

## MOM'S HEALTH

- Arrange for someone to help you during the first few weeks at home especially if you have other young children living in the home.
- Avoid strenuous housework or heavy lifting after discharge. If you have young children that want to be held, sit down and allow the child to crawl onto your lap.
- Limit your stair climbing. If you live in a two-story home, keep baby supplies both upstairs and downstairs.
- Take several rest periods during the day. Try to nap while the baby naps. You will need the extra rest.
- Short walks are the best. Slowly increase your activity, and speak with your doctor prior to starting any kind of exercise program.
- You may experience some discomfort if you have had an episiotomy.
- Make sure you are eating a well-balanced diet and drinking plenty of fluids.

## OTHER HELPFUL INFORMATION

Adult and Infant CPR  
Classes are available  
Contact:

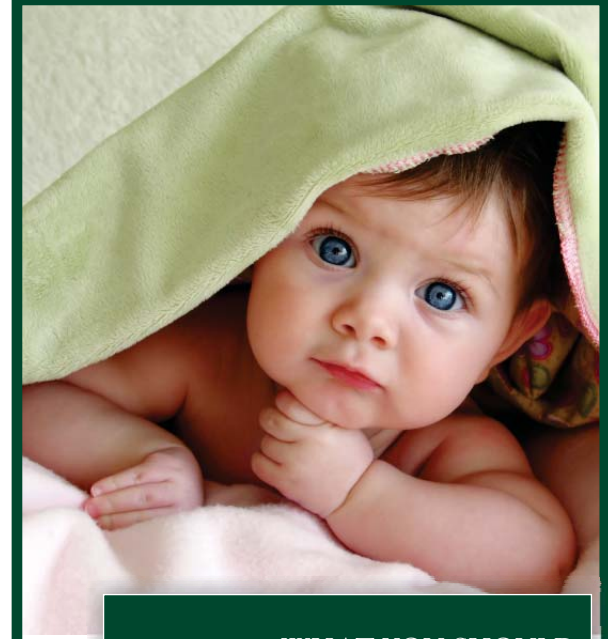
(302) 629-6611 extension 8919

Do not hesitate to call Nanticoke's Mother and Baby Care Center with any questions prior to your admission or following your delivery at  
(302) 629-6611 extension 2541.



*Always Caring. Always Here.*

801 Middleford Rd • Seaford, DE 19973



WHAT YOU SHOULD  
KNOW ABOUT BRINGING YOUR  
BABY HOME.

## Welcome to Our Family

Our Mission:

To provide safe, compassionate,  
family-focused, and  
culturally sensitive care  
to each of the families we serve.



[www.nanticoke.org](http://www.nanticoke.org) | *Always Caring. Always Here.*

## CAR SAFETY

- Before coming to the hospital review the directions for your car seat to ensure the seat is properly installed. Double-check everything before leaving the hospital to ensure your infant is properly buckled in the car.
- Always use a car seat that is appropriate for your baby's age, weight, and height. Be sure to use an infant car seat (safety tested/approved).
- NEVER leave your baby unattended in a car especially in the extreme heat and/or cold.
- Babies should be in rear-facing car seats for as long as possible, to the limits of their rear-facing car seat. Extended rear-facing, beyond one year and 20 pounds, has big safety advantages that parents should strongly consider.
- Never place a rear-facing car safety seat in the front seat of a vehicle that has an active front passenger air bag. If the air bag inflates, it will hit the back of the car safety seat, right where your baby's head is, and could cause serious injury or death.
- Do not ever use a car seat that has been involved in a vehicle crash.

## ARRIVING HOME: SAFETY FIRST

- Unless directed by your pediatrician, always place your baby on their back to sleep.
- Keep all small objects, pillows, bed covers, broken toys and plants away from the baby.
- Never hang necklaces or pacifiers around your baby's neck.
- Keep emergency phone numbers (poison control, police, ambulance, pediatrician) next to all telephones in the home.
- The Center for Exploited and Missing Children advises not to place public birth announcements in newspapers or front lawn signs in your yard.

## FEEDING BABY

- Your baby should be positioned in an upright position when he or she is eating. Do not prop the bottle. This can be a risk for choking.
- It is not recommended that you give your baby cereal or baby food until instructed by your pediatrician.
- Be sure to burp your baby thoroughly after every feeding.



## BATHING & HYGIENE

- NEVER leave a baby unaccompanied in a bathtub.
- Sponge bathe your baby until the umbilical cord has fallen off. This normally takes about 1-3 weeks.
- When bathing your baby, do not hold them under running water. Water temperature can change unexpectedly. Hold your baby securely; wet babies can be slippery.
- To avoid diaper rash, change your baby's diaper as soon as it is soiled. Baby powder is not recommended. It can make breathing difficult for babies.

## DRESSING BABY

- When dressing your baby, keep in mind that infants usually require the same amount of clothing as adults.
- Babies lose a great deal of heat from their heads, so keep the head covered in cool or drafty environments.

## PHYSICIAN CARE

- Your baby should have their first doctor's appointment when he or she is 1-2 weeks old unless instructed otherwise.
- Call your pediatrician if you notice any of the following:
  - foul smelling odor or discharge coming from the cord,
  - thick yellow drainage coming from the eyes,
  - refusal to eat several times in a row,
  - vomiting or diarrhea,
  - rectal temperature of 100.4 or higher,
  - excessive crying for several hours for no apparent reason,
  - bleeding from the circumcision,
  - yellowing of the skin or eyes,
  - less than six wet diapers a day by one week of life.
- If you think your baby may be constipated, contact your pediatrician. DO NOT give laxatives or enemas to a baby.

## BABY'S HEALTH

- Remember, you cannot spoil a newborn baby. A newborn baby will need plenty of holding and cuddling the first few months of life.
- Keep in mind that crying is a baby's only form of communication and means they need attention. Possible needs could be hunger, trapped gas, need to be burped, or need for a diaper change. Rocking, cuddling, or just a simple position change may calm the baby.

**NEVER shake a baby.**  
**This creates the potential for permanent brain damage or even death.**