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THE CARE *of* THE BABY



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THE CARE OF THE BABY

“If babies were well-born and well-cared-for
their mortality would be negligible.”

A BABY'S SURROUNDINGS

THE NURSERY

If possible, have a separate room for the baby or little ones to sleep in at night and to play in by day. Choose a sunny, corner room, with plenty of light and air.

Babies, like plants, thrive in sunshine.

THE BABY'S BED

If a child cannot have a room to himself, he must at least have a separate bed. A flat clothes basket makes a good bed the first year, and a folded army blanket or piece of table felting a fine, washable mattress. A metal crib large enough for the first six years may be used equally well, if the sides are protected by curtains or pads.

WHAT ARE HEALTH HABITS AND WHEN SHOULD THEY BE TAUGHT?

A baby is born without habits, good or bad. It rests with the mother to teach him proper habits in regard to eating, sleeping, bathing, and the taking of fresh air and exercise. Good habits must be started during the early weeks of life in order to estab-

lish health and, incidentally, to insure obedience and self-control. A badly trained child is usually the result of lack of backbone in the mother.

FRESH AIR

A child must have fresh air, light and sunshine in order to grow. Keep the nursery window open, regardless of the wasting of fuel, and get the baby out for an airing every day. Naps may be taken on a protected porch even in winter weather. In summer, a little one may practically live outdoors.

SLEEP

Encourage the baby to sleep all he can, but see that he does not turn night into day. Train him early to take a long, unbroken sleep, at least six hours at night. A long nap usually follows the bath and mid-morning feeding; another nap, usually shorter, comes after the midday feeding. A child should not be permitted to sleep in the late afternoon, or the night rest will be broken. All young children should have an early bed hour. Tuck the baby away at 6 or 7 o'clock, and do not allow him to be played with or to stay up to amuse the family. Make the baby comfortable; let the room be quiet, cool and darkened, and let him go to sleep by himself.

FOOD

Start teaching the baby early the right food habits by putting before him the proper food at the proper time and seeing that he takes it.

Breast milk is nature's food, but even this form of nourishment can be spoiled if the baby is allowed to nurse whenever he cries. Putting another meal into the stomach before the previous one is digested will make even a grown person sick. Feed the baby by the clock, and wake him regularly in the daytime to take nourishment.

Fruit juice should be given to bottle-fed babies once a day after the third month, and may be given to breast-fed children

by the second half of the first year. At first, a teaspoonful of strained orange juice (diluted with water) may be given on an empty stomach, and this gradually increased to the juice of half an orange. The juice of other ripe fruits, such as peaches, may be substituted for oranges, or the juice of cooked fruit used, if no fresh fruit is available.

Boiled water should be offered to every baby at least twice a day. During hot weather, a baby may be allowed to take as much cool water as desired—from 1 to 6 ounces a day, according to the age of the baby.

BATH

A bath every day is necessary, at least until a child is trained in personal habits. Individual towels and wash cloths should be used. The room in which the bath is given should have a temperature of from 70 to 75 degrees; the bath water, 100 degrees, gradually decreasing to 90 degrees at 6 months. A cold splash over the chest protects the child from taking cold.

The bath can be given at any hour that suits the mother, but a convenient time is usually before the mid-morning feeding.

HOW TO DRESS THE BABY

A simple, washable outfit should be selected for the newborn child. Except in very warm weather, an infant should wear a light or medium weight band, shirt and stockings of part wool. This underwear and the diaper are the essential articles of clothing. A dress or nightgown is usually added, and in cold weather a flannel slip should be worn under these. Dress the baby lightly indoors; additional garments may be put on to suit the outer temperature, when he is aired indoors, or is taken out. Keep the baby clean and spotlessly neat; frills will not make him any sweeter.

PLAY AND EXERCISE

Nature provides plenty of exercise for the baby in crying, kicking his legs, tossing his arms about, and in learning to creep.

If these movements are not restricted by tight clothing, swaddling, or pinning down in bed, no other form of exercise is needed in infancy. Every young baby should be held once or twice every day, and should not be allowed to stay a long time in one position. Mothering is good for a child, but it must be intelligent mothering, and not foolish indulgence which may lead to the establishment of bad habits.

DAILY ROUTINE

A mother should plan a daily schedule for her baby, considering first what is best for him, and next what arrangement of hours fits in with her other duties. It is not necessary or wise for a whole household to revolve around the baby. The first decision to be made is whether the baby shall be fed at a three or four-hour interval, and how many feedings shall be given in 24 hours; next, at what hour the early morning feeding shall be given.

A WELL BABY'S DAILY PROGRAM

	<i>Three-hour Feeding Interval.</i>	<i>Four-hour Feeding Interval.</i>
Early morning nursing	6.00 a. m.	6.00 a. m.
Plays in crib or pen	6.30-8.30	6.30-9.30
Takes fruit juice (after 3 months)	8.30	9.30
Bath	8.30	9.30
Mid-morning nursing	9.00	10.00
Long nap, outdoors if possible	9.30-12.00 m.	10.30-2.00 p. m.
Midday nursing	12.00	2.00
Short nap, outdoors if possible	1.00-2.30 p. m.	2.30-3.30
Mid-afternoon nursing	3.00	None
Awake, outdoors in suitable weather	3.30-5.30	3.30-5.30
Undressed and rubbed, clothes changed	5.30	5.30
Bedtime nursing, and put to sleep	6.00 p. m.	6.00 p. m.
Night nursing	10.00, or later	10.00, or later
Unbroken sleep	Until morning	Until morning

**THE PRIMARY NEED OF AN INFANT IS A
COMPETENT MOTHER**