

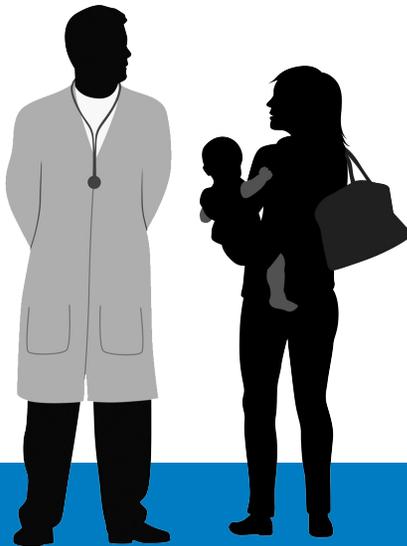
## Emergency Phone Numbers

### Help your baby learn.

Repeat sounds your baby makes like laughing or squealing. This helps your baby learn to talk! Work with your baby to do the “things your baby may do” listed on the other side of this brochure.

### Protect your baby from abuse.

Babies’ heads and necks are very fragile. Never shake a baby. Shaking a baby is child abuse and can cause brain damage, seizures, paralysis and even death. Caring for a baby can be frustrating. Cope with frustration by placing the baby safely in the crib and leave the room for a breather. Call a friend, health professional, or clergy person or call the 24-hour toll free hotline (1-800-422-4453) if you are having trouble.



### BABY’S DOCTOR (name and phone):

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### LOCAL FIRE DEPARTMENT PHONE:

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### LOCAL POLICE DEPARTMENT PHONE:

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### POISON CONTROL CENTER PHONE:

1-800-222-1222

### CCDPH DISTRICT OFFICES:

#### North Suburbs

3rd District Court Building  
2121 Euclid Avenue  
Rolling Meadows, IL 60008  
847-818-2860 phone, 847-818-2023 TDD

#### West Suburbs

Eisenhower Tower  
1701 S. First Avenue  
Maywood, IL 60153  
708-786-4000 phone, 708-786-4002 TDD

#### Southwest Suburbs

5th District Court Building  
10220 S. 76th Avenue  
Bridgeview, IL 60455  
708-974-6160 phone, 708-974-6045 TDD

#### South Suburbs

6th District Court Building  
16501 South Kedzie  
Markham, IL 60426  
708-232-4500 phone, 708-232-4010 TDD

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## Your Baby Birth to 3 Months



*Things your baby may do  
and tips to keep baby healthy*



**COOK COUNTY HEALTH  
& HOSPITALS SYSTEM**  
**CCHHS**

**Cook County Department  
of Public Health**

Promoting health. Preventing disease.

*Protecting you.*

# Here are ways to keep your baby safe and healthy

# Things your baby may do Birth to 3 months



Cook County Department of Public Health  
Promoting health. Preventing disease.  
*Protecting you.*

## Protect your baby from getting hurt.

Only leave baby in the care of a responsible person. Never leave alone in a tub of water or where s/he could fall (e.g. tabletop, bed, couch, or changing table). Put crib sides up.

Baby should sleep in a crib alone on a firm surface with only a fitted sheet covering all sides. Back sleeping lowers risk of Sudden Infant Death Syndrome (SIDS).

Remove hanging telephone, electrical, blind or drapery cords from sleep and play areas.

Choose toys with care. Small parts (e.g. eyes and nose on stuffed animal, broken balloons, keys, coins, jewelry) can be a choking hazard. All toys/parts must be bigger than baby's mouth.

Put all vitamins, iron drops, medicines, cleaners, other chemicals, knives and plastic bags out of reach or in a locked space. Keep Poison Control Center phone number (see back panel) handy. Do not induce vomiting.

Use a smoke/carbon monoxide detector in your home. Change batteries every six months. If there are guns and ammunition in your home, lock unloaded gun(s) separate from locked ammunition.

Use a government-approved rear-facing child safety seat when transporting baby in a car. Buckle yourself too. It's the law.

Keep baby out of direct sunlight. Discuss sunscreen with doctor.

This chart is very general. Talk with your baby's doctor if you have concerns.

### How babies this age handle their body:

Looks at other people's faces

Follows things with eyes

Responds to voices and sounds

Makes sounds other than crying

Smiles when playing or smiled at by others

Holds their hands in front and looks at them

Holds a rattle

Raises head supported on their arms when placed on their belly/tummy

### Most babies will do this by age:

Birth-4 weeks

Birth- 6 weeks

Birth-6 weeks

Birth-6 weeks

Birth to 8 weeks

By 12 weeks

By 12 weeks

By 12 weeks

## Keep your baby clean.

Always wash your hands before and after changing baby's diaper. Wash, rinse, and pat diaper area dry at each diaper change. Talk to doctor about uncontrollable diaper rash.

Prevent burns at bath time by testing warmth of water first with your elbow or wrist to make sure not too hot for baby. Use a washcloth with warm water and mild soap to wash. Do not use cotton swabs (Q-tips TM) to clean inside ears or nose.

## Help your baby grow.

Breast milk or iron-fortified formula is all baby needs. Always refrigerate clean formula. Give formula or nursery water in a bottle. Let baby eat as much as s/he wants and never force to eat. Throw away what is left in bottle after eating. Clean bottle and nipple with soap and hot water. Hold baby in your arms. Do not drink hot liquids or smoke while holding baby. Hold the bottle for baby while feeding. Do not prop on pillows or other objects.

## Keep your baby well.

Always keep doctor visits and immunizations (shots) up to date. Save and bring all records to every clinic/doctor visit. It is okay for baby to get a shot with a mild cold or ear infection.

Call doctor right away if you think baby is sick. Signs may include: vomiting (not just spit up), fever, rash, diarrhea, coughing, sucking poorly, seizures, breathing fast and noisy, dark or very little urine, or pulling on ears.

Learn first aid and infant/child CPR so you know what to do if baby gets hurt or is choking or not breathing.

Never smoke around a baby. Secondhand smoke can cause colds, ear infections, asthma, bronchitis, and pneumonia in babies.