

Welcome to Parenthood!



Congratulations on the birth of your baby!

This handout will give you some key points on what to expect in the first three months after your baby is born.

Feeding Your Baby

For the first six months, the only food or drink your baby needs is breastmilk. Choosing to breastfeed or formula feed is a personal choice. Timiskaming Health Unit (THU) HBHC nurses can provide support and answer questions you might have, regardless of the feeding method you decide is best for your family. [Our website](#) also has a number of resources to help you every step of your baby's development.

Another great quick reference is [Signs That Feeding Is Going Well](#).

Are you experiencing challenges with feeding your baby? Our HBHC nurses and Lactation Consultant are available to provide support and answer all your questions. If you need support call 1-866-747-4305.

Looking for more information on breastfeeding? [Check out this resource](#)

Looking for more information on formula feeding? [Check out this resource](#)

Vitamin D: Your baby needs vitamin D to develop strong bones, starting at birth. Offer your breastfed baby 400 IU (10 mcg) of vitamin D. If you are exclusively offering infant formula, extra vitamin D is not needed because it is already added to the infant formula. Talk to your child's health care provider if you have questions about vitamin D supplementation. For more information on Vitamin D for infants, [click here](#).



Active Start

Help your baby develop a lifelong love of being physically active right from the start! Tummy time helps your baby develop neck and core muscles. Place your baby on their tummy 2-3 times a day. Slowly work your way up from 1 minute of tummy time, each time, until your baby can hold their own head up, usually around 3-4 months old. Help your baby develop their hand-eye coordination by encouraging them to reach for, touch and hold things.

Your Baby's Development

Timiskaming Health Unit has tools to help you monitor your child's development at each stage of their growth and offers tips to help your child thrive. Contact us to find out more or to get your child screened.



Parent Mental Health

It's normal to have a wide range of changing emotions after the birth of your baby. It's normal for new moms to experience crying spells and feeling sad, irritable and frustrated as well as fatigued within three to five days after delivery. If this lasts for more than two weeks or is severe enough to interfere with your daily routine, it is time to seek help. You may be experiencing something known as postpartum mood disorder (PPMD). "About 1 in 5 mothers will develop a perinatal mood and anxiety disorder (PMAD) and 1 in 10 fathers" ([Breastfeeding Matters](#), p 37).

If you or someone you know needs support, call a public health nurse to talk about how you are feeling or see your doctor/nurse practitioner as soon as you can. If you feel you need immediate help, please reach out to the local CMHA Crisis Line, available 24 hours a day, 7 days a week, toll free at 1-888-665-8888.

Connect

Being a new parent can be lonely. Connecting with other parents goes a long way in supporting your mental health and reducing feelings of loneliness. Connect with other parents in a safe and comfortable space by joining the groups offered by [EarlyON](#) and [Brighter Futures](#). You can also connect online with [Timiskaming Breastfeeding Buddies](#).

Sleep Tips

- ♥ Place baby on their back to sleep.
- ♥ Place your baby to sleep in a crib, cradle or bassinet next to your bed. Room sharing is recommended for the first 6 months.
- ♥ Baby's crib should be completely empty, except for the crib's mattress and fitted sheet. Other things can be suffocation hazards.
- ♥ Baby's room should be at a comfortable temperature.

For more sleep info and safety tips, check out [Is Your Child Safe? Sleep Time](#)



How much does my baby need?

	Guideline
Sleep	In a 24 hour period, 0-3 month olds should be getting 14-17 hours of sleep, which includes naps.
Movement	Help your baby move in a variety of ways, especially floor-based play. More is better. This should include at least 30 minutes of tummy time spread throughout the day while your baby is awake.
Sitting time	Don't restrain your baby in things like a stroller or car seat for more than 1 hour at a time. Screen time (e.g. tv, tablet, etc.) is not recommended for babies under 1 year. When sitting with your baby, try reading, storytelling or singing with your baby.

From: Canadian 24-Hour Movement Guidelines for the Early Years (0-4)

Healthy Smiles Start Early

Taking care of your baby's mouth will help your baby develop a healthy smile for life. Clean baby's mouth before their teeth come in by using a clean, soft, damp cloth after all feedings.

Make sure your baby's car seat is properly installed

Our HBHC staff are trained to help you learn to install your baby's car seat properly. Let us know if you need help.

Protect Against Burns

At this age, your baby's skin is very thin, so it's more easily burned by hot water, hot food or liquids, and even the sun.

- Do not place hot beverage in cupholders on strollers/ wagons.
- Limit your baby's sun exposure, especially during peak hours (10am-2pm).

Bath Time Safety:

- Before starting the bath, make sure you have everything you need.
- Check bath water with the inside of your forearm to make sure its not too hot (aim for 98 – 100F/37-38C).
- Keep one hand on your newborn at all times during bath time



Vaccination

Getting your child immunized protects your new baby from a variety of diseases.

At 2 months old, your baby is due for the following vaccines:

- ♥ Pediacel– a 5-in-1 vaccine for Diphtheria, tetanus, pertussis (whooping cough), polio and Hemophilus influenzae B (Hib)
- ♥ Prevnar 13– for Pneumococcal infections (meningitis, blood infection, pneumonia, ear infections)
- ♥ Rot-1-Rotarix– for Rotavirus gastroenteritis (vomiting, watery diarrhea, fever)

New Dads

Dad Central has a [New Dad Manual](#) that is designed to help new dads by answering questions about babies, new moms and new dads.

CONTACT US!

Call us toll free 1-866-747-4305 and ask to speak to a Healthy Babies Healthy Children nurse



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Health Unit