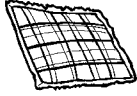


LOUISIANA'S FUTURE: FAMILIES AND CHILDREN



Your Security Blanket

A monthly newsletter for parents of newborns

Second Month

The Second Month

During the first year of your baby's life, she will change and grow more than any other time. The second month of life includes many developments.

Baby's Development - A Message from Baby



You are probably getting used to the way I look. My wrinkles are smoothing out as more fat is laid down beneath my skin. My forehead and eyes are large, but my nose and chin are small.

I might sleep six straight hours at night, begin to lift my head and turn it in the direction of voices. My cry for food may be different now from my cry when I am uncomfortable. I may smile. And, I am learning. Since I am learning, I may be bored when left alone. Your faces, bright colors and interesting mobiles give me something to watch.

If you will tie a bell near the crib and jingle it sometime, it will help me learn to listen. Play a radio for me, too, but not too much or too loudly. Talk to me often, and don't use baby talk because in a few months I will imitate what I hear. I need to imitate the correct sounds. Have you heard me make "oo," "i" and "m" sounds yet? I'm trying. Thanks for taking such good care of me! I love you.

Parent - Baby Games

Get a toy that will make a sound. Hold it about 12 inches from your baby's eyes. Does she look at it when you shake it? Now move it slowly in an arc. Can your baby follow it with her eyes?

Baby's Health

Immunize your baby! This is the time for second-month immunizations. Check the following chart, and make an appointment. Your child can receive immunizations at the parish health unit or a doctor's office. Follow this schedule:

Age	Vaccines needed
Birth	HBV
2 months	DTaP, Hib, IPV, HBV
4 months	DTaP, Hib, IPV
6 months	DTaP, Hib, HBV, IPV
12-15 months	DTaP, Hib, MMR, IPV, Var
4-6 years	DTaP, IPV, MMR Booster

There are possible side effects with some vaccinations. Check with your doctor or health department.

Safety First

Other tips

Never put a loop of ribbon or cord around your baby's neck to hold a pacifier.

Do not put necklaces, rings or bracelets on baby.

Infant Car Carrier

Whenever your baby rides in a car, she needs to be in a car seat. It's the law! It should:

Be fastened in place by the vehicle's seat belt

Provide side support, particularly in the head and shoulders area to give adequate protection

Be put in the back seat with the infant facing toward the back, not toward the windshield

Day Care Centers

What should you look for when choosing a day care center?




Safety

Is it a licensed (class A or B) center or registered family day care?

Your Security Blanket






A monthly newsletter for parents of newborns

Second Month





-  Are sick children kept in a separate area?
-  Are the rooms well heated, ventilated and lighted?
-  Are the yards fenced and free from trash?

Workers

Does the caretaker:

-  Talk and pay attention to the babies in her care?
-  Appear to like children?
-  Observe and react to the behavior of the babies?
-  Respect the parents?
-  Give firm guidance when necessary?

Program

-  Do babies have a separate space from the older children for eating, sleeping and playing? Are they kept dry and comfortable?
-  Are there interesting, colorful things to stimulate baby through sight, touch and taste?
-  Are the belongings of each baby kept separately from the others?
-  Are there enough adults so that babies are played with, cuddled and held during bottle feeding? It is recommended to have one adult for every four infants.

Baby's Food

It is wonderful if you are breast-feeding. Breast-fed babies seem to have more immunity to illness and allergies. But, bottle-feeding provides good nutrition, too. Just remember to wash bottles and nipples in hot, soapy water. Rinse well. Then sterilize by covering them with water and boiling for 10 minutes.

Baby's Bath



Bath time can be one of the most enjoyable times for you and your baby. Bathe your baby at regular times when you will not be interrupted and will not have to hurry. To be sure that your baby is safe, collect everything you need ahead of time. Never leave her alone on a table or in the tub. When possible, dads or moms can bathe the baby.

References

- Bower, D., (1996). Baby Bouncer, Cooperative Extension Service, University of Georgia.
- For the Love of Your Baby - What Every Parent Should Know About Immunization. (1993). Department of Health and Hospitals, Office of Public Health.
- Gee, R. and Meredith, S., (1987). Entertaining and Educating Babies and Toddlers. Usborne Parents Guides. EDC Publishing, Tulsa, Oklahoma.
- Moyer, I.D., (1983). Responding to Infants - The Infant Activity Manual. T.S. Dennison and Company, Inc., Minneapolis.
- Van Horn, J.E., Program Director. Off to a Good Start - You and Your Baby. Cooperative Extension Service, The Pennsylvania State University

Alicane D. Sasser

Prepared by Diane D. Sasser, Ph.D., Assistant Specialist, Family Development

Visit our website: www.lsuagcenter.com

Louisiana State University Agricultural Center,
William B. Richardson, Chancellor
Louisiana Cooperative Extension Service,
Jack L. Bagent, Vice Chancellor and Director

Pub. 2555-B (6M) 10/00 Rev.

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.