Show interest in objects that are farther away
- » Help pull off simple clothing
- » Fit one thing into another
- » Know where familiar objects are kept

Caring for Your Baby

Baby's diet

- » Continue to breastfeed on demand, and to give your baby a daily vitamin D supplement of 400 IU.
- » From 12 months on, your child should begin to have a regular schedule of meals and snacks.
- » Offer energy-dense, nutritious foods to your baby.
 - » Don't limit the fat in your baby's diet – it's not necessary at this age.
 - » Do limit foods high in sugar and salt.
 - » Work up to the amounts and types of foods recommended in Canada's Food Guide. Your baby should be eating about ¼ to ½ of adult serving sizes.

10 to 12 Months

- » Eat together as a family as often as possible.
- » As a parent, you are responsible for what, when and where food is offered. Let your child decide how much he wants to eat or whether he wants to eat at all.
- » Remember, babies can choke easily. To prevent choking:
 - » Don't give your baby foods that are hard, small and round like nuts, popcorn, whole grapes or hard vegetables.
 - » Finely chop foods that have a fibrous or stringy texture, such as pineapples and celery.
 - » Grate carrots and hard fruits such as apples.
 - » Remove pits from fruits.
 - » Cut grapes.
 - » Spread peanut butter thinly on toast and crackers.

Helpful tips

- » Offer small portions and let your child ask for more.
- » Offer a variety of nutritious foods at meals and snacks.
- » Keep an eye on how much milk or water your child drinks.
- » Encourage positive mealtimes.

Helping Your Baby Grow and Discover

Playing together

At this age, your baby will like:

- » Playing with toys that require him to use his fingers to press something down (e.g. pop-up toys, a toy piano)
- » Rolling a ball back and forth
- » Placing objects in and out of each other, stacking and knocking down objects (e.g. containers, stacking cups, pots and pans)

Crawling and walking together

Your baby must first learn to crawl before he walks. Practise crawling with him and encourage him to crawl after a toy. Once your baby can sit up and crawl, he may be ready to pull himself to a standing position.

Singing and reading together

- » Use music to promote your child's language development. Sing songs like "Pop Goes the Weasel" or "Pat-a-Cake, Pat-a-Cake, Baker's Man".
- » Introduce reading at bedtime. It will be a routine you can use for years to come.
- » Encourage your baby to turn the pages of a book and discover the joy of reading.

Your child's behaviour

Babies learn by watching and imitating you. Avoid physical punishment such as slapping, hitting or spanking. Instead, try the following:

- » Acknowledge your child's feelings, but set limits: "I know you're sad, but no biting."
- » Acknowledge positive behaviour: "You're eating with a spoon. Great job."
- » Say "no" while maintaining love: "I love you, but I don't love what you're doing."
- » Redirect your child's attention: "It's not OK to draw on the wall, but here is some paper you can use."

Source: *The First Years Last Forever*. Canadian Institute of Child Health.

Triple P: Positive Parenting Program

Your child didn't come with an instruction manual. And with each child being so different, how is any parent supposed to know what works best when it comes to handling certain behaviours? The Triple P: Positive Parenting Program provides solutions for a wide variety of parenting situations. Learn more about Triple P at www.MYtripleP.ca.

Immunization Reminder

Children are more at risk of contracting communicable diseases because of their age, their personal hygiene and because of close contact with other children. Some childhood diseases can be very dangerous to children and sometimes fatal. In Ontario, children can receive vaccines against most childhood diseases free of charge. Make sure your child is up-to-date with his immunizations as many are offered during his first year. Don't forget to record it in your child's immunization record (yellow booklet). You must also remember to update his records by calling the Eastern Ontario Health Unit at 613-933-1375 or at 1 800 267-7120. Ask for the Immunization Department.

Keeping Baby Safe 0 to 12 months

Here are some helpful tips to keep your baby safe.

General Safety

- » Never leave your baby unattended. As he becomes more mobile he will need constant supervision.
- » Never leave your baby alone in the bathtub, even for a few seconds. Your baby can drown in less than 2.5 cm (1 inch) of water.
- » Don't leave your baby alone in a car, even for a moment.
- » Keep your hand on your baby when changing his diaper so he won't roll off the table.
- » Wash your hands after changing your baby's diaper and before feedings.
- » Stop your baby from doing something you don't want him to do by distracting him.
- » Don't ever shake your baby; it could cause blindness, brain damage, paralysis or even death.
- » Support your baby's head when playing. Don't bounce your baby too hard or toss him in the air. Until the age of 2, your baby's neck isn't strong enough and brain damage could occur.
- » Cover electrical outlets with plastic outlet covers.
- » Put safety locks on cupboard doors.
- » Never put ribbons, strings or necklaces around your baby's neck to hold a pacifier. Your baby could suffocate.
- » If your baby is alone in his crib, remove his bib because it could get tightened around his neck.
- » Don't use a pillow in the baby's crib. Your baby could suffocate.
- » Lay your baby to sleep on his back, to reduce the risk of SIDS.
- » Check with your healthcare provider or pharmacist before giving any medications. Always read the label and double check the dose.
- » Learn CPR; it could save your baby's life.

Feedings and Mealtimes

- » Never drink hot liquids when holding your baby.
- » Use placemats instead of a tablecloth, so your baby doesn't pull everything onto himself.

Toys and Other Items

- » Choose toys and clothing without ribbons, buttons or ties.
- » Keep small objects like coins, pins, buttons, jewellery and small toys off the floor and out of reach.
- » Keep valuable and breakable objects out of baby's reach.
- » Keep cigarette butts out of baby's reach. Four cigarette butts, if eaten, could kill a child.
- » Discard broken toys and check for loose or missing parts.
- » Wash your baby's toys and utensils thoroughly with soap and water.

Baby Equipment

- » Keep crib sides up and lower the mattress to the lowest level.
- » Never use a baby walker. In Canada, it is illegal to buy, sell, give away or import baby walkers.
- » Use safety gates that meet Canada's safety standards.
- » Be aware of the potential risks of buying or using second-hand items. Find out how you can protect yourself and your family at www.healthycanadians.gc.ca.
- » Make sure your baby equipment (stroller, crib, car seat, etc.) meets Canadian Safety Standards. For more information, call 1 866 662-0666.



Baby's Developing Communication Skills



When it comes to speech and language, the communication skills your child develops from infancy through early childhood will have a major impact on his experiences throughout life. And as a parent, there's a great deal you can do to help support your child's language development.

But how do you know if your child's communication skills are developing on track?

The **Let's Talk! Tips for Building Your Child's Speech and Language Skills** video series demonstrates some of the communication milestones your child should be reaching from infancy through age 5. It also offers tips and strategies on how to help develop your child's speech and language skills during this important period. The video series is available online at www.EOHU.ca/talk. If you prefer to have a DVD copy of the videos, call 613-933-1375 or 1 800 267-7120.

By using the simple tips discussed in the video series, and by getting help for any communication problems early, you can help pave the way for your child's future success.

Concerned about your child's speech and language development?

If at any stage you have concerns about your child's communication development, don't hesitate to talk to your healthcare provider, or call the number above for information about the EOHU's Words in Bloom speech and language development program.

Sun Safety

- » If your baby is under one year of age, keep him out of direct sunlight to prevent skin damage and dehydration. Never let him play or sleep in the sun.
- » Avoid the sun between 11 a.m. and 4 p.m. when the rays are strongest. Stay in the shade as much as possible between these hours.
- » Keep your baby in the shade under a tree, an umbrella or a canopy.
- » Do not put sunscreen on a baby less than 6 months old.
- » If you must be in the sun, have your baby wear a wide-brimmed hat and sunglasses, and cover his skin with lightweight clothing.

Car Seat Safety



Every year, motor vehicle crashes claim the lives of children. The proper use of a car seat could save lives.

According to Transport Canada, children are 70% less likely to suffer serious injury and 90% less likely to die in the event of a crash if they are transported in correctly installed car seats. Make sure you read your car seat manual and your vehicle manual as they provide the information you need to install your car seat safely.

Your baby needs a **rear-facing car seat**, as rear-facing car seats are designed to support your baby's neck in a sudden stop or crash. Keep your baby in a rear-facing car seat until he is:

- » At least 10 kg (22 lb) **AND**
- » At least 1 year of age (see car manufacturer instructions for specific age recommendation) **AND**
- » Walking unassisted

Your car seat may allow your baby to be rear-facing beyond the above minimum recommendations. The longer your baby remains in the rear-facing position the safer your baby will be.

Child seats and booster seats sold in the U.S. and other countries do not meet Canadian federal regulations and, under provincial and territorial legislation, are illegal to use in Canada. All restraints manufactured for sale in Canada must have the National Safety Mark.



Used Car Seats

Under the *Canada Consumer Product Safety Act*, it is illegal to buy, sell, give or lend a child seat or booster seat made before January 1, 2012, as it does not meet the latest requirements set out by Health Canada.

Used car seats are often missing parts and/or instructions. It's hard to know if there has been a recall on a used seat or if the seat has been involved in a collision.

For more information, please visit Transport Canada at www.tc.gc.ca,
the Eastern Ontario Health Unit at www.EOHU.ca,
or call 613-933-1375 or 1 800 267-7120.

