

If the rash lasts more than three days or is getting worse, take your baby to see the doctor. Always wash your hands with soap after changing your baby's diaper to prevent the spread of germs.

WASHING YOUR BABY

NEVER leave your baby alone. If you need to leave the bathroom, wrap the baby in a towel and take him or her with you. After the bath, wrap your baby in a towel immediately, making sure to cover the head.

PLAYING WITH YOUR BABY

Playing with your baby can be fun and it is also important for the development of baby's brain. Even if your baby is too young to understand what you are saying it is important for him to learn how to communicate. Here are some activities that you can do to help with your baby's social development.

- Hold your baby as much as possible and show your love.
- Read to your baby at least 6 hours a week.
- Sing to your baby.
- Talk to your baby.

For more information on the Internet about child health please visit:

www.cdc.gov/women/kids/index

www.momandbaby.org

www.kidshealth.org



This brochure was developed with the aid of information and resources from:

Centers for Disease Control

National Center for Education in Maternal and Child Health

This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.

CONTACT INFORMATION:

riht@uscridc.org

U.S. Committee for Refugees and Immigrants

**1717 Massachusetts Ave., NW
Suite 200**

Washington, DC 20036

Phone: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org



Keeping Your Baby Healthy



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

CARING FOR YOUR BABY

Watching your baby grow and learn can be an exciting time in a parent's life. There are activities that you can do to help your baby grow physically and emotionally. This brochure helps you to keep your baby happy and healthy in your new home in the U.S.

YOUR BABY'S DOCTOR

Parents and doctors are partners working together to keep your baby healthy. Parents know their babies better than anyone else because they spend the most time with them. Your baby's doctor knows about health, growth, and nutrition.

FEEDING YOUR BABY

Breast milk is a very important source of food for your baby and is more nutritious than cow's, or powdered milk. Feed your baby breast milk for as long as possible. Give your baby solid food only when they are 6 months old. Make sure that your baby is getting plenty of vegetables and fruits. Avoid honey, juices, and cow's milk until your baby is one year old.

VISITING YOUR BABY DOCTOR

During the first year of life babies grow and develop quickly. Doctors and nurses in America will want to see your baby many times. Usually when your baby is two days old, one month, two months, four months, six months, nine months, and one year.

These visits are very important because they give the doctor the opportunity to observe and make sure your baby is healthy and developing well. Your baby's doctor will examine the baby's eyes and ears, and give vaccinations.

In the United States, doctors recommend that your baby gets the following vaccinations:

- hepatitis B,
- DTaP,
- PCV,
- hib,
- polio,
- MMR
- hep A, and
- chicken pox.

Your baby's doctor will give you a list of the vaccinations your baby will need, and when your baby should get them.

PREVENTING DIAPER RASH

Babies who wear diapers often get rashes. To prevent and heal diaper rash, keep in mind a few tips:

- Change the diapers every time they are soiled.
- Use a diaper ointment to heal rashes. Look for one with zinc oxide, or A&D ointment.
- Let your baby go without diapered for part of the day.
- If a rash develops around your baby's leg and waist, change the brand of diaper you're using.
- Sometimes rashes happen when your baby is allergic to a new type of food. Stop new foods to see if rashes go away.

