

LOUISIANA'S FUTURE: FAMILIES AND CHILDREN



Your Security Blanket

A monthly newsletter for parents of newborns

Third Month

The Third Month
Your baby has gotten lots of attention by the third month, and that's good. But before discussing baby, here's a word on your older child.

Older Children

If you have an older child in the house, he won't like sharing you too much with a newcomer. Being neglected is no fun, and your older child may act "babyish" for a short time. An older child will feel much better if you allow him to hold and hug the baby, help to dry the baby after his bath or to do other tasks that let him know the baby is his brother or sister, as well as your baby. Talk about how special it is to be a "big brother" or "big sister" now. If possible, arrange a special time for just you and your older child. It will help eliminate jealousy.

Baby's Development - A Message from Baby



Now that I am three months old, I kick, hold my head up alone and turn from side to back. I hold a toy if it is placed in my hand. I can smile, laugh and squeal. My eyesight is better, and my permanent eye color will form this month. I will study your face. You can notice this when you feed me. I might begin to say na, ga, ha, ya, nga and some vowels. Probably I have discovered my hands. Oh! I still love bright colors.

Please let me be in safe places when I am free to use my muscles a lot. Mobiles or dangling objects are good for me to look at. Repeat the sounds I make when I "talk." Praise me. Thanks for taking such good care of me.

Baby's Temperament

Your baby likes to be around other people; move him with you as you move through the house. Singing and talking to him makes your baby feel happy and secure.

He will smile and babble a great deal, so be sure to reward this behavior with affection and praise.

Baby's Habits

Baby might suck his thumb. This is because he is born with a sucking instinct and may need to suck. This is generally harmless and may decrease by the 6th or 7th month. If you want to help, allow him more time to suck at a bottle or pacifier or, if you are nursing, on the breast.

Baby's Food

Before the 4th month, an infant has a strong tongue thrust reflex. This causes baby to push anything solid out of her mouth to keep from choking. That's one reason solid food is not added to her diet earlier than 4 - 6 months. Until that time, mother's milk or formula is really the best and only diet baby needs.

Baby's Clothing



Choose clothes with plenty of room for baby to move. Those which don't need ironing save time and money. Look at the label before you buy.



Don't dress baby too warmly. His hands and feet are not as warm to the touch as the rest of his body, and if you dress him until they are warm, the rest of his body will be too warm.

Diapering

Rashes are caused by bacteria on urine-soaked skin from acids in bacterial infections and some laundry products. Here are some hints if your baby develops a rash.


-  Ask your doctor about a cream for rashes. Zinc oxide is often recommended.
-  Change his diaper as soon as he is wet, even during his sleep if he is asleep for a long time.

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 If this doesn't produce results, remove diaper completely and expose the irritated area to the air. Do this for an hour or so each day, or even for a short time in the sun.




 If the baby's rash still doesn't clear, contact your doctor again.

Safety Tips

 Never leave your baby alone on any surface from which he can fall, even in a baby carrier.

 Keep sides of crib up and latched when infant is alone.

 Keep stairs free from clutter to prevent falls while carrying baby.

Baby's Health

You won't need immunizations this month, but they will be on your schedule next month.

Other Cooperative Extension Service publications from the Louisiana's Future: Families and Children program that you might find helpful with your baby are:

Every Touch Counts (Leaflets to Help a New Mother), Pub. 2520

How to Protect Kids From Lead Poisoning, Pub. 2556.

Call your parish office for a free copy and for other suggestions.

Notes About Your Baby:



References

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