

# teach more love more

Every single moment you spend with your child counts. So sing and read to your children, hug them, give them routines, respond to their signals, take them to a doctor regularly and choose your child care wisely. That's how children grow, learn, love and succeed.

Call 305-631-8111 to learn more © www.teachmorelovemore.org



The Early Childhood Initiative Foundation  
3250 SW Third Ave., Miami, Fla. 33129



## Congratulations on the Birth of Your Baby!

As a new parent, you look forward to many so many special moments during the years ahead. Raising a child to become a happy, healthy adult is among life's most important and rewarding experiences – an awesome responsibility. You probably have many questions about caring for and raising your child. *Is he getting enough to eat? How do I soothe her when she cries? What should I know about immunizations and my baby's health? Where can I find good, affordable child care?*

You also may have questions about your new role as a parent. *What do I do when I'm feeling overwhelmed? How can I take care of myself? Where can I find help and support?*

The Early Childhood Initiative Foundation is committed to providing answers to your questions and supporting the growth and development of your child. We offer a free trilingual (English, Spanish and Creole) hotline for parents of children from birth to age 5, 24 hours, 7 days a week. The *Teach More/Love More Hotline* provides information about early care, education, health, safety, nutrition, positive discipline, parenting children with special needs and other early childhood issues.

We also publish a monthly parent skill-building newsletter called "Teach More/Love More." You can receive this newsletter free. That gives you important support and information about feeding, nurturing, playing with and caring for your baby.

You are your baby's first and most important teacher. The moments you spend together make a meaningful difference in his or her life. Love your baby. Hold your baby. Read to your baby. Care for your baby's health. Ask questions and seek support when you need it.

Your baby deserves the best possible start in life. We are here to support you and your family during these wonderful and important early years.

Enjoy this special time.

*Dave Lawrence*

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### OUR MISSION:

To ensure that all children in Miami-Dade County have the community's attention, commitment and resources—and, hence, the chance to develop intellectually, emotionally, socially and physically so that they are ready and eager to learn by the time they reach first grade.

If you have questions about raising your child or being a parent, call: Teach More/Love More at 305-631-8111 Operated in English, Spanish and Creole 24 hours a day.

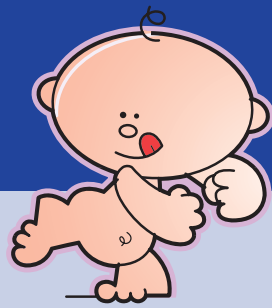
Si ou ta renmen resewa ti jounal sa a an kreyòl, rele (305) 631-8111.

The Early Childhood Initiative Foundation



Teach More/Love More www.teachmorelovemore.org

For more information, please call us at (305) 631-8111 or visit us at [www.teachmorelovemore.org](http://www.teachmorelovemore.org).



## Becoming a New Parent: A Time of Transition

By Debbie Glasser, Ph.D., Mailman Segal Institute for Early Childhood Studies.

You cannot fully understand what life as a new parent will be like until you experience it firsthand. During the first few months of life, your baby will cry, sleep for only a few hours at a time, and need plenty of time, attention and love.

Being a parent brings countless joys, but parenting a newborn is challenging, too. Here are ways to ease the adjustment:

**Ask for help.** Seek support from those you know and trust. Ask a partner, trusted family member or friend to care for your baby while you nap, walk or read a book. If support is not available, find opportunities to care for yourself. Read while your baby naps. Eat healthy foods. When you nurture yourself, you will be better able to care for your baby.

**Keep up your adult relationships.** Your free time is more limited now, and it's not always easy to find time for your partner or friends. Make time for others when you can. When your baby sleeps, call a friend. Take a walk with your partner while your baby rides in the stroller. Make daily connections with the adults most important to you.

**Form new friendships.** Spend time with people who share your experiences. When meeting new parents, exchange helpful tips and create a support network. Consider enrolling in a parent-child class offered through your church, temple, local school or university.

**Hang in there.** While it may feel like you will always be changing diapers and waking up to cries every two hours, this time passes more quickly than you might imagine. Pay attention to the many joys and blessings you are experiencing. Hold your baby. Love your baby. Know that you are the most important person in your baby's life, and he or she needs you.

**Seek additional support.** After the birth of a child, it can be normal to feel a little sad from time to time. Coping with exhaustion, hormones and life changes can be tough. Some women feel especially sad, worried or depressed, and these feelings don't go away. If you feel this way most of the time, or feel hopeless or unsure about your ability to care for yourself or your baby, seek immediate support from a professional. Call your family health care provider or a parent hotline (305-631-8111).

Becoming a parent is one of life's most significant experiences. During this time of transition, you will learn many things about your child and yourself. When you reach out to others and care for yourself and your baby, you will feel more prepared for the many challenges and joys of parenthood today and in the years ahead.



## Coping with a Crying Baby



**Caring for a crying baby can be challenging, but remember that crying is the only way your baby can communicate right now.** Your baby is not trying to upset you. Crying is your baby's way of trying to tell you what he or she needs. When your baby won't stop crying, here are

some coping strategies:

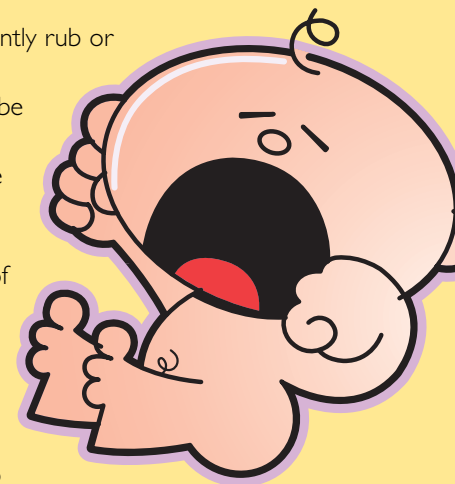
some coping strategies:

- Make sure your baby's basic needs are met. Feed, change, and hold him.
- Check for signs of illness, like a fever or swollen gums. If signs are present call your doctor or administer proper care based on the symptoms.
- Gently rock, walk or dance with your baby.
- Take your baby for a ride in a stroller, or a car seat in the car.
- Put your baby in a wind-up swing.
- Swaddle your baby snugly in a soft, warm blanket to help him feel warm and secure.
- Check to make sure that clothing is not too tight, or that fingers or toes are not bent.
- If you are feeling frustrated and need a break, put your baby in a safe place, such as a playpen or crib, go to another part of the house and do something to calm down for a moment.
- Turn on the music on the stereo, run the vacuum, turn on the dryer or let water run in the tub for a few minutes. Many babies enjoy consistent, rhythmic noise.
- Sing, read or quietly talk to your baby.
- Offer your baby a noisy toy. Try shaking or rattling it.
- Put your baby in a soft front carrier close to your body and breathe slowly and calmly; he may feel your calmness and become quiet.
- Give your baby a pacifier.
- Lay your baby tummy-down across your lap and gently rub or pat back.
- Try giving your baby a bath; the warm water might be calming.
- Massage your baby's body and limbs gently, or tickle soft circles on his face.
- Call a friend or relative you trust to take over for a while. Then get away, get some rest and take care of yourself.

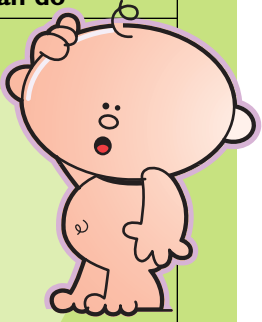
There will be times when, despite your best efforts, your baby will still cry. If nothing works and you need a break, remember it is okay to put your baby on his or her back in the crib, close the door and turn on the TV or radio for a few minutes. Be sure to check on your baby every 10-15 minutes.

If you need additional support or you worry you might hurt your baby, immediately call 305-631-8111 or your baby's health care provider.

*This information was compiled from various sources including the National Information, Support and Referral Service on Shaken Baby Syndrome, a service of the Child Abuse Prevention Center ([capcenter.org](http://capcenter.org)).*



# WHAT'S GOING ON: From Birth to Three Months?

What's going on?	What you can do
<p><b>Brain Growth</b></p> <p>A newborn's brain is tiny -- only about 25% the size of an adult's. When fed, kept safe from harm, and stimulated, it grows in size, in weight, and in its ability to take in and make sense of the world. The infant's brain is vastly more complex and active than previously thought.</p> <p>Most human babies are born with about 100 billion brain cells. Not all of these are meant to survive. A baby's brain cells take in signals from other cells. These are the cells that grow strong and survive. Inactive cells, those that fail to communicate with other cells, wither and die.</p>	<p>Feed your baby breast milk or formula with essential nutrients, including folic acid, to get brain development off to a good start.</p> 
<p><b>Early Learning</b></p> <p>At birth, nature gives a baby most of the brain cells that she needs. She must still grow essential connections between those cells in order to be normal and healthy. These connections are the keys to learning and remembering.</p>	<p>Play with her and show her interesting things. Newborns may seem quiet, but they are alert and ready to learn. Keep your baby's life interesting with sounds, smells, signs and things to touch. An active life encourages her brain to develop and supports her "love of learning."</p> <p>Take a break or quiet down if your baby looks away or fusses.</p>
<p><b>Senses (Vision)</b></p> <p>Vision is one of the newborn's major sources of information about the world. Before three months, infants see best when looking at things "out of the corner of their eyes" (peripheral vision). They most easily notice movement and high-contrast (light vs. dark) patterns. At about one month, they may get "visually stuck" and cry because they can't stop staring at one thing! Soon, they learn to "detach" their gaze to look at something else. Older infants gradually develop a preference for staring "right at something" (central vision), and by three months most like to watch their hands, and can visually follow an object that is moving in a circle (such as toys on a mobile).</p>	<p>Spend lots of time engaging your baby in eye contact. A newborn loves to look at your face and especially your eyes. She sees you best about 9-12 inches away. Don't worry if her eyes wander independently or if she looks at your "out of the corner of her eye" in the early months; this is normal. By two months the infant especially likes to look at your face if you widen your eyes and move your mouth. You can move your head slowly so the infant can follow it from side to side or up and down.</p>
<p><b>Senses (Touch)</b></p> <p>The newborn's sensitivity to touch is well developed at birth. Her skin is so receptive to touch that the brain registers it at the slightest pressure. Her ability to calm herself will benefit from the comfort of your touch, gentle motion, soothing voice, soft music, swaddling or use of a pacifier. When she feels soothed, her brain produces substances that help calm her and reduce stress.</p>	<p>Hold, cuddle and rock her -- watch for what she likes best. Caress or gently stroke her head and skin. Bathing, diapering and feeding also involve your touch. Don't leave an infant for a long time in a swing or infant seat. This keeps the infant away from your loving touch.</p>

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Visit your local library for books, activities and ideas to encourage your child's literacy.  
To find a library near you, call 305-275-2665 or log on to [www.mdpls.org](http://www.mdpls.org).

## Bottle Feeding

By Arnold Melnick, DO, FACOP

Some times parents decide to feed their baby formula in a bottle. Before making a decision about how to feed your baby, learn the benefits of breastfeeding so your decision will be informed. La Leche League International publishes free information about the benefits of breastfeeding (800-LA-LECHE). Your child's health care provider also can offer guidance.

Some parents choose to feed their baby formula because the mother has a medical condition. Some parents simply prefer formula feeding because it offers more flexibility than breastfeeding.

Years ago, breast milk substitutes were not adequate in ingredients and sterility. Today, artificial feedings are safer and healthier.

Formula may be modified cow's milk, chemically formulated foods, soybean milk (for allergic babies), iron-fortified milk (to prevent anemia among infants) and certain special formulas for premature infants. Your baby's physician can recommend what type of formula is best.

Formulas usually take one of three forms:

- 1) Ready-to-use. Parents open the can and pour the formula in a bottle. It's the most expensive option.
- 2) Concentrated liquid. Parents add a specific amount of sterile water and pour the mixture in a bottle.
- 3) Powder. Parents mix sterile water with powdered formula and pour the mixture in a bottle. This is the least expensive.

Sterilize bottles -- and, in some cases formula -- according to directions. When formula is heated it should be tested on the mother's wrist before giving it to the baby. Do not microwave baby's formula. Do not feed anything else to your baby -- juice or solid food or different milk -- until you have talked with the baby's doctor.

If you choose to bottle feed, your baby can be given formula in the hospital, so you will learn about how much formula your baby is taking and how often before you bring him or her home. If not, your physician will help you get started.

Most newborns drink from a bottle about every three or four hours, and take about two to three ounces each feeding. But this varies from baby to baby. Talk with your baby's health care provider if you have questions or concerns.

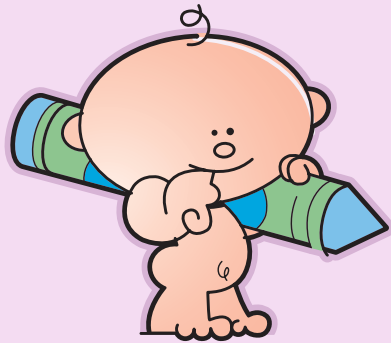
During bottle feedings, babies should be held during comfortably in a parent's or caregiver's arms. Modern bottles have eliminated many problems associated with swallowing too much air while feeding. In using a conventional bottle, hold it upright so only milk, not air, is swallowed. Never prop a bottle in your baby's mouth.

Don't overfeed your baby. Babies cry for many reasons. Sometimes they are hungry. Other times, they may be bored, overstimulated or tired. Babies cry when they need the comfort and security of loving arms to hold them and soothe them. Learn to recognize your baby's cries so you can best meet his or her needs.

# Breastfeeding Facts

## Breast milk is the best food for babies:

- ✓ Reduces the risk of allergic reactions.
- ✓ Promotes healthy growth and development.
- ✓ May help boost your baby's IQ.
- ✓ Is associated with straighter teeth and better speech development.
- ✓ Reduces ear and respiratory infections.
- ✓ Protects against Sudden Infant Death Syndrome (SIDS).
- ✓ Reduces crying and colic.
- ✓ Promotes attachments between mother and baby.



## Breastfeeding is best for mother:

- ✓ Releases a hormone that helps soothe mother and relieve stress.
- ✓ Protects against breast and ovarian cancer.
- ✓ Helps mother to lose weight more quickly because it burns calories and helps shrink the uterus.
- ✓ Eliminates the time and expense of buying formula and preparing bottles.
- ✓ Allows mother to miss fewer work or school days because baby will be sick less often.

## Breastfeeding is best for families:

- ✓ Saves money.
- ✓ Leads to healthier baby and mother.
- ✓ Makes for easier traveling.
- ✓ Makes comforting baby easier -- less crying.
- ✓ Other family members (siblings and father) can bond with the baby in many ways including holding, burping, singing, reading and comforting him.

## Breastfeeding is best for the world:

- ✓ Protects the environment: No packaging, no plastics, no waste.
- ✓ Yields a healthier work force for the future.
- ✓ Offers an answer to world hunger and high infant deaths.
- ✓ Requires no storage.
- ✓ Saves tax dollars.

Source: Women, Infants and Children (WIC) and the Florida Department of Health.

# Nursing my Baby:

## How can I tell if my breastfed baby is getting enough milk?

There are several ways you can tell whether your breastfed baby is getting enough milk. One is by the number of wet and soiled diapers he has in a day. Make sure he has at least six wet diapers per day with pale yellow urine, beginning around the third or fourth day of life. Your breastfed infant also should have several small bowel movements daily.

Your baby's feeding patterns are also an important sign that he is getting enough. A newborn may nurse every 1 \_ to 3 hours around the clock. Your baby may breastfeed more often during growth spurts. Listen for gulping sounds to know that your baby is actually swallowing the milk and not just sucking. Also look for slow, steady jaw movement.

Your baby should be steadily gaining weight after the first week of life. During the first week, some infants lose several ounces of weight, but they should be back up to their birth weight by the end of the second week. Your pediatrician will weigh your baby at each visit.

## Signs that your baby is getting enough milk include:

- At least six wet diapers per day and two to five loose yellow stools per day, depending on baby's age.
- Steady weight gain.
- Pale yellow urine (not deep yellow or orange).
- Sleeping well, yet baby looks alert and healthy when awake.

If you have questions or concerns about feeding your baby or about your baby's health, talk to your family's health care provider.

For more information:

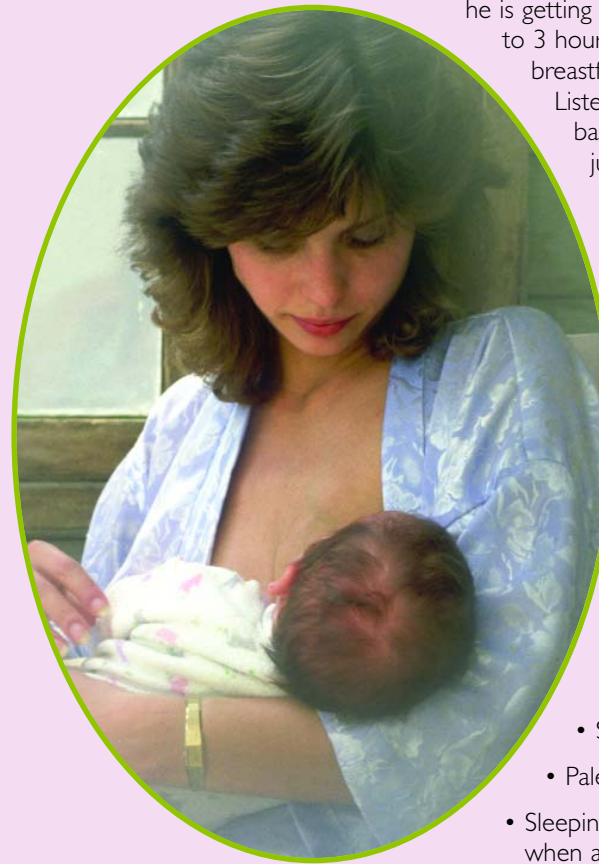
[www.aap.org](http://www.aap.org) American Academy of Pediatrics

[www.la lecheleague.com](http://www.la lecheleague.com) or 800-LA-LECHE

[www.4woman.gov](http://www.4woman.gov) National Women's Health Information Center

Federal Breastfeeding Help Line: 800-994-WOMAN

Source: American Academy of Pediatrics



## Back to Sleep

Reduce your child's risk of Sudden Infant Death Syndrome (SIDS) by following these guidelines:

1. Always put your child to sleep on his or her back unless otherwise directed by your primary care provider.
2. Put your baby on a firm mattress for sleeping.
3. Remove, soft, fluffy bedding and stuffed toys from crib.
4. Be sure your baby's head and face are uncovered.
5. Do not allow smoking around your baby.
6. Do not let your baby get too warm during sleep.
7. Talk to everyone who cares for your baby about SIDS.

Infants should not be placed to sleep on a waterbed or with soft stuffed toys, pillows, fluffy blankets or comforters.

Due to some circumstances and medical conditions, your doctor may recommend that your baby be placed on his stomach to sleep. Talk with your child's health care provider about the best sleep position for your baby.

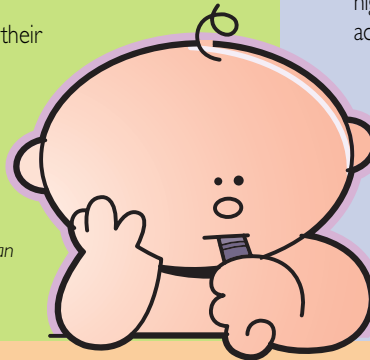
### Bed sharing and co-sleeping:

While bed sharing may have certain benefits (such as encouraging breast feeding), some studies suggest that bed sharing, under certain conditions, may increase the risk of SIDS.

If you choose to have your baby sleep in the bed with you, make sure your baby sleeps on his or her back. Avoid soft surfaces, pillows and loose bed covers. Make sure your baby can't get trapped between the mattress and the framework of the bed (headboard or footboard), a wall or other furniture.

- As an alternative to bed sharing, parents might consider placing the infant's crib near their bed to allow for more convenient breastfeeding and parent contact.
- Adults (other than the parents), children or other siblings should avoid bed sharing with an infant.
- Parents who choose to bed share with their infant should not smoke or use substances, such as alcohol or drugs, which can impair arousal.

*Source: Back to Sleep Campaign (800-505-2742) and National Institute of Child Health and Human Development*



## Car Seat Safety

*By Hilda De Gaetano, D.O., FAAP, FACOP*

Motor vehicle crashes are the leading cause of death in children between 1 and 14 years old. Up to 80% of child safety seats are used incorrectly. Child safety seats are crucial for the well being of children who ride in motor vehicles.

Many parents and caregivers are unaware of these guidelines for proper car seat safety:

- 1) Infants should be rear facing until they are a one year old AND weigh 20 pounds. Infants should be placed in the center of the back seat in an approved car seat. Infants weighing 20 pounds at eight months of age should still remain rear facing until the first birthday. Infants weighing 16 pounds at a year of age should remain rear facing until reaching 20 pounds. The rear facing position provides the most protection for your infant's still-developing head and neck muscles.
- 2) Once your baby reaches his first birthday and weighs at least 20 pounds, the safety-approved seat should be forward facing and placed in the center of the back seat of your car. Note the size and weight recommendations for your car seat. Some seats are approved from birth to 40 pounds and can be converted from a rear to a forward facing seat. Others are only designed for infant use. Check the car seat manual. Once the child reaches a certain height, your seat may need to be changed.
- 3) Once your child weighs over 40 pounds, you can switch the car seat to a booster seat with a high back. Some seats have a removable harness system that can help ensure a proper fit for the adult shoulder-lap seat belt as your child grows. Many parents don't realize that children need to be secured in a safe restraining device in the car until they weigh more than 80 pounds and over 58 inches tall. Until your child reaches this size, that child is still too small to use the adult seat belt, and needs a safety device that is appropriate for age and size.

Adults need to be aware of how to install and use car seats properly. The owner's manual provided by the car seat manufacturer will describe proper installation instructions and other important safety information. Many places in your community offer free car seat inspections and safety tips. Contact your local police or fire department for times and locations.

## Immunizing Your Child

*By Edward E. Packer, D.O., FAAP, FACOP, chairman, Department of Pediatrics, Nova Southeastern University, College of Osteopathic Medicine.*

Every spring the mothers of Somalia look to the north. They know the winds will be coming -- and with the winds, the sickness. The "sickness" strikes many young children with high fevers, rashes, breathing difficulties, convulsions and, frequently, death. This sickness is the measles from which, the World Health Organization reminds us, more than 800,000 children in the world die in a typical year. Most of these children lived in Third World countries.

In Western civilization, many devastating infections that used to seriously injure or kill children are now rare. The reason for the dramatic decrease is the modern invention of immunizations.

Childhood immunizations, or shots, are now routine in childhood preventive health care. Infants are started on immunizations shortly after birth. The initial series is completed by 15 months of age. Immunizations continue into the school years, and periodic boosters are offered through adulthood.

Modern childhood immunizations are directed at illnesses that pose a special hazard to children. Hepatitis B causes liver cancer and serious chronic liver disease. Many children who become infected will acquire it in the

first year of life. Giving the Hepatitis B vaccine to newborns has dramatically reduced this illness.

Other vaccines protect against diphtheria, whooping cough, tetanus and polio. In recent years, the haemophilus and pneumococcal immunizations have been added to the schedule. These infections cause life-threatening childhood illnesses, including meningitis. After their first year, children are immunized against measles, mumps, German measles and chicken pox.

Immunizations, like any medication, can have side effects. Perhaps one in five children can have some swelling at the site of the injection and a moderate fever. Swelling should be treated with warm (not cold) compresses. Fevers can be easily treated with products such as Tylenol. In rare instances, children can have serious reactions to immunizations. The most serious reactions may include an allergic response where children can have wheezing and other breathing difficulties.

Recently, public concerns have been raised about the association between autism -- a developmental disability that affects a person's ability to communicate, reason and interact with others -- and the measles-mumps-German measles immunization. But the National Academy of Sciences' Institute of Medicine found no evidence that this vaccine has any association with autism.

Parents need to be aware of the importance of immunizations in raising a healthy child. Preventive vaccines play a major role in your child's health.

## Books

Baby Play (Gymboree) by Drs. Wendy Masi and Roni Leiderman

The Happiest Baby on the Block by Dr. Harvey Karp

In Time and With Love (for children with special needs) by Dr. Marilyn Segal

Touchpoints: The Essential Reference by Dr. T. Berry Brazelton

Your Child at Play by Dr. Marilyn Segal

### Internet sites

www.aap.org	American Academy of Pediatrics (AAP) is dedicated to the health of all children.
www.checnet.org	Informs parents and caregivers about preventable health and development problems caused by exposure to toxic substances in homes, schools and communities.
www.connectforkids.org	Information, research and resources for parents and families.
www.naeyc.org	The National Association for the Education of Young Children is devoted to assuring the provision of high-quality early childhood programs for children from birth to third grade.
www.nichcy.org	National Information Center for Children and Youth with Disabilities provides information on disabilities and disability-related issues for parents of children from birth through adulthood.
www.teachmorelovemore.org	Teach More/Love More is a local initiative providing resources and support for parents and caregivers of young children.
www.zerotothree.org	Zero to Three, a national center for infants, toddlers and families, publishes books and provides information about fostering the emotional health and development of young children.

### Important Resource Numbers

Always consult your pediatrician or local hospital about health concerns.

Parent support hotline	305-631-8111	Operates 24-hours in English, Spanish and Creole
La Leche League International	800-LA-LECHE	Breastfeeding information
KidCare	888-540-5437	Information about health insurance for your child
Poison Control	800-282-3171	
Child Care Resource & Referral hotline	305-373-3521	
Florida domestic violence hotline	800-500-1119	
National child abuse hotline	800-4-A-CHILD	24 hour national hotline provides information and local resource and referrals.
WIC (Women, Infants and Children)	786-336-1336	
Daily Bread Food Bank	305-633-9861	Provides referrals to agencies offering food to families in need.
Safe Space North	305-758-2546	
Safe Space South	305-247-4249	
ChildFind/Florida Diagnostic Learning and Resource System	305-274-3501	If you suspect your child may have a developmental disability or delay
Safe Haven for Newborns	887-767-BABY (2229)	Provides anonymous alternatives to abandonment.
Child Development Services	305-633-6481	



## Be a part of our Newsletter

### Send in:

Photos, question or helpful tips. Photos will be included in each issue. These photos personify our readership and do not imply or suggest any particular family styles or situations.

- Questions will be answered by local experts.

### MAIL TO:

The Early Childhood Initiative Foundation  
3250 SW Third Ave., Miami, Fla. 33129

Published through support from:

### The Early Childhood Initiative Foundation

(305-646-7229) and United Way Success By 6 (305-860-3000).

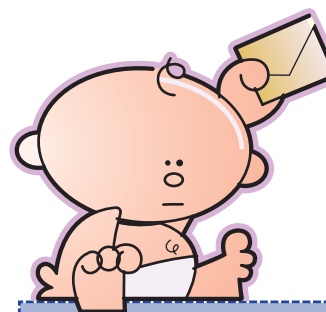
These two organizations work closely with the Miami-Dade School Readiness Coalition, responsible for subsidized child care programs. The coalition chief executive officer is Paula Bender (305-646-7225).

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Dr. Debbie Glasser



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Name / **Nombre** \_\_\_\_\_ Phone / Teléfono \_\_\_\_\_

Address / **Dirección** \_\_\_\_\_

I prefer / **Prefiero:**  Spanish  English  Creole

Child's Birthdate / **Fecha de Nacimiento del Niño** \_\_\_\_\_  
(To become a member of the "Birthday Book Club" / **Para ser miembro del "Birthday Book Club"**)