

# Fatherhood Matters



A free newsletter for expectant and parenting fathers compliments of:

**The Healthy Start Coalition of Flagler & Volusia Counties, Inc.**

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Client Service Center Toll Free : 1-866-301-2066

[www.healthystartfv.org](http://www.healthystartfv.org)

## **In This Issue**

Page 2:  
Coping with Crying  
Baby Safety

Page 3:  
Infant Formula  
Cleaning & Sterilizing  
a Bottle  
Diaper Changing

Page 4:  
Important Numbers  
Washing Baby  
Clothing  
Mom Has the Blues  
Baby Spacing



Do your best to involve yourself in every aspect of your child's life, especially in their growing and developmental stages.

## **Read to Your Baby**

Babies love to observe. Every time you read to your baby, you reinforce basic reading concepts, such as turning pages and following text from left to right. As you read a book together, point to the pictures, name them, and talk about them. As your infant grows, he will imitate you by turning pages or making noises. Reading to tiny babies is a way of talking to them; and talking not only speeds brain development, but cements relationships as well. Reading to older babies is a way of expanding their experience. You can't always find a real cat, truck, or fried egg to tell them about, but you can always find pictures of them in books. Linking the sight of things with the sounds of their names boosts language learning.



## **Play with Your Baby**

Babies learn by playing. The more they use their mouth, hands, feet, ears and eyes, the more they learn. Play is important for physical, mental, social, and emotional development.

Sing to them, dance around with them, and show them things to teach them until they are old enough to play with toys. If your child likes the game, then they will smile and laugh. Limit each play time activity because babies have a much shorter attention span than young children or adults.

## Coping with Crying

*"I just wanted the baby to stop crying." "I just couldn't take it any more."  
"I only shook him for a second."*

Do any of these statements sound familiar? Caring for a baby can be very stressful at times, but it's important to remember that crying is the only way a baby can tell you when something is wrong. Shaking a baby can cause lifelong problems like brain damage, blindness, seizures and broken bones. It could even result in death.

The good thing is, **shaken baby syndrome is 100% preventable.**  
For more information or to talk to a counselor call: 1-800-FLA-LOVE.

### Try to identify the cause of the crying:

- Check the diaper
- Is the baby too hot? Too cold?
- Feed or burp the baby
- Gently rock the baby
- Take the baby for a walk or a drive
- Call the doctor if you think the baby is sick

### Just Remember...

- Sometimes babies just need attention
- It is okay to feel overwhelmed at times
- Ask for help; call a friend or relative
- You can always sit down and relax for a few minutes, take some deep breaths or have a glass of water
- Don't pick up your baby when you are angry or upset; sometimes strong emotions can cloud our judgment



## Baby Safety

### A Safe Environment...

Requires clean air. So try to keep your baby away from smoke. Clean air can ensure:

- A decreased risk of SIDS (sudden infant death syndrome)
- Fewer allergies and asthma
- Healthy gums
- Fewer cavities and dental problems for toddlers

If you're having trouble quitting, try to at least decrease the number of cigarettes smoked per day.

Or call the Quitline  
1-877-822-6665!



### Safe Travel...

Requires a good car seat. Motor Vehicle crashes are the leading cause of death and injury for young children. A car seat should:

- Always face to the rear to avoid head, neck and spinal injury
- Always be in the back seat
- Never be in a seat with an airbag

If you can't get a car seat, call Healthy Start. We'll help you find one. 386-252-4277

### Safe Sleep...

Requires a safe crib, and good sleeping habits. These things can reduce the risk of SIDS, and ensure sweet dreams.

- Always place the baby on his or her back to sleep
- 1 crib, 1 baby: each baby must have his or her own crib
- Use only tight fitting crib sheets and a light, tucked-in blanket
- Avoid fluffy pillows, heavy or loose blankets



For more info on safe sleep, ask your doctor, or call Healthy Start

## Iron-Fortified Infant Formula

Prepare the formula as instructed on the can and as instructed by your baby's doctor. To reduce the risk of lead poisoning from the formula:

1. **Use cold tap water** when preparing formula. Let the cold water run for 2 minutes before using it.
2. Put the cold water in a pan and cover with a lid. Bring the water to a bubbly boil- boil it for no more than 1 to 2 minutes- and then remove it from the heat and allow it to cool. Keep the lid on until the water cools. **Boil the water only once.**
3. Store the prepared formula in a clean glass or hard plastic bottle.



## Proper Cleansing of Bottles to Prevent Bacteria Growth

- Gather the bottles you will be sterilizing.
- Fill a pot about halfway to three fourths full and put it on to boil. Take apart all the pieces of the bottles, including removing the nipple from the top of the bottle. (Bacteria love it in there!)
- Wash the bottles in warm, soapy water. Use a nipple and bottle brush to get all the way in there.
- After rinsing, your water should be boiling. Drop two or three bottles and pieces into the boiling water at one time. Allow them to boil for about three to five minutes.
- Use a pair of tongs or something similar to remove the bottles when they have been sterilized.
- Remove the bottles, and set them in a strainer or dish drainer to cool. Then dry them with a clean towel or paper towel.



## Tips for Changing Your Baby Girl

### Tip 1:

Wash your hands with antibacterial soap. Bring all of the diaper changing products with you. Always remember not to leave your baby unattended. Lay your baby down on her back on a clean and firm surface. Make sure that she is calm (lying her down on her back may make her fussier, so take a few minutes to calm her). Detach the velcro tabs (or remove pins safely and carefully if using a cloth diaper.) Pat the tabs down so that they re-attach to the back part of the diaper.



### Tip 2:

Use the front part of the diaper to wipe the vagina from front to back the best that the diaper will allow. Lift up your baby by her ankles and wipe her bottom with her wipes. Remove the diaper completely and place her bottom on the bare surface. If you smile and talk to your baby she will be less likely to wiggle around.

Remember: when cleaning baby girls, you will want to clean them from front to back. If cleaning a baby boy, you will gently pull the foreskin of the penis back and clean the area.

### Tip 3:

Try to clean her vaginal area front to back only, wiping very gently. Place your new, clean, open diaper underneath her bottom while lifting her by her ankles. Sprinkle baby powder in the diaper if necessary. Cover your baby with the rest of the diaper and attach the tabs to the front of the diaper securely. Rest assured that she is happy once again.



**\*\*If you're able to wash your baby's bottles directly after you are finished with the feeding, you shouldn't have to sterilize the bottles every time you want to use them. However, if they have been dirty for a couple of hours it's a good idea to go ahead and sterilize them. Feeding your baby is a bonding experience and a special time. You don't want to be wondering if the bottle you are feeding him or her with is truly clean enough!**

## Important Numbers

### Local WIC Centers

(Nutrition Program for Women, Infants & Children)

#### **Daytona Beach**

386-274-0676

#### **DeLand**

386-822-6223

#### **Deltona**

386-860-7150

#### **New Smyrna**

386-424-2074

#### **Bunnell**

386-437-7294

### Florida WIC

1-800-342-3556

### Medicaid (Main #)

1-800-273-5880

### Volusia County Representative

1-904-353-2100

### KidCare (Local)

1-800-236-0785

### Department of Children and Families

1-866-762-2237  
(Call Center)

### Volusia County Health Dept.

#### **DeLand**

386-822-6215

#### **Daytona Beach**

386-274-0500

#### **Deltona**

386-789-7507

#### **New Smyrna Beach**

386-424-2065

### Flagler County Health Dept.

386-437-7350

### Florida Health Line

800-451-2229

### One-Stop Career Center

#### **Daytona Beach**

386-323-7001

#### **DeLand**

386-740-3232

#### **Flagler**

386-586-5169



Local Support Group: **386-252-5785**  
Postpartum Support International:  
**1-800-944-4PPD (4773)**  
**www.postpartum.net**



## Washing Baby Clothing

A baby's skin is very sensitive. In the first year, you will notice that your baby has a tendency to break out in rashes and acne for no apparent reason. To prevent frequent outbreaks and protect the integrity of their clothes, you should follow certain steps when you wash your baby items.

- Purchase a detergent that is dye free and fragrance free.
- Put baby clothing in the laundry before he wears them. It can ensure that he will not experience an adverse reaction to any of the chemicals that may be on the clothes. Wash baby clothes on a cold cycle. The cold cycle will help eliminate the risk of building up bacteria as well as keep the clothes from shrinking.
- Run the clothes through an extra rinse cycle. This will ensure that there is no residual soap left on the items. The dryer sheet. can be the cause of many skin reactions. It's a good idea to leave it out.
- If the baby does not exhibit an allergic reaction, use regular detergent and wash the clothes mixed in with yours. Follow any special washing instructions that are found on the baby's clothing tags.
- To remain hygienic and safe, wash cloth diapers separately from other baby clothes.



## When Mom Has the Blues - You Can Help

- Studies have shown new moms to be at risk for mental conditions like the "baby blues" or Postpartum Depression (PPD).
- About 1 in 8 women suffer from a form of postpartum depression. Postpartum depression affects thousands of women and can be treated successfully.
- These feelings are more common than one would expect; she is not alone.
- Postpartum depression can be mild, moderate or severe. Without treatment, symptoms may last a few weeks, months, or even years. In rare cases, the symptoms are severe and indicate potential danger to the mother and baby.
- It can occur during pregnancy or within a year after the end of her pregnancy. Postpartum is a health problem; therefore, it is not her fault.
- Having these feelings is common and treatable. For the health of mom and your baby, check with her doctor or health care provider to discuss the situation and any problems you may need help with.

## We Need Your Help!

If you have a story idea or opinion for our newsletter, feel free to contact the Healthy Start Coalition at 386-252-4277.



## Baby Spacing

Waiting at least two years before having your next child is healthier for Mom, Dad, and Baby!  
For more information call:  
Family Health Line  
**1-800-451-BABY**