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Your Baby



CIRCULAR 399

EXTENSION SERVICE, OKLAHOMA A. AND M. COLLEGE

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This writer gratefully acknowledges the assistance of Mr. and Mrs. James H. Human whose cooperation made possible the pictures used in this publication.

YOUR BABY

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In any family the coming of a new baby is an important event. Babies are fun, but they do change the family's way of living. They need space, time, and equipment. The whole family should plan together for the many necessary adjustments in the home.

WHAT SPACE WILL YOUR BABY NEED?

1. Where shall he sleep? A room of his own would be best. At least his crib should be in a quiet corner.
2. Where will his clothing be kept? And his play equipment? Plan carefully for convenience to save energy and time.
3. Where will he be bathed? The room should be easily heated. Select equipment that is easy to handle.

WHAT TIME, AND HOW MUCH TIME SHALL YOU SPEND WITH THE BABY?

1. What will be his schedule? The doctor or nurse will help determine the feeding rhythm. Your baby's day of sleeping, bathing, and playing should be built around his eating schedule. Of course, his schedule will have to fit in with the family's day. (See page 4.)
2. Who will care for your baby? He needs one person to consistently care for him. Others may help, but usually mother takes this responsibility. The family can plan with you so you have the needed time. It is better for baby to have one person do most of his "chores" because it makes life simpler.

WHAT EQUIPMENT WILL HE NEED?

1. He must have his own bed. It would be too dangerous for him to sleep with anyone. What shall we use? The family can make or buy a crib, or fix an old one. While he is very little he may sleep in a clothes basket or large drawer which has been made up as a bed.
2. What can we use for his bath? Do we already have a basin, pitcher, and other equipment, that can be used? What else do we need?

Baby care is more complex than it used to be, but it is safer. Doctors know how to safeguard the baby's health, and families are learning more and more about meeting the specific needs of babyhood. Your biggest task is to help the baby grow up into a capable person who can live happily with others. This is not a task to be taken lightly, yet it need not rob the family of the fun they can have with the baby. It is true that babies require special services and training, but many of these can be made happy experiences for all.

Babies who have a reasonable amount of love and affection thrive best, and those who live in a harmonious atmosphere have the best chance for happiness. A happy babyhood depends largely on good physical health plus the fulfillment of a few special needs.

BABY'S SPECIAL NEEDS*

If baby is to be happy, there are some things he must have.

1. He needs frequent sucking periods, unlimited and uninterrupted in time—preferably at his mother's breast. If bottle feeding is necessary he should be cuddled as fed.

2. He needs to be held securely and gently, cuddled often.

3. For many months he should have one person give him most of his care. This will make it easier for him to learn to love someone besides himself.

4. He needs to get the feel of his father holding him and doing for him. He will find comfort in the strength of his father's hands and learn to turn to him for help.

5. He needs a father and a mother who have a harmonious relationship and who set a good pattern for the love development.

6. In the members of his family he needs truthfulness, honesty, and sincerity.

7. In all learning he needs to be allowed to use his own innate rhythms. Each child has his own learning speed.

8. He should be accorded the dignity of a separate individual, with his own rights and feelings.

* From "The Family's Baby"—Mrs. Lydia Ann Lynde, Extension Specialist in Parent Education, Washington, D. C.

HOW THE BABY LEARNS

Baby comes into the world knowing nothing and unable to do anything for himself at first. His only method of communication is crying; later on he will learn to smile and chuckle. He has so much to learn about this world, so many skills and habits to master, that he will need the patient cooperation of the entire family. He will learn easier if his folks plan together how they will help him, how all persons who care for him can handle him in the same way.

1. To help the baby learn you must be patient. Learning is hard. Each child has his own learning speed. It is best not to push him faster than he can go.

2. The family should appreciate his individuality. He is a person, too, not a toy to be manipulated to suit others. Naturally, then, he is different from every other baby. He will not learn anything until he is ready. Learning involves the whole body, brain, nerves, muscles, and senses. They must all work together. His physical acts are dependent upon mental control as well as muscle and bone, and every act is greatly influenced by his emotions.

He will gain control over behavior gradually as his brain completes its connections with the rest of his nervous system. This means that many of the things you want to teach him, he would learn in time anyway. Your efforts make it easier for him if you adjust your teaching to his indications of readiness.

HELPING THE BABY FORM GOOD HABITS

The formation of good basic habits during the first two years of life is the best start any family can give a child. Both you and your child will benefit by the use of sound training methods.

It is important for you to understand and expect that training will cover a long period. Persistence, not force, brings the happiest results.

A child responds easily to an adult who is friendly and unhurried. A mother should concentrate on developing skill in handling the baby. Steady, sure, gentle movements when it comes to physical care, quiet step and soft voice, and the assurance which comes from knowing what to do, and enjoyment in doing it—these are priceless in a mother and contribute greatly to the child's feeling of security and well-being.

A baby forms habits by doing the same thing over and over again. He likes to repeat the things that give him pleasure. He does not like to repeat the things that do not give pleasure. Therefore, to help a baby establish good habits, you should see that he gets satisfaction out of doing the things you want him to do. And, you should also see that he does not get satisfaction from things you do not want him to do.

A baby likes your smiles of approval, your pleasant words and your attention. If he gets attention and approval when he is doing what you want him to do, it will be easy to get him to do it again. This is better training than scolding him when he misbehaves.

PLANNING THE BABY'S DAY

To help a baby learn good habits his family should make a plan for his care and follow it. Babies thrive on doing the same thing at the same time, day after day. Most babies will fit themselves easily into the plan that you make for them, as long as it provides for regular feeding and regular hours of sleep. You may consider your own convenience in planning the baby's day.

There should be nothing rigid about the plan. The hours may be shifted a bit one way or the other if this is more convenient. Follow the plan until the baby shows that some other plan would suit him better.

A six-month-old baby cannot be expected to have the same schedule as a two-month-old. So do not be alarmed if somewhere around his third month the baby objects to the old schedule. Instead of going back to sleep after his morning feeding he lies in his crib and coos or frets and cries. This is a sign that he is getting older and his first schedule no longer fits him.

If he is not happy in his crib, put him in some other place where he can look around. He will not want to stay up long, so his next napping period should be moved ahead. The bath may come earlier, or orange juice be given, before he becomes so tired that he frets. Juggling the baby's schedule to meet his advancing needs is very important in good baby management.

THROUGH THE DAY WITH A BABY

The baby in the pictures is 12 months old. He has a sister five years old who likes to help "take care" of him.

His mother fits his schedule into the regular activities of the day, and by good management is able to give him the care and attention and love he needs without neglecting other important duties.



Figure 1. He wakes and plays in his own bed.

He wakes in the morning between 7:30 and 8:00 and plays in his own bed while mother prepares and serves breakfast for the family.

Later he is dressed and allowed to play in the house until his breakfast is ready—about 8:30. He now eats three meals a day with supplementary feedings of cod liver oil and orange or tomato juice and hard bread or crackers. For breakfast he eats cereal and milk and maybe a small piece of toast or crackers.

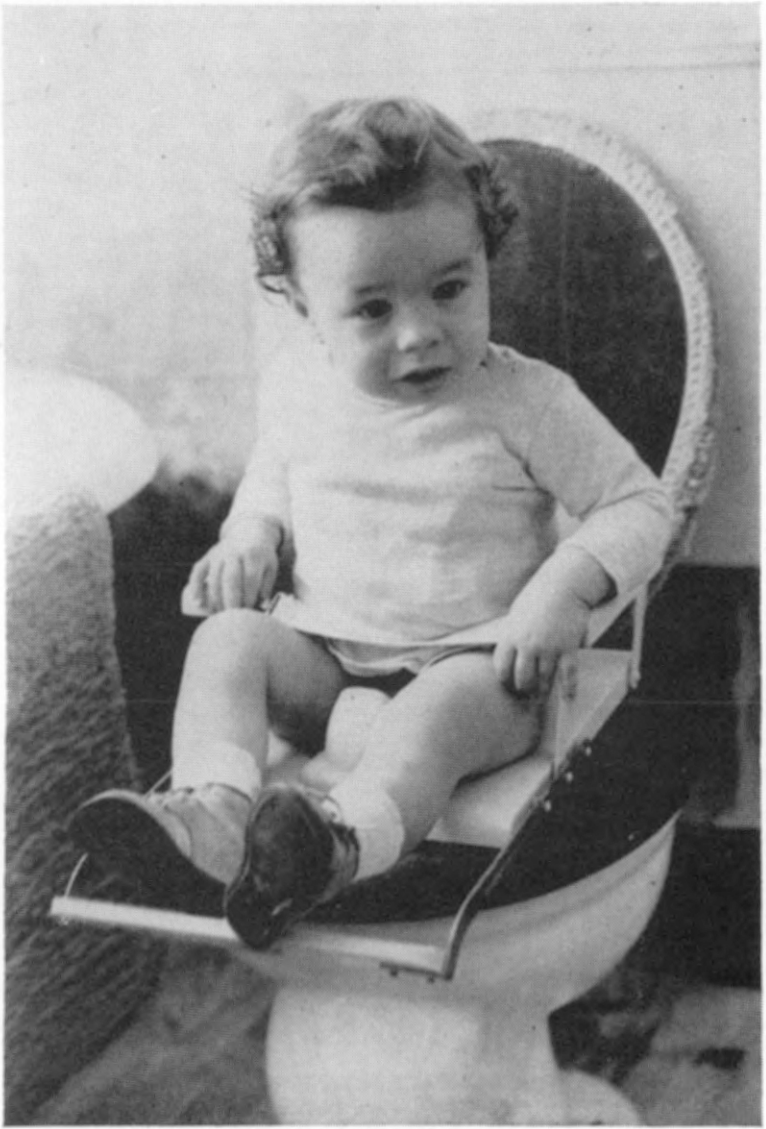


Figure 2. Using the toilet.

After breakfast he is taken to the toilet for a bowei movement.

Later he is bathed and dressed. His mother places the bath equipment on the dining table, which is covered with oil cloth. Clean clothes are placed near by, but out of the range of "splashes" for he likes to play in the water. The room can be closed off and heated easily in cold weather.

Before removing his diaper and shirt his mother holds him on her lap and washes his eyes, ears, nose, and face with a soft, clean cloth. No soap is used on his face.



Figure 3. Washing the baby's face.

He enjoys getting in the tub for a real soap and water bath.

When the bath is finished his mother takes him out of the tub, dries him thoroughly, pats on a little oil, and dresses him.

From about 9:30 to 10:30 he plays outdoors with his sister. He is suitably dressed and thoroughly enjoys being outside when the weather permits.

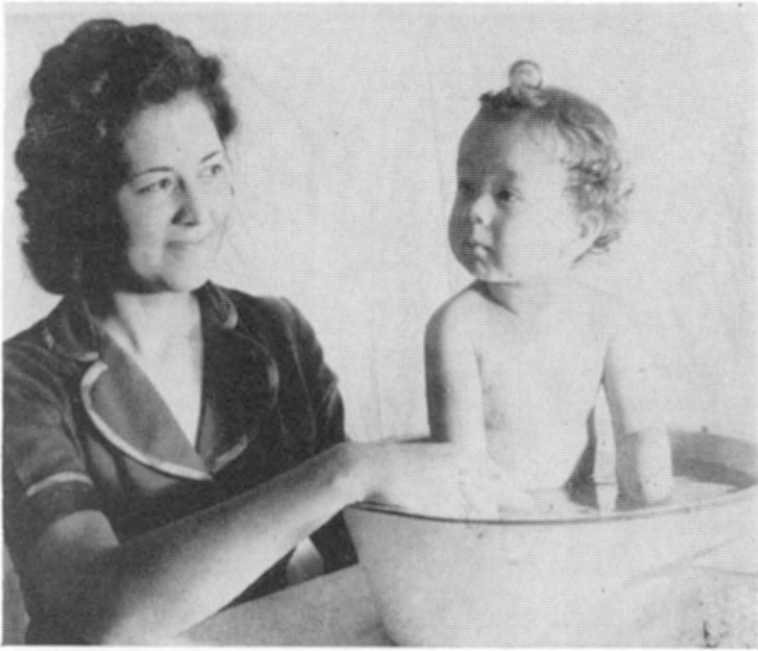


Figure 4. Taking his bath.



Figure 5. Playing out of doors with his sister.

By 10:30 or 10:45 he is ready for a nap. He takes one long nap in the middle of the day instead of two short naps. He usually sleeps through the family dinner hour and wakes for his noon meal about one o'clock.

He has a good appetite and enjoys his dinner of egg yolk, strained vegetable or fruit pulp, hard bread, and milk.

After his meal he spends the rest of the afternoon playing. Sometimes he plays alone, but he is fortunate to have a sister who can play along beside him.

About 3:30 he is given some cod liver oil and orange juice or tomato juice and a cracker if he wants it.

He likes to be outside with his dad, and now that he can walk he is beginning to "tag along."

Quiet play indoors precedes his supper of milk, fruit pulp or strained vegetables, and hard bread.



Figure 6. The baby and his dad enjoy the sunshine.



Figure 7. Eating his dinner.

A tired but happy baby goes to sleep in his own bed about 7:30. Notice that he is well covered and sleeps without a pillow.

GOOD EATING HABITS FOR THE BABY

It is easy to teach good eating habits to a baby. Hunger occurs at quite regular intervals; so, if you offer food to a baby at regular times he is usually ready for it.

He needs a good appetite at mealtime and will have one if he has not been fed between times. Appetite depends upon a

cycle—the pain of an empty stomach+food=relief or pleasure. Almost all babies enjoy eating. They like the relief of hunger, the warmth of the mother's breast, the holding, the rocking, the human contact of being cared for and handled. And they should have it.

The older baby wants to hold his bottle, and the still older baby wants to feed himself.

Food habits that are started in babyhood carry over into adulthood. So it is very important that good habits be taught. The wise family will use good methods in establishing eating habits. Here are some suggestions:

A. ESTABLISH PLEASURE IN EATING.*

1. Respond to his hunger cry. Note when the baby cries and try to adjust his feeding schedule accordingly. He will be happier if his rhythm is followed. It may mean occasionally feeding him ahead of schedule.

2. Make his meal time comfortable and pleasant, never hurried. While nursing he needs to be held gently and lovingly.

3. Let him stop eating when he has "had enough."

After the baby has finished with the breast or bottle, hold him up over your shoulder and pat him gently on the back to help him get rid of the air he swallowed as he nursed.

4. Respect his evident dislikes. Do not force him to eat the disliked food at the time. Serve it again at the beginning of hunger, and serve it smilingly.

. In his second year he will not need as much food as before for the rapid growing period is over. Be willing for him to eat less.

B. WHEN INTRODUCING NEW FOODS:

1. Remember he is conservative.

2. The baby notices the different feel of new foods more than the taste. He may push it out of his mouth because it feels different.

* From "The Family's Baby"—Mrs. Lydia Ann Lynde, Extension Specialist in Parent Education, Washington, D. C.

3. If new foods are given in very small amounts when he is hungry and offered with a smile he will respond more readily. If he pushes it out, give him a bit more. If he refuses to eat a food, take it away without showing any excitement; offer it again a week or so later. Give only one new food at a meal.

4. When he is learning to drink from a cup use two cups, one for him to hold while he is fed from the other. When he begins to put his cup to his mouth he is ready for a bit of milk in it. In time he will manage for himself.

5. Use two spoons in the same way.

C. FEEDING PROBLEMS HAVE CAUSES.

1. Frequently they are due to parents' eating patterns or to the parents' fear that the baby may not like "what he should have." A baby will not cry for foods that he has never tasted; do not let him taste foods you know are not good for him.

2. Whoever feeds the baby should be in good humor and certainly not determined.

3. Being forced to eat stirs up rebellion.

4. Food that is unpleasant looking or tasting or too highly seasoned is hard for him to take.

5. Illness may cause him to refuse to eat.

D. WHEN READY HE WILL LEARN TO FEED HIMSELF.

At first it is best not to let him get tired. Let him eat a few mouthfuls himself; then feed him the remainder.

Good eating equipment makes it easier for the beginner to feed himself. Cups should be small enough to be light in weight when holding milk. The cup handle should be large enough for the child to grasp with four fingers.

Silverware—short handles, just long enough to fit into the palm of the child's hand. Curved handles are unsuited. They make it necessary for the child to learn all over again when he later uses adult's silverware.

Plate—a flat soup bowl with low straight sides, or a divided plate.

Dessert bowl—firm, broad base, rather straight sides make it easy to lift food from it.

The bib should be large enough to cover him well, and absorbent enough to take up liquids—turkish toweling is an excellent material. Bibs that are easy to adjust and remove are best.

Chair and table—it is wise to discard the high-chair when the baby learns to walk. A comfortable chair and table puts the child in a relaxed position for eating, and encourages habits of independence.

BABY'S SLEEPING HABITS

For a young baby, eating is usually followed by sleeping, so sleeping habits change as eating habits change. Until the baby is three or four months old he usually wakes up to eat and then drops off to sleep almost as soon as his hunger is satisfied. From then on, however, he stays awake more and more. After six months he may miss the 10 p. m. feeding, but he needs more food at the other feedings.



Figure 8. Asleep in his own bed.

At 13, 14, or 15 months some babies give up the two nap schedule and sleep only in the afternoon. This leads to the three-meal-a-day schedule.

Often it is necessary to waken a baby from the afternoon nap so he will be sleepy again at his regular bedtime.

GOOD SLEEPING CONDITIONS.*

1. Sleeping time should be fairly regular.
2. Comfort and freedom from restrictions should be watched.
3. Your baby should always sleep alone.
4. He may not go to sleep immediately when put in his bed. Most people don't.
5. As he gets older, if he wants to talk when put to bed, let him, but do not question him or contribute much to the conversation.
6. Quiet play should precede bedtime.

HOW TO TOILET TRAIN

A certain degree of maturity on the part of your baby is necessary before toilet training is begun. Real training requires mental and muscular control which a young baby does not have. Your baby should be able to sit alone before this training starts.

Toileting should be a pleasant experience for the baby. There is the unpleasant pressure of a full bowel or bladder+elimination=comfort. This inward pressure should be the stimulation to which the baby responds. It is not necessary to use soap sticks or enemas to train the baby. In fact, these may actually cause harm by making the baby expect them rather than respond to his own inner pressure. This might lead to constipation.

You can help him most by guiding him to react to his own natural rhythm.

BOWEL CONTROL.

1. Select a regular time. For several days keep a chart of the time when elimination occurs.
2. At this regular time place the baby over a small chamber or toilet seat. Support him so he will be comfortable.
3. Continue this procedure daily at the same hour. Do not keep the baby on the toilet for longer than five minutes.

* From "The Family's Baby"—Mrs. Lydia Ann Lynde, Extension Specialist in Parent Education, Washington, D. C.

4. Show your approval when he has a bowel movement on the chamber or toilet seat.

It is important for the family to understand and to expect that toilet training will cover a long period and that frequent lapses may occur. These should not be disturbing, and training should proceed as formerly. If training is started when your baby is old enough to cooperate (8-10 months) learning may be complete in 4-6 weeks; however, bowel control should not be expected before the second year.

BLADDER CONTROL.

Because bladder control is more difficult than bowel control, training should be started when the child is a little older—between 12 and 15 months.

1. Place him on the toilet at different hours—immediately on waking, before and after meals and before and after sleep or rest periods.

2. Make this a routine part of the day. He will, of course, wet his clothing between these regular hours. This is unimportant. The first step is for him to learn to urinate when he is put on the toilet. It may take some months to get this routine well established.

3. Leave him on the toilet for not longer than five minutes. If there are no results, remove him without comment. Whenever he urinates remove him at once and let him know you are pleased.

When the child urinates when placed on the toilet at these regular times, he may be put on the toilet at additional mid-morning and midafternoon hours.

The next step is for him to recognize the sensation before urination takes place and tell you in some way. This may not be complete, even in the daytime, by two years of age.

When daytime control is partially established—18-20 months—the child may be aroused once at night—about 10 o'clock—and taken to the toilet. Gradually the hour of arousing your child may be extended. Night control is usually established at from three to four years of age.

Incidents of wetting may occur from time to time even after a certain degree of control has been established, but these are unimportant if treated as such. Scolding or shaming the child will do harm.

THE BABY'S BATH

The baby's bath is the time many mothers and babies enjoy most. But it is a job that needs to be done carefully and skillfully. Above all the baby should feel safe. Hold him firmly,

and be careful not to splash water in his face. Bathe the baby every day unless the doctor gives other directions, and do it about the same time every day. Select a place that will be comfortable and handy for both you and the baby. A warm room is important. Place the tub and toilet articles within easy reach. It is well to lay out the baby's clean clothing in the order they will be used.

The water should be lukewarm (about 100° F.). Feel it with your elbow. If it feels neither hot nor cold, it will be right for the baby.

When everything is ready for the bath, undress the baby, leaving on the diaper and shirt. Wrap him in a blanket if the weather is cold. Wash his eyes, ears, nose, and face with a soft, clean cloth. For a small baby use a piece of moist cotton to wash his ears. Do not try to poke into a baby's ears with anything other than a soft washcloth or piece of cotton.

Usually the baby's nose needs no cleaning other than that which is given with the washcloth when his face is washed. If, however, some mucus stays in the nose, it can usually be removed by twisting a small piece of moist cotton and inserting it in the baby's nostril with a twisting motion of the fingers. Keep hold of one end of the cotton so that it does not get out of reach. Never use cotton twisted onto a stick or other sharp instrument.

Wash the head—Do not be afraid to wash the top of the baby's head thoroughly, even when he is little. By daily care "milk crust" or "cradle cap" may be prevented. (If it forms, rub in petroleum jelly or oil each night and wash the head thoroughly in the morning.)

To wash a baby's head, lay him down on your lap so his head is over the side of a wash basin. Lather his scalp thoroughly with your hand, then rinse his scalp quickly. Dry his face and head gently with a soft towel, and proceed with the rest of the bath.

Remove the shirt and diaper and clean the genitals. In a girl the vulva should be separated and the parts washed. In a boy the foreskin should be pushed up so that the tip of the penis can be cleaned. Clean the part of the penis under the foreskin with moist cotton. Then gently pull the foreskin back into place. Never leave the foreskin pushed up after cleaning. If the foreskin cannot be pushed up easily, the doctor should be told. He may be able to loosen it so that it can be moved easily. If not, the baby may need to be circumcised. Wash the naval gently but firmly with a soft washcloth and soap and water.

If a sponge bath is being given, soap the baby's body thoroughly. Then rinse all the soap off by wiping him with a washcloth dipped in clear water. Soap left on the skin may cause irritation.

If a tub bath is being given, the baby may be put into the tub and soaped in the water, or he may be soaped on your lap, or table, then put into the tub for rinsing. When putting the baby in the tub hold him firmly with your left arm and hand under his head and shoulders, grasping his left arm at the shoulder to hold him securely. With your right hand holding his feet and legs very firmly, lower him gently into the tub.

While he is in the tub hold him with your left hand, and rest your arm against the edge of the tub. This leaves your right hand free to bathe him. As the baby gets older and can sit alone he will be easier to handle in the tub; however, care should be taken, for a soapy baby can slip out of your hands easily.

When the bath is finished, dry the baby thoroughly, pat on a little oil, and dress him.

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