

Dad Facts



Do you know how to soothe a crying baby?

Why do babies cry?

- That is how they communicate.
- Time to eat
- Check that diaper
- Too hot or too cold
- Too much going on
- Baby is bored
- Doesn't feel well
- Wants to be held
- No reason at all, that's what they do!



How Dad's can soothe a baby...

- Use a pacifier.
- Rock and comfort the baby.
- Dance with them and make up your own songs to sing.
- Brush up on your goofiness...make funny faces and sounds.
- Hold the baby close...being close is comforting.
- Wait it out...it is ok if babies cry if you have checked the "why do babies cry" reasons. It's ok to put the baby down.
- Let someone else try...call someone.



Babies need to learn how to soothe themselves by sucking their thumbs, rocking etc. so it is OK if your child cries him/her self to sleep. When the cry becomes a scream is when you need to recheck the reasons babies cry and try soothing them again. You're dad...you will know the difference!

What to do when you get frustrated...and you will!

- Put the baby in a safe place ***
- Call a friend or relative to help out
- Put on headphones to distract yourself from the crying.
- Remember that crying won't hurt the baby.
- Remember that you won't always be able to stop the crying...Its OK but if you are concerned, contact the baby's doctor.
- What ever you do...DO NOT SHAKE THE BABY. Just walk away.



***Safe Places for Baby:

Crib or Pack-n-Play, free of soft bedding, toys and food where no one else is sleeping,

Babies should never sleep in an adult bed or on a couch and they should always sleep alone.

Resources for Dads

Your child's doctor

Cribs for Kids, at Next Generation Now
1220 Mound Avenue, Racine
635-1920
Free Pack-n-Plays

Safe Kids Coalition Kenosha-Racine
Wheaton Franciscan Healthcare – All Saints
3821 Spring Street, Racine
687-3366

Public Health Departments
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Caledonia/ Mount Pleasant Health Department
Western Racine County Health Department
Kenosha County Division of Health

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Racine and Kenosha County

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725 Lake Ave.
Racine, WI 53403
Contact: Ahmad K. Qawi
Email: aqawi@ymcaracine.org

Safe Sleep Program 262-605-6723
Kenosha County Division of Health

Now that you have the “dad facts” share them with your parents, friends, girlfriend/wife or anyone who might care for your child. Be confident in your role and in what you know!

“Advice from real dads” are true statements made by dads in a Racine County focus group.



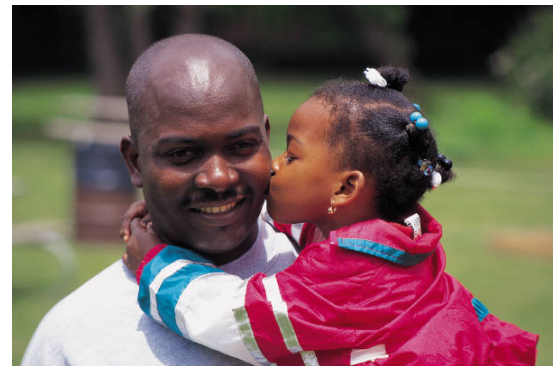
636-9201
835-6429
763-4930
605-6700

Simply dial 211

657-7188

658-2555

619-1001



Information provided by:





Dad Facts

What do you need to safely bathe your baby?

<u>What do you need?</u>	<u>Safe Substitutions:</u>
Baby bath tub	kitchen or bathroom sink
Slip resistant pad for tub	wash cloth/ hand towel in the bottom of the sink
Towel and washcloth	
Baby wash and shampoo	Unscented Dove or Ivory
A small amount of warm water (2-3 inches for a newborn) in the tub or sink.	
A toy or two	Plastic cups, empty water bottles, empty containers
Baby or unscented lotion	

So how do you do it?

- Have all materials within reach before beginning
- Unplug all electric appliances like hair dryers or curling irons so they don't get knocked in the water
- Test the water temp with your elbow or wrist to ensure that the water is not too hot for baby, a bit warmer than room temperature is good.
- Give your baby sponge baths on a solid and sturdy surface until their umbilical cord has fallen off and the area is closed and healed.



- Wipe your baby's bottom front to back to avoid infections.
- Hang on...those babies are very slippery when they are wet and soapy.
- Wash your baby starting with their head and working your way down.
- Once you have started the bath, never leave your baby in the tub alone!
- When the children are older, play with them. Bath time can be fun for both of you!

- Soap will dry out baby's skin so remember to lotion them up when you are finished with the bath.



Dad Facts



Kids Make Your House a Home...Is It Safe?

Even though your new born child will not be moving around for the first few months that time will come before you know it! Here are some ways you can prepare for the big move.

What do I need to do?

Place baby gates above and below all staircases

Lock all cabinets and drawers that contain heavy or toxic materials.

Cover door handles

Put outlet covers in all unused outlets.

Have working smoke detectors and carbon monoxide detectors on every floor and outside of bedrooms.

Have a working fire extinguisher on hand.

Have a place to tie up the cords on your blinds to prevent strangulation.

Do not place cribs near windows.

Use gun locks or locked case to put guns in if you have firearms in the home.

Secure tall shelving units to the wall to prevent tip-overs.



Tips:

- Once your baby starts to move, they move fast! Complete the tasks above before your child begins moving.
- Make sure these things are done at all homes where your child might spend a lot of time.
- Make sure that your hot water heater is set at 120 degrees or less. You should be able to hold your hand under the faucet when the water is its hottest without feeling burned.
- Children are naturally curious and will get into things they shouldn't. Exploration is how babies learn. Encourage them, play with them, And WATCH THEM!
- Always remember: **The BEST PREVENTION IS SUPERVISION!**



Do you have more questions? Call...

Your child's doctor

Safe Kids Kenosha-Racine

687-3366

Your local public health department

Children's Hospital of Wisconsin Poison Center

1800-222-1222





Dad Facts

What do you need to take on the road for baby?

Getting around with a new baby is a lot of work. There are a lot of things you will need to take with you for safety and comfort that you did not need before...these are just a few.

What do I need?

An infant car seat or a convertible car seat.

A stroller or an infant carrier/sling

A diaper bag or a back pack.

MORE TIME! Plan ahead because getting out the door and around town will take more time!

Car seat tips:

Faces backwards when in use for children less than 1 year old and 20 pounds.

Harness clip at armpit level on baby

Baby is the right height & weight

Straps are at or below the shoulders

Seat cannot be moved more than 1 inch when pulling by belt path

You cannot pinch any slack on harness straps when the child is in the seat

Seat is at a 45-degree angle

Do not over dress your child in the winter months. Do not use snow suits during travel.

If you will be traveling for a distance, occasionally check on the baby or have someone ride in back with them.

Get your seat checked for safety by a car seat technician.



**To get a free car seat check, call Safe Kids Kenosha-Racine at 687-3366 to schedule an appointment or to find another location in your area.



Stroller tips:

For an infant, the stroller should be reclining to support the baby's head, neck and back.

Umbrella strollers should only be used for children who are able to hold their head steady for a few minutes.

What should you have in a diaper bag?

diapers wipes blanket pacifier bottle First Aid kit
 at least one change of clothes change of socks
 formula/breast milk in a cooler snacks (for older infants)
 changing pad bottled water for powdered formula
 baby pain relief (Infant Tylenol) favorite toy/book
 plastic bags for dirty diapers or wet clothing hand sanitizer
 extra layer of clothes for a cool day baby spoon hat
 sunscreen for babies 6+ months diaper cream
 health information/ emergency numbers
 **Anything else that will make you and baby more comfortable when you are away from home.



Never leave a child in a car!

When you leave your car, always make sure your car seat is empty.



Dad Facts

Do you know how to put your baby to bed in the safest way?

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden, unexpected death of an apparently healthy infant under one year of age that is unexplained after a complete autopsy, investigation and family history.

How can I reduce the risk to my child?

- Babies should always be put on their backs to sleep and nap.
- Keep soft or loose bedding and toys out of their sleep space.
- No sleeping on couches or adult beds. Place the baby in a crib or pack-n-play.
- No bed sharing with parents, siblings or anyone else.
- Do not overdress the baby. One sleeper and one light blanket are all you need.
- Eliminate all secondhand smoke.
- Encourage the mother to seek early prenatal care.

Myth Busters:

- MYTH:** “Cribs kill children...haven’t you heard of ‘crib death?’”
TRUTH: Cribs are a safe place for your baby as long as the baby on their back and is the only thing in the crib
- MYTH:** “If my baby lays on their back, they will choke on their vomit!”
TRUTH: The spit up will typically come out of their mouth. Burp your child regularly during feeding before laying them on their back.
- MYTH:** “Babies should never be on their tummies”
TRUTH: Tummy time is very important for baby’s muscle development but they must be awake and supervised.
- MYTH:** “I slept on my belly so it is ok for my child too”
TRUTH: The rate of SIDS has been cut in half since the “Back to Sleep” campaign has begun.

It is important to get early prenatal care, get your child immunized, and continue to take your child to regular doctor appointments...you can reduce your child’s risk by doing these things!

Now that you have the “dad facts” share them with your parents, friends, girlfriend/wife or anyone who might care for your child. Let them know that studies have changed the way children should be sleeping.

Sharing this information could save your child’s life.

Resources for Dads

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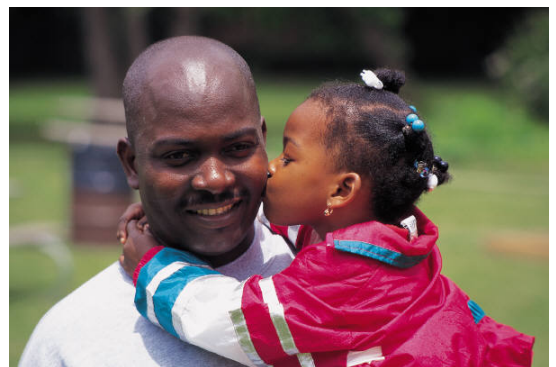
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Simply dial 211

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619-1001



Information provided by:

Dad Facts



Time to eat! Do you know what to do?

What do I need?

1. Appropriate formula or breast milk
2. Bottles with nipples in good condition that fit the bottle.
3. Infant spoons
4. Single grain cereal for children 4+ months***
5. Jarred baby foods for children 4+ months***
6. Sippy cups

Safe substitutions:



Home made baby food

- Your baby should only have formula mixed according to the directions or breast milk until they are 4 months old. ***
- You may need to try several bottles and nipples before you find the one your baby likes the best.
- You may also need to try several sippy cups before you find the one your child can use the best.
- If you have more than one child, you may find that each child likes a different kind of bottle, nipple or sippy cup. Because baby #1 liked something, doesn't mean baby #2 will.
- Before you feed your child, the bottles, cups, nipples and spoons should be cleaned.
- When trying new foods, it may take several tries before your child figures out how to eat it and to decide that they like the food. Don't give up after the first try!
- When you introduce a new food, leave at least 3 days in between trying a new one to make sure they do not have an allergic reaction.
- You can tell when your baby is done spoon feeding when he/she swats at the spoon, turns their head, spits the food out, puts their lips together or cries. Babies can regulate how much they need, so when they "tell" you they are done, you don't need to give them more.
- Do not give children under one year of age honey or cow's milk.
- Do not microwave foods. This creates hot spots. Instead, warm up water on the stove and place the bottle in that water.
- Putting cereal in a bottle can be a choking hazard. Only spoon feed cereals and jarred foods. ***
- Babies need to be fed every 2-4 hours depending on their age.

***Always check with your doctor before beginning cereals and solids.

If you need nutritional assistance for your child, you can call the following places for help:

Local food banks

- In Racine you can call "211" for a listing.
- Various locations in Kenosha

Women, Infant and Children program (WIC)

Kenosha: Community Action Agency
2000 – 63rd Street
657-0840



Racine: 2316 Rapid Drive or 730 Washington Avenue Room 4
637-7750 636-9494

Racine – Kenosha Nutrition Education Program
635-6824





Dad Facts

Do you know how important the father-child bond is?

What is bonding?

The extreme emotional connection between a parent and their child.

How can I bond with my child?

- First and foremost...LOVE them
- Start bonding with your child day 1...jump on in!
- Cuddle with them
- Feed them
- Send mom out and spend time alone with the baby to develop your skills
- Sing, dance and be goofy
- Read to your baby. Whether Dr. Seuss or the sports page it doesn't matter.
- Find out what you are good at doing with the baby and make that your "thing" (dressing, bathing, feeding etc)
- Look at your baby in the eyes
- Let them use you as a jungle gym
- **HAVE FUN WITH YOUR CHILDREN...PLAY!**

When should I be bonded?

Don't worry about this...just keep working at it. For some, bonding happens right away and for others it may take awhile.

Advice from real dads:

"Dads aren't always trusted...we need to demonstrate our knowledge."

"Be creative"

"Babies move fast! Supervise!"

"Be confident in yourself."

"Every child is different. What works for one may not work for another. Be patient and learn what each child is about"

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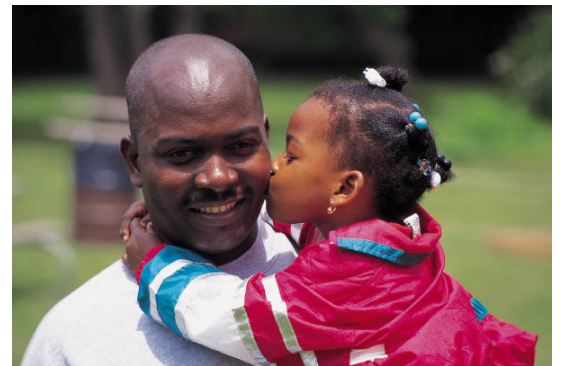
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“Rock a Bye Baby”

What do I need?

Crib (a soda can should not fit through the bars) Play yard, portable crib
Tightly fitting mattress and sheets
Waterproof mattress pad for under the sheets
Receiving blankets
Onesies, footed pajamas and blanket sleepers for the winter.
Pacifiers as needed

Safe Substitutions:

Towel to place under the sheet
Sleep sack



- Babies should always be put on their backs to sleep and to take naps.
- Keep soft or loose bedding and toys out of their sleep space.
- No sleeping on couches, adult beds, swings or in car seats. Place the baby in a crib or portable crib.
- No bed sharing with parents, siblings or anyone else.
- Do not overdress the baby. One sleeper and one light (receiving) blanket are all you need. Tuck the blanket into the crib mattress and only put as high as your baby's waist.
- Eliminate all smoking around your child.
 - Create a routine so the baby knows that it is time to sleep. For example: bath, bottle, read two books, play or sing their favorite song and then place the baby in the crib. This is a great bonding time for you and helps baby wind down for sleep.



*****Remember that placing your baby on their tummy to play strengthens their shoulders, neck, abdomen, and back muscles. This should be done a few times a day but only if they are being closely watched. Doing this also reduces the risk of your child developing a flat head.**

Resources: If you need a safe place for your baby to sleep, you can contact the following to inquire about receiving a crib and safe sleep information:

Kenosha County:

Kenosha County Division of Health
8600 Sheridan Road - Suite 600
Kenosha,
605-6723

or

Racine County:

Next Generation Now
1220 Mound Avenue
Racine
635-1920



Dad Facts



Why is play important?

Play is the way babies and children learn about their world, themselves and how to relate to others. Babies play by watching, touching, putting things in their mouths, and listening. It is your job to create a safe environment for your baby to play and explore.

What kind of toys should I get for my baby?

Toys should be baby friendly and interesting to an infant. Check the label on the box to see if it is appropriate for your child to play with. It should be appropriate now, not one that they will “grow into”. If there is no box because the toy is from a rummage sale, thrift store or a friend, look it up on line for recalls and keep in mind the following safety tips.

To keep your child’s play time safe, toys must:

- Be large enough and not have small parts that a child can choke on. If you can put the toy in a toilet paper roll, it is too small for a child under 3.
- Be free of damage. You must regularly check the toys for any damage and make repairs or throw away the toy.
- Not be recalled (view www.cpsc.gov to see if a toy has been recalled)
- Not have sharp edges, points, or splinters
- Be non- electric or battery operated
- Not have long strings or loops on them which can strangle a baby.



How can you make the most of your child’s play time?

1. Always supervise your child when they are playing. Play time is more valuable when you are involved and playing with them...this is a great time to learn about each other!
2. Play with your child when they are happy and rested
3. Babies can become over stimulated. Stop playing or introducing new activities when you see that your baby has had enough (uninterested, fussing, tired)
4. It is ok for babies to play by themselves at times...as long as you are watching
5. Get down on the floor with them, dance with them to music, make silly faces, sing
6. “Unplug” your self from the T.V. and phone and just enjoy your child.
- 7 HAVE FUN!

What is your baby learning in the first year?...A LOT!

Following objects with their eyes

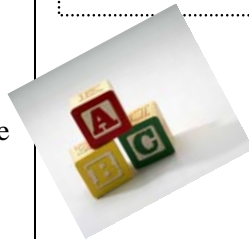
Sitting, rolling over, scooting, standing and sometimes walking

Smiling, cooing, babbling, imitating sounds

Learning who is familiar

Using their thumb and fingers to hold on to objects which they will bang, squeeze, twist and shake

How to make things happen in their environment



Toys that can help develop these skills: Rattles, unbreakable mirrors, soft blocks, stacking cups, plastic keys, balls, cars, shape sorters, squeeze toys, board books, **Games:** peek-a-boo, pat-a-cake, the itzy-bitzy spider

Remember that your child’s favorite thing to play with is YOU!

For more information on play and toy safety contact:

Safe Kids Kenosha-Racine at 687-3366

Your child’s doctor

The toy manufacturer directly

For additional safety information including recalls: go to www.cpsc.gov

