

## ANTICIPATORY GUIDANCE FOR INFANCY (0 – 1 YEAR)

### Healthy and Safe Habits

#### Injury and Illness Prevention

- Install rear-facing infant safety seat in back seat of car
- Never place baby in front seat with a passenger air bag
- Be sure that crib is safe
- Put baby to sleep on back or side (back preferred) to reduce Sudden Infant Death Syndrome (SIDS) risk
- Don't use soft bedding (quilts, blankets, pillows) or soft toys
- Keep room temperature comfortable, not too warm
- Set water temperature <120°F
- Don't use baby walkers
- Install smoke alarms
- Keep home and car smoke-free
- Check home for lead hazards
- Never shake baby
- Know signs of illness: fever >100.4°, seizure, rash, unusual irritability, lethargy, failure to eat, vomiting, diarrhea, dehydration, jaundice
- Wash hands often
- Do not leave baby alone in tub, high places; always keep hand on baby
- Childproof home (hot Liquids, cigarettes, alcohol, poisons, medicines, outlets, cords, small/sharp objects, plastic bags, safety locks)
- Empty tub, buckets, pools

- Keep poison center number handy
- Review emergency procedures for home, child care
- Learn first aid, CPR
- Supervise near water
- Supervise near pets, mowers, driveways, streets

### Nutrition

- Discuss breastfeeding: expectations, preparation, getting started
- Discuss bottle feeding: iron-fortified formula, semi-sitting feeding position
- Do not warm bottles in microwave
- Do not put cereal in bottle
- Delay solid foods until 4-6 months
- Avoid choke foods (nuts, popcorn, carrot sticks, raisins, hard candy)
- Supervise eating
- Increase soft, moist table foods gradually
- Let child experiment with food, do not force eating

### Oral Health

- Don't put baby to bed with bottle

### Family Relationships

- Expect changes in family relationships
- Plan to help each other with baby
- Let go of less important tasks for a month or two

- Anticipate sometimes feeling tired, overwhelmed, or "blue"
- Develop support system (friends, family, community)
- Rest when baby sleeps
- Take time for self, time with partner
- Meet needs of other children
- Choose responsible caregivers, babysitters

### Infant Care

- Discuss cord care, circumcision, skin and nail care, vaginal discharge/bleeding, burping, crying, hiccups, spitting up, thumb sucking, pacifiers, sleeping, stools, thermometer use, clothing
- Discuss questions/concerns about skin and nail care, bathing, colic, crying, thumb sucking, pacifiers, sleeping, bowel movements, thermometer use

### Parent-Infant Interaction

- Hold, cuddle, and play with baby
- Try to console baby; crying may peak at 6 weeks
- Provide age-appropriate toys
- Talk, sing, read to baby; play music
- Set bedtime routine; put baby to bed awake
- Discuss separation anxiety
- Encourage safe exploration
- Set simple rules, limits
- Avoid or limit TV viewing