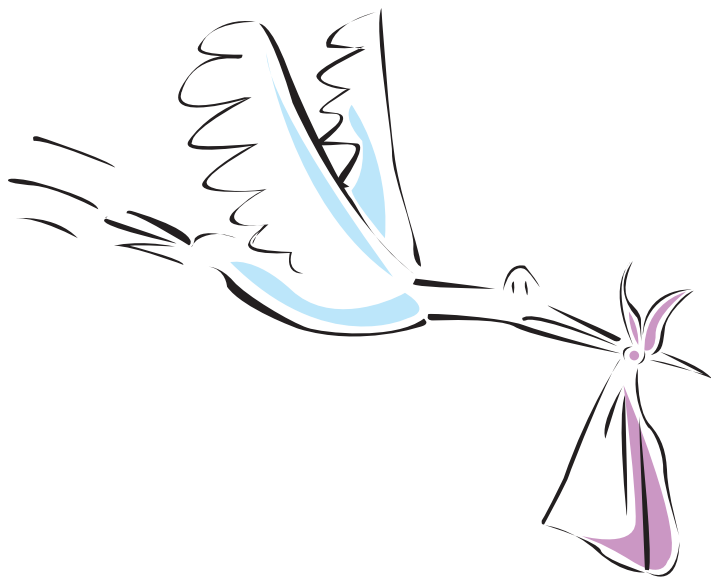




# caring for your child

tips for parents of children age 0 to 18 months



## includes information on:

Feeding your baby

Your Child's Development

What to do when your baby is crying

Helping your baby sleep through the night

Immunizations and your baby's health

# breastfeeding and nutrition

## breast feeding is best!

It is recommended that babies under 6 months be fed only breast milk. It is the natural way to feed your baby!

## good things about breastfeeding:

- > Gives the right kind and amount of nutrition to your baby
- > Gives your baby important disease fighting elements from your body that you can't get from formula
- > Available fresh when your baby needs it and you can bottle your milk if you are away from your baby for a while
- > Helps you bond with your baby
- > Doesn't cost money
- > Reduces your chances of having breast cancer
- > Can help you lose baby weight!

Remember, breastfeeding, like motherhood, is learned through experience and is not an instinct. If you have questions about breastfeeding or if you have problems while you are trying to breastfeed ask for help! Talk to a family member, friend, your doctor, a midwife, or anyone you think can give you good advice.

## feeding your baby

Up to 6 months old, your baby can get everything they need from breast milk or formula. Formula should be cow's milk based and fortified with iron. Make sure you read the package carefully and mix the formula exactly as it says.

At 6 months you can start feeding your child solid food. Try one new food at a time and wait 3-5 days before trying another new food so you'll know if any particular food makes him sick.

Feed your baby healthy foods from all four food groups, and avoid sugar. Remember that your baby can't chew so all his food should be soft and easy to swallow. Don't give him anything that looks like it's about the size of his throat like hotdogs or baby carrots because they can make him choke.

# vaccinations

## how you can protect your child from getting sick

Protect your child from potentially life-threatening diseases by taking him/her to your family doctor, pediatrician or the Children's Outpatient Center at Hotel Dieu Hospital for regularly scheduled vaccines.

At the ages of 2, 4, 6, 12, 15 and 18 months your child will receive needles at each visit protecting them from diseases including:

Diphtheria

Tetanus

Pertussis

Polio virus

Haemophilus influenzae Type B

Pneumococcus

Measles

Mumps

Rubella

Meningococcus C

Varicella Zoster (chicken pox)



# your baby and sleep

All new parents face the challenges of trying to get their baby to fall asleep, and worse yet, keep them asleep. There are many different methods that families use to help with these issues. Unfortunately, there is no single method that is guaranteed to work for all infants. The following are some hints that may help you with your baby's sleep.

- 1) Establish a daily schedule for short naps, feeding, playtime and bedtime that is the same every day.
- 2) Use cues for sleep time. Make sleep time predictable!
  - > Try rocking, reading, music, or a warm bath
  - > Follow a scheduled sleep time that is the same every night
- 3) Place your baby in crib when he/she is drowsy but still awake.
- 4) Make sure your child is in a comfortable environment.  
This includes the temperature in your baby's room, and the clothes should allow movement.
- 5) If your baby wakes up in the middle of the night for feeding or changing:
  - > Avoid stimulating or exciting your child too much, so he/she can easily fall back to sleep.
  - > Dim the lights, talk in a soft voice and use calm, gentle movements
  - > Try to get your baby to go back to sleep as quickly as possible



- 6) If your baby appears to be ill, in pain or discomfort, or continues to have difficulty sleeping at night, rule out medical issues and talk to your doctor.

**important notes:**

- > Most pediatricians encourage positioning of infants on their backs during sleep.
- > Infants often cry at least once a night for feeding.
- > Difficulty with sleep is common between teething and periods of major development.
- > Newborn infants have irregular sleep cycles, which may take about 6 months to mature.



# support services available in kingston

## KFL&A Public Health

613-549-1232 ext 567

- > Breastfeeding Classes – free class taught by lactation consultants
- > Introducing Solid Foods to Your Baby – classes on how to make baby food and when to introduce solids to your child
- > Immunization programs for your child
- > Breastfeeding Buddies free telephone support line 613-549-1154

## La Leche League of Kingston

613-389-4576 [www.lllc.ca](http://www.lllc.ca)

- > An organization that provides information and support to mothers who want to learn to breastfeed their babies.

## Children's Outpatient Centre (COPC) at Hotel Dieu Hospital

613-544-3400 ext. 3150 or 3151

## Child Development Centre at Hotel Dieu Hospital

613-549-2684

## Children's Aid Society Kingston:

613-542-7351

## Ontario Early Years Centre – Kingston & The Islands

613-384-1231

- > 1-2-3-4 Parents — workshop on developmental traits of children
- > Has parenting programs and can help in finding Child Care

## Baby Talk

613-549-1154 or 1-800-267-7875 (Monday – Friday, 8:30am – 4:30pm)

- > Public Health Nurses answer your parenting questions.

## Better Beginnings Kingston

613-542-2835

- > Offers many programs for parents and have free childcare

## Childbirth Kingston

613-384-7774

- > Getting Your Baby to Sleep Class/Workshop

## If your child is ill, you can also contact Telehealth Ontario:

1-866-797-0000 (Open 24/7)

## when to introduce new foods to your baby

### age

### appropriate foods

0 – 6  
months

Breastfeeding is best. If you can't breastfeed, use a cow's milk-based formula fortified with iron. Read the instructions carefully.

6 – 9  
months

Grains: 2 – 4 tablespoons of iron-fortified infant cereal twice a day. Then try other grain products such as small pieces of dry toast or unsalted crackers.

Vegetables: At 6 – 9 months, offer your baby puréed cooked vegetables—yellow, green or orange.

Fruits: At 6 – 9 months, offer puréed cooked fruits, very ripe mashed fruits (such as bananas).

Meat and Alternatives: At 6 – 9 months, offer puréed cooked meat, fish, chicken, tofu, mashed beans, egg yolk.

9 – 12  
months

Grains: At 9 – 12 months, offer other plain cereals, whole grain bread, rice and pasta.

Vegetables: At 9 – 12 months, progress to soft, mashed cooked vegetables.

Fruits: At 9 – 12 months, try soft fresh fruits, peeled, seeded and diced or canned fruit, packed in water or juice (not syrup).

Meat and Alternatives: At 9 – 12 months, mince or dice these foods.

12 months  
or older

After 12 months of age, your baby should not take more than 720 mL (24 oz.) of milk products per day. Too much milk can cause health problems for your baby.

# developmental milestones

## is my baby developing normally?

Most children reach these developmental steps at the age listed below. This is only a general guideline for what your child should be able to do. If you have any concerns about your child, or for more information on developmental milestones, please contact your family doctor, pediatrician, or the Children's Outpatient Centre at Hotel Dieu Hospital.

If your child is between ages, use the milestones for the younger age. For example, if your child is 4 months old, use the milestones for 3 months.

at 3 months, does your baby...

- > hold head up when held at adult's shoulder
- > grasp or reach for objects
- > follow movement with his/her eyes
- > enjoy being cuddled
- > recognize the mother or familiar voice or face
- > smile
- > make a variety of sounds and noises (coo/gurges)

at 6 months, does your baby...

- > follow a moving object
- > look in the direction of a new sound
- > roll over from tummy to back, and back to tummy
- > sit with support
- > bring hands or objects to mouth
- > babble



3

6

9

12

18

at 9 months, does your baby...

- > sit without support
- > stand with support
- > eat with his/her thumb and index fingers
- > babble a series of recognizable sounds, such as ba, da
- > make sounds to get attention
- > reach to be picked up or held

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at 12 months, does your baby...

- > respond to his/her own name
- > crawl or bum shuffle
- > pull up to stand at furniture
- > understand simple requests, such as "Don't touch", "No"
- > "chatter" to toys or people using three different sounds
- > show emotions such as anger, joy, excitement

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at 18 months, does your baby...

- > walk alone
- > show affection towards people, pets or toys
- > point to show you something
- > look at you while talking or playing together
- > use familiar gestures, such as waving
- > say five or more words
- > pick-up and eat finger food

# how to soothe a crying baby

## some hints on soothing your child:

- > Snuggle baby close to you and sing or talk soothingly
- > Wrap baby in a soft blanket
- > Feed baby if it has been longer than 2 hours since their last feeding
- > Burp baby
- > Change their diaper if necessary
- > Make sure nothing is irritating them like Velcro from a diaper, tight elastics
- > Rock baby
- > Give them a warm bath
- > Play soft music or the TV for background noise
- > Go for a walk with baby
- > Try playing a game with baby, like Peek-a-Boo
- > Offer them a toy or pacifier, they may be bored or teething

## what you should NEVER do

- > Shake your baby
- > Hit your baby

## what you can do for yourself

- > Take a few deep breaths
- > Remind yourself that all babies cry and that it is normal
- > Remember that the crying will stop and everything will be ok
- > Place your baby safely into their crib until you are calm
- > Call a friend or relative that you can trust to take over for a while, then get away, get some rest, take care of yourself.
- > Rest when your baby naps, you will be more alert and find it easier to deal with the crying
- > Say how you are feeling, to yourself or to a loved one, it can help you ease frustration
- > Call the Baby Talk Help Line 613-549-1154 or 1-800-267-7875
- > Talk to your family doctor or a doctor at the walk in clinic if you feel down or don't think you can manage.

# resources for information included in this manual:

## Breastfeeding

- > The Canadian Paediatric Society. "Breastfeeding"  
[www.caringforkids.cps.ca/babies/Breastfeeding.htm](http://www.caringforkids.cps.ca/babies/Breastfeeding.htm)
- > La Leche League International, "Breast feeding Resources from La Leche League" [www.lalecheleague.org/nb.html?m=0,0,0](http://www.lalecheleague.org/nb.html?m=0,0,0)

## Nutrition

- > The Canadian Paediatric Society "Feeding your baby in the first year" [www.caringforkids.cps.ca/babies/Feeding.htm](http://www.caringforkids.cps.ca/babies/Feeding.htm)
- > Alberta Health and Wellness "Feeding baby solid foods"  
[www.health.gov.ab.ca/public/NT39Solids.html](http://www.health.gov.ab.ca/public/NT39Solids.html)

## You Child's Development

- > The College of Family Physicians of Canada, [www.cfpc.ca](http://www.cfpc.ca)  
Rourke Baby Record 2006
- > Nipissing District Developmental Screen,  
[www.ndds.ca/ontario/home.html](http://www.ndds.ca/ontario/home.html)

## Crying Baby

- > Mayo Clinic — [www.mayoclinic.com/health/cryingbaby/FL00106](http://www.mayoclinic.com/health/cryingbaby/FL00106)
- > Children's Aid Society — "Crying Baby handle with care" pamphlet

## Your baby and sleep

- > Mayo Clinic — [www.mayoclinic.com/health/baby-sleep/FL00118](http://www.mayoclinic.com/health/baby-sleep/FL00118)
- > Baby Center — [www.babycenter.com](http://www.babycenter.com)
- > Medem Medical Library — [www.medem.com](http://www.medem.com)





# Children's Aid Society

*of the City of Kingston and County of Frontenac*

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