

Child Care Health Partnership Parent Handout – 2 months

PARTNERSHIPS

You are your child's first teacher. Parents will be viewed as partners and treated with respect.

- Caregivers will be responsive to your concerns and suggestions.
- Your culture, beliefs and child rearing practices will be respected. IF incompatible practices arise, they will be discussed.
- Support and encouragement are always available.

NUTRITION

Many moms continue to breastfeed after they go back to work. It takes a little planning but your worksite and child care provider can work with you to ease this transition. Babies will always be held when bottle fed and bottles will never be propped. This builds the caregiver-child relationship and promotes emotional security. All children will be fed when they show signs that they are hungry.

Breastfeeding

- Stop by to nurse your child at any time.
- A refrigerator with freezer will be provided for expressed milk.
- Please label your child's bottles with his/her name and the date.

Formula feeding

- Formula offered will be the same formula as what is provided at home.
- Bottles will be labeled with your child's name and the date.
- Formula will be prepared, heated and stored with safety in mind.

PHYSICAL HEALTH

Safe Sleep

- Your child will be placed on their backs to sleep.
- Cribs will be kept free of toys, stuffed animals and extra bedding.
- Cribs will meet current safety guidelines.

Immunizations

- Your child should follow the Centers for Disease Control and Prevention/American Academy of Pediatrics current vaccination schedule.
- Discuss this with your baby's doctor to see if your child is up to date.

Tummy Time

- Supervised "tummy time" for your child will be provided each day. This will help your child strengthen and develop his/her muscles.

Diapering

- Diapers will be changed frequently as part of your child's daily routine and as needed.
- Caregiver interactions during diapering will include talking about the diapering routine, singing songs and teaching vocabulary such as toes, hands, fingers, etc.
- Caregivers will use diapering procedures that promote clean, healthy and sanitary conditions for your child.

Environment

- A clean, comfortable, safe and cheerful space with colorful materials will be provided.
- Daily reports will be given that provide information on your child's eating, sleeping, diapering, and play.
- Daily routines will be set up that meet your child's needs.
- Children's toys will be cleaned and sanitized daily.
- The room and toys will be checked every day for potential safety hazards.
- State regulated child-caregiver ratios will be met.

Relationships

- Whenever possible one main caregiver will be assigned to your child to support secure attachments.
- Your child will be rocked, spoken to and read to as the caregiver builds a positive relationship with your child.
- Caregivers will be friendly and responsive.
- Caregivers will respond to your child's cues.
- Caregivers will promote brain development by offering age-appropriate toys, materials and learning experiences.



Healthy Active Living at Home

- Breast milk or iron-fortified formula is all your baby needs to eat in the first 4–6 months.
- Breastfeeding protects against a variety of diseases and conditions in an infant such as childhood overweight and obesity, diarrhea, respiratory tract infection, ear infection, and urinary tract infection. Breastfeeding families are sick less often and the parents miss less work.
- Wait to feed your baby solid foods and water until about 6 months.
- Watch your baby for signs of hunger:
 - Putting hand to mouth
 - Sucking, rooting, and fussing
- Feed your baby when your baby is hungry.
- Infants should be done with their bedtime and naptime bottles before going to bed.
- Watch for signs that your baby is full:
 - Turning away
 - Closing the mouth
 - Relaxed arms and hands
- End each feeding when your baby shows signs of being full.
- Be sure your baby gets to spend awake time on his tummy. Playing and interacting with your baby on his tummy several times each day will help prepare him for rolling and crawling. As babies grow older and stronger they will need more time on their tummies to build their own strength, but you can start with short periods of time (3-5 minutes) and gradually increase your baby's tummy time as he shows he enjoys the activity.
 - Tip: Place toys in a circle around the baby. Reaching to different points in the circle will allow him to develop the appropriate muscles to roll over, scoot on his belly, and crawl.

Questions to Ask Your Child's Pediatrician

- "How often should I be feeding my baby?"
- "How can I make sure my baby has a safe sleeping environment?"



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