



Bert H. Steinmann, Mayor, Ewing Township

Sharon McNellis-Kissel, Health Officer

Congratulations, new mom!

We know this is an exciting time, and you may have many questions about taking care of your newborn.

Our Public Health nurses are here to assist you.

We are available to visit you after your delivery to:

- ◆ Answer questions about caring for your baby, including feeding, sleep schedules, and what to do when your baby gets sick
- ◆ Provide advice on topics such as self-care and stress management
- ◆ Inform you about services available to you in the community, including our free clinic for children without health insurance or who receive NJ Family Care Plan A

Our Free Clinic:

- ⇒ Is located at the Ewing Township Health Department
- ⇒ Is typically the first Thursday of the month
- ⇒ Hours are 8:30 am-noon
- ⇒ By appointment only
- ⇒ Services for your child include: physical examination, nutrition counseling, and immunizations provided by a pediatrician free of charge.

Call us today to schedule an appointment for the baby clinic or a home visit!

(609)-883-2900, ext. 7685 or 7686

Heather Larovere

Sharon Canulli

Your Ewing Township Public Health Nurses

2 Jake Garzio Drive, Ewing, NJ

Feeding patterns and diet - babies and infants

An age-appropriate diet:

- Gives your child proper nutrition
- Is right for your child's state of development
- Can help prevent childhood obesity



Recommendations

During the first 6 months of life, your baby needs only breast milk or formula for proper nutrition.

- Your baby will digest breast milk more quickly than formula. So if you breastfeed, your newborn may need to nurse 8 to 12 times per day, or every 2 to 3 hours.
- Be sure you empty your breasts regularly by feeding or using a breast pump. This will prevent them from becoming overly full and achy. It will also allow you to continue producing milk.
- If you feed your baby formula, your baby will eat about 6 to 8 times per day, or every 2 to 4 hours. Start your newborn with 2 to 3 ounces at every feeding (16 to 24 ounces a day).
- Feed your baby when they seem hungry. Signs include smacking lips, making suckling movements, and rooting (moving their head around to find your breast).
- DO NOT wait until your baby cries to feed her. This means she is very hungry.
- Your baby should not sleep more than 4 hours at night without feeding (4 to 5 hours if you are feeding formula). It is OK to wake them up to feed them.

You can tell your baby is getting enough to eat if:

- Your baby has several wet or dirty diapers for the first few days.
- Once your milk comes in, your baby should have at least 6 wet diapers and 3 or more dirty diapers a day.
- You can see milk leaking or dripping while nursing.
- Your baby starts to gain weight; about 4 to 5 days after birth.

If you are concerned your baby is not eating enough, talk with your pediatrician.

You should also know:

- Never give honey to your infant. It may contain bacteria cause botulism, a rare but serious illness.
- DO NOT give your baby cow's milk until age 1 year. Babies under age 1 have a difficult time digesting cow's milk.
- DO NOT feed your baby any solid food until 4 to 6 months old. Your baby will not be able to digest it and may choke.
- Never put your child to bed with a bottle. This can cause tooth decay. If your baby wants to suck, give them a pacifier.



There are several ways you can tell that your infant is ready to eat solid foods:

- Your baby's birth weight has doubled.
- Your baby can control their head and neck movements.
- Your baby can sit up with some support.
- Your baby can show you they are full by turning their head away by not opening their mouth.
- Your baby begins showing interest in food when others are eating.



When to Call Your Baby's Health Care Provider

Call the provider if you are concerned because your baby:

- Is not eating enough
- Is eating too much
- Is gaining too much or too little weight
- Has an allergic reaction to food



Home Safety Tips

Everything you need to know to keep your kids safe in your home.

Every parent wants their children to grow up healthy and strong in the place where they deserve to feel safest: at home. The good news is that there are simple and easy steps that families can take to protect their children.

Preventing Falls

- Use approved safety gates at the tops and bottoms of stairs and attach them to the wall, if possible. Remember to read the manufacturer's instructions to make sure you have the right gate for your needs. Not all gates are safe for use at the top of stairs.
- Keep babies and young kids strapped in when using high chairs, swings or strollers. When placing your baby into a carrier, remember to place the carrier on the floor, not on top of tables or other furniture.
- Properly install window guards and stops to prevent window falls. Windows above the first floor should have an emergency release device in case of fire.



Water Safety

- Actively supervise children in and around water. Avoid distractions of any kind, such as reading or talking on the phone.
- Once bath time is over, immediately drain the tub. Keep toilet lids closed and keep doors to bathrooms and laundry rooms closed to prevent drowning.
- Make sure home pools have four-sided fencing that's at least 4 feet high with self-closing, self-latching gates to prevent a child from wandering into the pool area unsupervised.
- Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach young children from an early age not to go near or in water without an adult. Older children should swim with a partner, every time.



Poison Prevention

- Store all household products and cleaning solutions out of children's sight and reach. Young kids are often eye-level with items under the kitchen and bathroom sinks.
- Keep cleaning products in their original containers. Don't put a potentially poisonous product in something other than its original container (such as a plastic soda bottle) where it could be mistaken for something else.
- Put the toll-free Poison Help Number into your phone in case of emergency: 1-800-222-1222.

Safety from Fire

- For the best protection, install smoke alarms on every level of your home, especially near sleeping areas. Test batteries every six months.
- Create and practice a home fire escape plan with two ways out of every room. In the event of a fire, leave your home immediately. Once you're out of the house, stay out.
- Keep anything that can catch fire, such as dish towels or wooden spoons, away from your stovetop. Have a fire extinguisher in the kitchen in case of emergency, and make sure you know how it works.
- Blow candles out when you leave the room or before you go to sleep.



Every year, more than 2,200 children die from injuries that happen at home.



**SAFE
K:DS
WORLDWIDE™**

Preventing Burns

- Don't carry a child while cooking on the stove. It's better to put your child in a high chair where you can still see them.
- Keep an eye on appliances such as irons, curling irons or hair dryers that can heat up quickly or stay warm. Unplug and safely store these items after use.
- Keep appliance cords out of children's reach, especially if the appliances produce a lot of heat.

Preventing Scalds

- To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or the manufacturer's recommended setting. Check the water with your wrist or elbow before giving your baby a bath.
- To prevent hot food or liquid spills, use the back burner of your stove and turn pot handles away from the edge. Keep hot foods and liquids away from the edge of your counters and tables.



Safety from Carbon Monoxide

- Make sure your home has a carbon monoxide alarm. For the best protection, install a carbon monoxide alarm on every level of your home, especially near sleeping areas.
- Don't use a grill, generator or camping stove inside your home, garage or near a window. Don't use your oven or stovetop to heat your home.
- If you need to warm a vehicle, remove it from the garage immediately after starting. Don't leave a car, SUV or motorcycle engine running inside a garage, even if the doors are open.



Medication Safety

- Put all medicine and vitamins up and away and out of sight after every use.
- Use the dosing device that comes with the medicine, not a kitchen spoon. Kitchen spoons aren't all the same, and a teaspoon or tablespoon used for cooking won't measure the same amount as the dosing device.



Preventing TV and Furniture Tip-overs

- Mount flat-panel TVs to the wall to prevent them from falling off stands. Follow the manufacturer's instructions to ensure that you have a secure fit.
- Use brackets, braces or wall straps to secure unstable or top-heavy furniture to the wall.
- If you have a large, box-style cathode ray tube (CRT) TV, place it on a low, stable piece of furniture. If you no longer use your CRT TV, consider recycling it. To find a recycle location, go to www.GreenerGadgets.org.



Sleep Safety

- Make sure babies sleep on their backs and in their own crib, bassinet or play yard. Room sharing is a safer option than having your baby sleep in bed with you.
- Choose a firm mattress covered with a tight-fitting crib sheet for your baby's crib. Avoid using soft bedding, pillows, stuffed animals and bumpers in the crib.



Vaccinations for Infants and Children, Age 0–10 Years

Getting your child vaccinated on time will help protect him or her against 15 vaccine-preventable diseases. Ask your child's healthcare provider if your child is up to date with all recommended vaccines.

Vaccine	Is your child up to date?
Chickenpox (varicella; Var)	Your child needs 2 doses of chickenpox vaccine. The first dose is given at 12–15 months and the second at 4–6 years.
Diphtheria, tetanus, and whooping cough (pertussis; DTaP)	Your child needs 5 doses of DTaP vaccine. The first dose is given at 2 months, the second at 4 months, the third at 6 months, the fourth at 15–18 months, and the fifth at 4–6 years.
Haemophilus influenzae type b (Hib)	Your child needs 3–4 doses of Hib vaccine, depending on the brand of vaccine. The first dose is given at 2 months, the second at 4 months, the third at 6 months (if needed), and the last at 12–15 months.
Hepatitis A (HepA)	Your child needs 2 doses of hepatitis A vaccine. The first dose is given at age 1 year and the second 6–12 months later.
Hepatitis B (HepB)	Your child needs 3–4 doses of hepatitis B vaccine, depending on the brand of vaccine. The first dose is given at birth, the second at 1–2 months, the third at 4 months (if needed), and the last at 6–18 months.
Influenza (Flu)	Everyone age 6 months and older needs influenza vaccination every fall or winter and for the rest of their lives. Some children younger than age 9 years need 2 doses. Ask your child's healthcare provider if your child needs more than 1 dose.
Measles, mumps, rubella (MMR)	Your child needs 2 doses of MMR vaccine. The first dose is given at 12–15 months and the second at 4–6 years.
Meningococcal (MenACWY [MCV4], MenB)	Infants and children age 0–10 years with certain health conditions (such as a non-functioning spleen) need one or both meningococcal vaccines. Talk with your healthcare provider to find out if your child needs meningococcal vaccination.
Pneumococcal (Pnevnar [conjugate vaccine, PCV], Pneumovax [polysaccharide vaccine, PPSV])	Your child needs 4 doses of Pnevnar (PCV). The first dose is given at 2 months, the second at 4 months, the third at 6 months, and the fourth at 12–15 months. Some children also need a dose of Pneumovax (PPSV). Ask your child's healthcare provider if your child needs this extra protection against pneumococcal disease.
Polio (IPV)	Your child needs 4 doses of polio vaccine (IPV). The first dose is given at 2 months, the second at 4 months, the third at 6–18 months, and the fourth at 4–6 years.
Rotavirus (RV)	Your child needs 2–3 doses of rotavirus vaccine (RV), depending on the brand of vaccine. The first dose is given at 2 months, the second at 4 months, and the third (if needed) at 6 months.

Will your child be traveling outside the United States? Visit the Centers for Disease Control and Prevention's (CDC) website at wwwnc.cdc.gov/travel/destinations/list for travel information, or consult a travel clinic.

Positive Parenting Tips for Healthy Child Development

Infants (0-1 year of age)

Developmental Milestones

Skills such as taking a first step, smiling for the first time, and waving "bye-bye" are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

In the first year, babies learn to focus their vision, reach out, explore, and learn about the things that are around them. Cognitive, or brain development means the learning process of memory, language, thinking, and reasoning. Learning language is more than making sounds ("babble"), or saying "ma-ma" and "da-da". Listening, understanding, and knowing the names of people and things are all a part of language development. During this stage, babies also are developing bonds of love and trust with their parents and others as part of social and emotional development. The way parents cuddle, hold, and play with their baby will set the basis for how they will interact with them and others.

For more details on developmental milestones, warning signs of possible developmental delays, and information on how to help your child's development, visit the "Learn the Signs. Act Early." campaign website.

<http://www.cdc.gov/ncbddd/actearly/index.html>

Positive Parenting Tips

Following are some things you, as a parent, can do to help your baby during this time:

- Talk to your baby. She will find your voice calming.
- Answer when your baby makes sounds by repeating the sounds and adding words. This will help him learn to use language.
- Read to your baby. This will help her develop and understand language and sounds.
- Sing to your baby and play music. This will help your baby develop a love for music and will help his brain development.
- Praise your baby and give her lots of loving attention.
- Spend time cuddling and holding your baby. This will help him feel cared for and secure.
- Play with your baby when she's alert and relaxed. Watch your baby closely for signs of being tired or fussy so that she can take a break from playing.
- Distract your baby with toys and move him to safe areas when he starts moving and touching things that he shouldn't touch.
- Take care of yourself physically, mentally, and emotionally. Parenting can be hard work! It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.



Child Safety First

When a baby becomes part of your family, it is time to make sure that your home is a safe place. Look around your home for things that could be dangerous to your baby. As a parent, it is your job to ensure that you create a safe home for your baby. It also is important that you take the necessary steps to make sure that you are mentally and emotionally ready for your new baby. Here are a few tips to keep your baby safe:

- Do not shake your baby—*ever!* Babies have very weak neck muscles that are not yet able to support their heads. If you shake your baby, you can damage his brain or even cause his death.
- Make sure you always put your baby to sleep on her back to prevent sudden infant death syndrome (commonly known as SIDS).
- Protect your baby and family from secondhand smoke. Do not allow anyone to smoke in your home.
- Place your baby in a rear-facing car seat in the back seat while he is riding in a car. This is recommended by the National Highway Traffic Safety Administration.
- Prevent your baby from choking by cutting her food into small bites. Also, don't let her play with small toys and other things that might be easy for her to swallow.
- Don't allow your baby to play with anything that might cover her face.
- Never carry hot liquids or foods near your baby or while holding him.
- Vaccines (shots) are important to protect your child's health and safety. Because children can get serious diseases, it is important that your child get the right shots at the right time. Talk with your child's doctor to make sure that your child is up-to-date on her vaccinations.

Healthy Bodies

- Breast milk meets all your baby's needs for about the first 6 months of life. Between 6 and 12 months of age, your baby will learn about new tastes and textures with healthy solid food, but breast milk should still be an important source of nutrition.
- Feed your baby slowly and patiently, encourage your baby to try new tastes but without force, and watch closely to see if he's still hungry.
- Breastfeeding is the natural way to feed your baby, but it can be challenging. If you need help, you can call the National Breastfeeding Helpline at 800-994-9662 or get help on-line at <http://www.womenshealth.gov/breastfeeding>. You can also call your local WIC Program to see if you qualify for breastfeeding support by health professionals as well as peer counselors. Or go to <http://gotwww.net/ilca> to find an International Board-Certified Lactation Consultant in your community.
- Keep your baby active. She might not be able to run and play like the "big kids" just yet, but there's lots she can do to keep her little arms and legs moving throughout the day. Getting down on the floor to move helps your baby become strong, learn, and explore.
- Try not to keep your baby in swings, strollers, bouncer seats, and exercise saucers for too long.
- Limit screen time to a minimum. For children younger than 2 years of age, the American Academy of Pediatrics (AAP) recommends that it's best if babies do not watch any screen media.

A pdf of this document for reprinting is available free of charge from
<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/infants.html>

Additional Information:

<http://www.cdc.gov/childdevelopment>
1-800-CDC-INFO (800-232-4636) <http://www.cdc.gov/info>

Learn How to Protect Your Child

If you have a young child read this pamphlet and use the lead poisoning prevention checklist. This pamphlet answers the questions most parents ask about childhood lead poisoning. The checklist will help you protect your family. Know that lead poisoning can be prevented!

A Special Message for Pregnant Women

If you are pregnant or planning a pregnancy avoid any place or activity that may expose you to lead. Lead can harm the growing fetus (baby).

For more information contact:

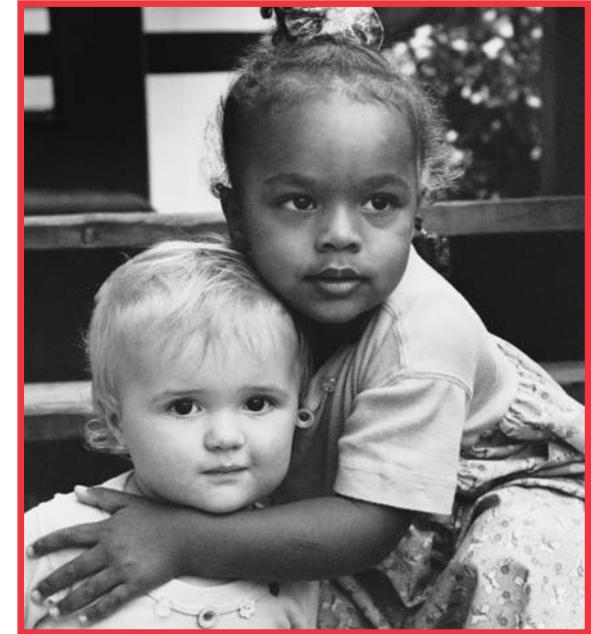
- ❖ NJDOH - Child & Adolescent Health Program
(609) 292-5666
- ❖ www.state.nj.us/health/fhs/newborn/lead.shtml
- ❖ Your Local Health Department
- ❖ Your Child's Doctor or Health Care Center

Lead Poisoning Prevention Checklist for Parents

- Wash your child's hands and face:
 - Before meals and snacks
 - Before naps and bedtime
 - After playing outside.
- Wash toys and pacifiers everyday.
- Wet wipe window wells and sills and floors at least once a week with a household detergent.
- Give your child regular meals with foods high in iron and calcium (lean meats, fortified cereals, beans, greens, eggs, milk and cheese).
- Let water run from the cold water faucet for 1 minute before using for drinking, cooking or preparing infant formula, juice or instant cereal.
- Keep your child away from peeling or chipping paint.
- Keep your child away from any place where paint is being removed. Do not return to that area until cleanup has been done.
- Call your local health department for information about safe removal and cleanup of paint.

PLACE
STAMP
HERE

Questions Parents Ask About



Childhood Lead Poisoning



Chris Christie
Governor

Kim Guadagno
Lt. Governor



Mary E. O'Dowd, M.P.H.
Commissioner

What is lead poisoning?

Lead poisoning means there is too much lead in the body. All children and adults are exposed to some lead from the air we breathe, the water we drink, and the food we eat.

Infants and toddlers are exposed to more lead than older children and adults because they are curious and enjoy hand-to-mouth activities.

Why is lead harmful?

Lead can hurt your child's growing brain and nervous system.

In children under age 6, lead can cause slow growth, slow learning, and behavior problems that may not show up right away.

The longer your child is exposed to lead the more damage it does.

Where does lead come from?

Lead is a metal found naturally in the earth. Lead still has some uses in industry, but there is no use for lead in our bodies.

The most common sources of lead are old paint and lead in dust and soil.

If your home was built before 1978 it may contain lead-based paint.

Lead in dust and soil are major sources of exposure for all children because it gets on their hands, toys and pacifiers.

Repairing an old house or apartment can increase your family's exposure to lead dust.

Young children also can get high doses of lead from eating peeling, chipping paint on walls, woodwork and window sills.



Are there other sources of lead?

- Some occupations and hobbies use or remove lead
- Some folk medicines and cosmetics
- Some consumer products--toys, children's jewelry, and pottery

For more information on consumer products that contain lead go to: www.cdc.gov/nceh/lead/recalls

How can I find out if my child has too much lead?

A blood test is the only way to find out if your child has too much lead.

The blood test may be done by a simple fingerstick. If the results show too much lead, a blood test done from the vein must be done to confirm that the lead level is too high.

When should my child be tested for lead?

- Every child should be tested at 12 months of age and again at 24 months. Some high risk children may need to be tested earlier (at 6 months) and more often until 6 years.
- Children aged 3 to 5 years who have never had a blood test.
- If at any time you or your family are exposed to lead get a blood test.

Where can I get my child tested for lead?

Your child's doctor or local health care center will be able to test or arrange testing for lead during routine checkups.

Your local health department can test children who do not have health insurance.

What do the test results mean?

Blood lead levels under 5 ug/dL:

Most children and adults have test results under 5 ug/dL. It is important to keep blood lead levels as low as possible. Use the lead poisoning prevention checklist.

Blood lead levels 5-9 ug/dL:

These results are higher than average. It is important to keep blood lead levels as low as possible. Use the lead poisoning prevention checklist.

Blood lead levels between 10 and 14 ug/dL:

Your child will need to be retested in 1-3 months. Your local health department may provide nurse case management and check your home for lead.

Blood lead levels between 15 and 44 ug/dL:

These results need urgent follow-up. Your local health department will provide nurse case management and check your home for lead. Keep your appointments with your doctor or health care center for repeat tests.

Blood lead levels 45 ug/dL or over:

These results need emergency follow-up. Your doctor or health care center will tell you to go to the hospital for medical treatment. Your local health department will provide nurse case management and check your home for lead. Keep your appointments with your doctor or health care center for repeat tests.

ug/dL means micrograms per deciliter

Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

YOU KNOW YOUR CHILD BEST.

If you are concerned about your child's development, talk to your child's doctor.

If you or the doctor is still concerned, ask the doctor for a referral to a specialist and call **1-800-CDC-INFO** to learn how to get connected with your state's early childhood system to get the help your child might need.

DON'T WAIT.

Acting early can make a real difference!



For more information about your child's development and what to do if you have a concern, visit:

www.cdc.gov/ActEarly

OR CALL:

1-800-CDC-INFO

to request a FREE "Learn the Signs. Act Early." Parent Kit or to get help finding resources in your area.

Developmental milestones adapted from Caring for Your Baby and Young Child: Birth to Age 5 (AAP, 2009) and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (AAP, 2008).

Track Your Child's Developmental Milestones



Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

For parents of children from birth to 4 years



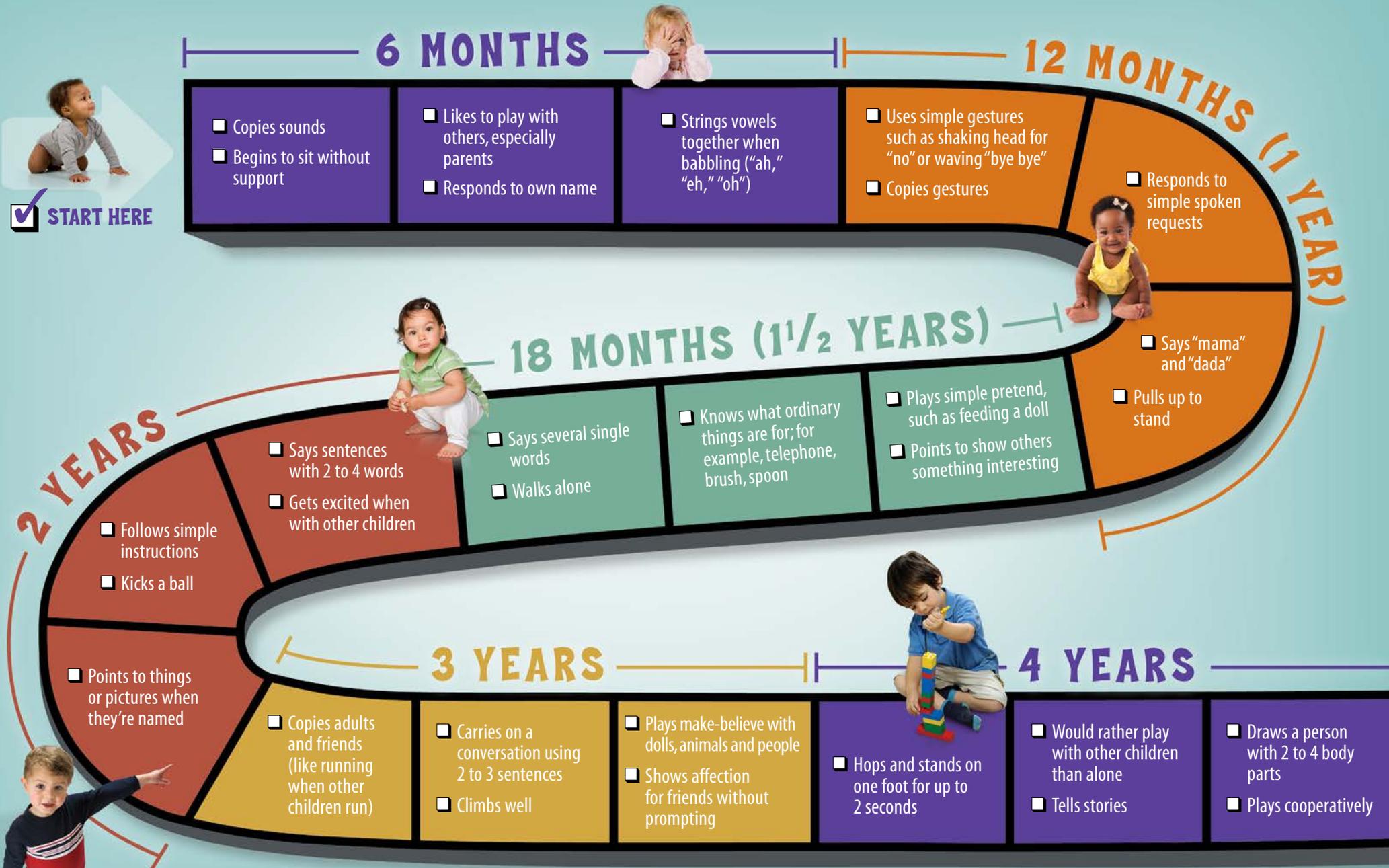
Centers for Disease
Control and Prevention
www.cdc.gov/ActEarly
1-800-CDC-INFO



Learn the Signs. Act Early.

Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



These are just a few of many important milestones to look for. For more complete checklists by age visit www.cdc.gov/ActEarly or call 1-800-CDC-INFO.