



Baby LINKS

What Happened To My Perfect Baby?

Babies cry, and parents, especially first time parents wonder what could be wrong with them.

Remember, babies are like people, they have their own personalities and some are more vocal about their needs than others.

You will learn rather quickly if your baby is crying because they are hungry, need to be changed or just wanting some "me" time with Mom and Dad.

All of these are important but remember that a crying baby not easily consoled by food, diaper changes and holding may have other problems as well.

If your baby will not stop crying and refuses to nurse through two feedings, they may be sick. Call your baby's

doctor to see if they need to be seen.

If your baby has gas they may cry and pull their legs up on their stomach. Frequent burping during meals can prevent much of this. If you are breastfeeding you may notice some foods seem to upset your baby's stomach. Try to steer clear of these foods. If this becomes a frequent problem discuss with your doctor other possible causes for the gas.

The dreaded "C" word, Colic. Some babies have it and you and your baby are having to deal with it. You may find a special position to hold your baby or a special activity such as rocking or riding in a car can soothe your baby. Remember to take care of yourself during this time. Colic can be frus-

trating on the parents as much as the baby. Don't hesitate to ask for help and parent "time outs" to rest.

No matter how impatient or upset you feel, never hold or pick up your baby when you are angry.

You will soon learn what consoles your baby and both you and your baby will benefit from this.

Always remember to peek in on your baby while they are sleeping. One look will erase the hours of frustration.



Parenting is the most rewarding job you will ever have.

Exercising after Delivery

Most women are asked to wait six weeks after delivery before they begin exercising. When your healthcare provider gives you the OK and you feel ready, low impact non-stressful exercises may be started. There are many things you can do that you

may not even consider as exercise, such as walking your baby with the stroller outdoors or in a mall. Stretching can help you begin getting back in shape without the stress to your body.

There are some exercise programs which include baby

in the process. This allows for bonding with your baby while you improve your health. Exercise can help you return to your pre-pregnancy size, help you regain your strength and deal with stress.

Dare County
Department of Public Health
Baby LINKS Program

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General Information
0-3 Months

The mission of the Baby LINKS program, offered through the Dare County Department of Public Health, is to support every new mother and her child from birth to age one by empowering them to be healthy and secure and prepared for success. We believe that this can be achieved through education, support, and referrals to other community agencies.

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Baby on the Go

The North Carolina Child Passenger Safety & Booster Seat Law : Commonly Asked Questions, Revised: August 15, 2007 (Highlighted Questions)

- ◆ When can infants be turned around to face the front of the car? In NC it is legal to turn an infant to face the front of the vehicle whenever the manufacturer of the child restraint being used allows it. However, the American Academy of Pediatrics recommends that infants be kept rear facing as long as possible but at least until 1 year of age and AND at least 20 pounds.
- ◆ Which car seats are approved for use in NC, and how can I tell if I have an approved seat? Any type of child restraint is legal to use as long as: !) It is certified to meet Federal Motor Vehicle Safety Standard 213: 2) the child is within the weight range specified for the child restraint; 3) the child restraint is being used correctly according to the manufacturer's instructions.
- ◆ A child restraint should not be used if it has labels missing, or it is older than 10 years, or if it has missing or broken parts. Child restraints that have previously been involved in severe crashes should not be used either.
- ◆ Children younger than age 8 AND who weight less than 80 pounds must be properly secured in child restraints appropriate for their weight and height. Most drivers will be able to comply with the changes by using belt-positioning booster seats for children over 40 pounds. Belt-positioning boosters raise children up to make lap and shoulder combination belts fit correctly.

What are the basic requirements of this law?

- ◆ All children less than 16 years of age must be properly restrained in all vehicle seating positions. All drivers and occupants 16 and older must also be buckled up in any seating position, but they are covered by NC Seat Belt Law.

For complete list of commonly asked questions and further information contact:

UNC Highway Safety
Research Center
1-800-672-4527 or
1-919-962-2202
www.buckleupnc.org
www.hsrb.unc.edu



Unwanted Advice-How Do I Say Stop!

Never again will you have so many people, including strangers, come up to you and offer advice. Some of it will be helpful and some of it will not. What do you do when others offer advice which you neither want or need? How about advice that is incorrect? Here are a few tips to help you during this time.

1. Listen First-You may feel insecure in your new role as parent, especially if this is your first baby. However, listen to what they are sharing, you may receive some valuable information.
2. Disregard or Agree-It's up to you to decide what advice you wish to use or not. You are the parent and this gives you the right to agree or disregard this information being shared.
3. Pick your battles-Don't argue or disagree with everything that is said. Some issues aren't worth the fuss.
4. Educate yourself and the other person-Read and use the resources you are given. Knowledge is power. If you know the person is giving incorrect or outdated advice, try to educate them on what you have been taught or learned.
5. Ask for Advice-Nothing makes a person feel better than being asked for advice or help. Let's face it, if you are new to this you are going to need some help. Let others show you the way.
6. Find a mediator-If the situation is causing problems with a relationship find someone to help you with the situation. A third party can sometimes help lessen the strain.
7. Be honest-Try to be honest about your feelings. If others truly know how you feel they will usually be more willing to change what they are doing.

Parenting is stressful at times. But never doubt that as the days pass you will become more comfortable in your role.

Also remember, you spend more time with your baby than anyone else. You will soon learn their individual personalities, their likes and dislikes and what comforts them. Use this knowledge with others so you may take control.

The Baby Blues

Just when you thought that your emotions would get off that roller coaster you had during pregnancy, you are hit with the "baby blues". Baby blues are not unusual and normally occur in the first few days after delivery. Some signs of the baby blues are crying for no apparent reason, impatience, irritability, restlessness and anxiety. This is the most common of the postpartum reactions. The baby blues are usually briefly unpleasant and disappear on their own, sometimes as quickly as they came. Don't be alarmed, 50-75% of new moms have the baby blues and they

quickly disappear.

Other Postpartum Disorders which may require more treatment are Postpartum Depression, Postpartum Anxiety and/or Panic Disorder, and Postpartum Psychosis. To read more on these disorders visit the [Depression after Delivery Website](#) at:

www.depressionafterdelivery.com.

Do not hesitate to contact a medical provider for help if you feel your baby blues are not going away. People such as Marie Osmond and Princess Diana suffered from baby blues. You are not alone.



A Shot of Prevention Is Worth A Pound of Cure

It goes against everything as a parent. The last thing you want to do is make your child hurt or cry. However, childhood immunizations can save your child and you the pain of enduring some serious childhood illnesses. Further, complications from childhood illness can lead to permanent damage or death.

The American Academy of Pediatrics and the Centers for Disease Control and Prevention (CDC) have established a recommended immunization schedule. The CDC has installed a program online where you can enter your baby's name and date of birth and it will give you a dated schedule from birth to 12 years of age for all recommended immunizations. The website link for this schedule is:

http://www2a.cdc.gov/nip/scheduler_le/default.asp

The shots and tears that follow will only last for a little while. The effects will last for years and protect your baby. Several of the shots are now given in combinations which makes for fewer shots. This is easier for both you and your baby.

You may obtain your baby's immunizations from your pediatrician, primary care physician or the Dare County Health Department.

Remember-baby shots are free at the Health Department. Call: (252) 475-5003 for an appointment.

RECOMMENDED IMMUNIZATION SCHEDULE

AGE	VACCINATION
Birth	Hep B
2 Months	DTaP, Hib, IPV, Hep B*,
4 Months	DTaP, Hib, IPV, PCV7
6 Months	DTaP, Hib, Hep B, PCV7
12 Months	Hib, IPV**, MMR, Var, PCV7
15 Months	DTaP
4-6 Years	DTaP, IPV, MMR

*The 3rd Hep B should be given no sooner than 24 weeks of age and at least 8 weeks after the 2nd dose.

** The 3rd dose of IPV may be given any time between 6 and 18 months of age.

Dare County Department of
Public Health
Baby LINKS Program

P.O. Box 1000
109 Exeter Street
Manteo, NC 27954

Phone: 252-475-5003

Your link to a healthy future



Second Hand Smoke-Stopping Those Smoke Signals

Quitting smoking and preventing others from smoking around your baby is one of the greatest gifts you can give your baby.

Your baby's lungs and airways are small. Breathing tobacco smoke can cause your baby to inhale poisons such as nicotine, harmful gases and chemicals. Even if you smoke outside, the residue from your cigarettes can remain on your clothing and cause your baby to be sick.

Babies can quickly develop breathing problems such as wheezing and other illness caused by second hand smoke. It can also make the baby uncomfortable and fussy and for nursing moms, the chemicals can be passed through breast milk to the baby.

Keeping second hand smoke away from your baby can lower your baby's risk of SIDS or Sudden Infant Death

Syndrome. It can also reduce the number of asthma attacks and lower the baby's chances of getting bronchitis, pneumonia or croup. Fewer colds, coughing, congestion, sinus or ear infections is a benefit of keeping the smoke away from your baby.

Studies have shown that children who have parents who smoke are more likely to smoke themselves as teenagers and adults.

You are in charge of your baby's health. You have every right to tell family and visitors that they may not smoke around your baby. Choose a childcare provider or daycare that does not allow smoking. Ask others not to smoke in your car. Put up "NO Smoking" signs to signal to others that you have a smoke free home for your baby and ask them to respect your decision.

www.wch.dhhs.state.nc.us

NC Family Health Resource Line at:

1-800-367-2229

North Carolina Healthy Start
Foundation at:

www.NCHealthyStart.org



For more information, contact:

Della Madel, RN

475-5021

Funding for Baby LINKS is provided by Smart Start, a unique program initiated in 1993 to help all North Carolina children enter school healthy and ready to succeed.

To find out what's happening in for families in Dare County, check out the "Connect for Kids" Community Calendar and Family Resource Guide at:

www.darekids.org



Or call the Children and Youth Partnership at:

252-441-0614