

When Your Baby Comes

Newborn Safety

Never Leave a Baby Alone in a Car — Not Even for a Minute!

No matter what the temperature is outside, the sun heats the inside of a car. With the windows up, your car can get hot enough to cause serious injury — even death.

Believe it or not, routines and distraction have caused people to mistakenly leave children behind in cars.

- Place your cell phone, gym bag or whatever is to be carried from the car on the floor in the back seat. This will remind you to see the baby when you open the rear door to reach for your stuff.
- Teach your child that a car is not a playground. Never allow him to play in any car.
- Lock the car after everyone has exited — especially at home. Keep keys out of your child's reach.



Taking Care of Your Baby

Feeding Your New Baby

Is Breastfeeding Healthier than Formula? – Absolutely! Every mother makes milk that is custom designed just for her baby. A mother's milk is loaded with live ingredients that protect her baby from illnesses and infections. Babies who are not breastfed will get more ear and respiratory infections. This means many more trips to the doctor and less money left in your pocket. Babies who are not breastfed are also more likely to die of sudden infant death syndrome (SIDS) or develop diabetes, obesity, asthma and certain types of cancer as they grow older.

Breastfeeding is also great for mom. Breastfeeding burns up to 600 calories a day, so mothers have an easier time maintaining a healthy weight. Mothers who breastfeed have a reduced risk of diabetes, heart disease and breast and ovarian cancers later in life.

Ways to Help Your Partner Increase Her Milk Supply – The key to building a strong supply is nursing every time baby is hungry. If mom is present when baby shows hunger cues, bring the baby to her to nurse rather than feeding him a bottle. Maintaining a well-rounded diet with the recommended amount of calories can also aid in milk production. If mom thinks she is not making enough milk, encourage her to see a lactation consultant. Tell her she is doing a good job! If she has any problems breastfeeding, remind her she can receive help from a breastfeeding professional at WIC.



Resource

Do you or your partner need breastfeeding information? Visit breastmilkcounts.com to learn more about breastfeeding

Dad's Guide to Fatherhood

Reference:

Texas Office of the Attorney General. (2019). Dad's guide to fatherhood. Texas Health and Human Services. <https://www.texasattorneygeneral.gov/sites/default/files/files/child-support/Publications/13-06-15131DadsGuidetoFatherhood-ACC.pdf>