



Safe
Babies

PARENTING ACTION PLAN

Keeping Track of What Works
For Me and My Baby



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Playing With My Baby

You may feel overwhelmed with just caring for your baby, but don't forget to have fun with your baby, too.

Your baby's brain is changing and building rapidly. As complex as this is, the best things you can do to help build your baby's brain are also the most fun!

Play, talk, dance, and sing! This will help your baby learn.

Playing with My Baby

- Make silly faces while holding my baby close
- Tell my baby what she/he is looking at
- Hold my baby and dance to music
- Make silly sounds while holding my baby close to me
- Imitate my baby's facial expressions or movements
- Sing to my baby
- Hold an object near my baby and move it slowly back and forth
- Hold my baby so we are both facing a mirror
- Lay on the floor with my baby during tummy-time

Other ways to play with my baby:



Talking to My Baby

Your baby has to completely learn a new language and the only way to do that is to hear and be exposed to language.

Right now, it doesn't matter what you say, what matters is talking to your baby.

Research shows that babies do not learn language from television or the radio very well. They need someone talking and interacting with them to learn.

Face-to-face time is time well spent.

Ways I talk to my baby

- Tell my baby what I am doing
- Tell my baby about his/her clothes
- Read books/social media feed/news articles out loud
- Make silly sounds
- Name all the items in my baby's room
- While shopping, tell my baby what I am putting in the cart
- Touch my baby's body parts and name them (toes, hands, nose, ears, tummy)
- Talk to my baby during tummy-time about what he/she sees
- Imitate my baby's babbling sounds when he/she makes them

Other ways to talk to my baby:



Soothing My Baby

Crying is a normal part of infant development. When your baby cries, first check to see if your baby:

- ✓ Is hungry
- ✓ Is tired
- ✓ Is sick
- ✓ Needs to be burped/held
- ✓ Is too hot/cold
- ✓ Needs a new diaper

Sometimes crying happens for no reason. This is normal and sometimes the only thing you can do is soothe your baby.

If this happens a lot, tell your pediatrician or provider.

Things that soothe my baby

- Hold, carry, wear my baby
- Skin to skin with my baby
- Go outside with my baby
- Whisper or talk to my baby
- Walk with my baby in a stroller
- Sing or hum to my baby
- Rock my baby
- Turn on a calming sound
- Place my baby in an infant swing
- Shush and bounce my baby gently
- Turn off music or television
- Offer a pacifier (if breastfeeding is well established)

If the crying is frustrating and nothing seems to work, remember:
It isn't your fault. This is normal. Your baby will grow out of this.

If you are frustrated, put your baby down in a safe place and take a time out.



Taking a Parent Time-out

Your baby's crying can be upsetting and frustrating! Sometimes there is nothing you can do to soothe your baby.

It is okay.

If you are frustrated, take a parenting time out to calm down. Put the baby down in a safe place and go into another room.

Do not leave the baby alone in the house. Check on the baby every few minutes.

Things that calm me down

- Take 3-7 deep breaths, inhaling and exhaling slowly
- Call a friend/family member for support
- Ask for help
- Play music with headphones
- Exercise
- Read
- Pray or meditate
- Watch television
- Garden
- Cook

Other things that calm me down:



Helping My Baby Sleep

Most newborns do not have a regular sleep schedule. Whatever you do, your baby will likely wake during the night until 6-months of age. Most newborns will have periods of 2-4 hours of sleep followed by 1-2 hours of wake.

However, establishing a nighttime routine now will help in the long run. Make your nighttime routine unique to night and do it every night in the same order. Make sure both you and your partner know the routine and follow it.

Sleep safety:

- ✓ Place baby on back
- ✓ Mattress is firm and fits crib tightly
- ✓ NOTHING in the crib/bassinet
- ✓ NO blanket or bumper pads in crib
- ✓ Share a room, but not a bed with your baby

My baby's signs of sleepiness

- Rubbing eyes or mouth
- Yawning
- Looking away
- Grabbing ear

My baby's nighttime routine

- Feed baby
- Rock baby
- Sing or play a special nighttime song
- Bathe my baby
- Read to my baby
- Name objects in room
- Put on pajamas
- Turn off bright lights
- Place baby in crib while still awake



Helping Me Rest

Your sleep will be disturbed and interrupted with a new baby. Lack of sleep and always being tired can affect every aspect of your life.

It is important to find ways to deal with your new sleep pattern and find ways to get rest. Getting rest is important for all parents with a newborn.

During the day, ways I get rest

- Take a nap when my baby sleeps
- Limit caffeine intake
- Deep breathing exercises 5min per day

During the evening, ways I get rest

- Feed my baby right before my bedtime
- Set an earlier bedtime goal
- Use white noise in my room
- Have my baby sleep in the same room (but NOT the same bed)
- Pump during the day so my partner can feed our baby at night

I will ask for help with the following, so I can get rest

- Watching my children
- Cooking
- Other: _____
- Shopping
- Cleaning
- _____



Safe Caregivers

Before leaving your baby with anyone, ask these questions:

- ✓ Does this person want to watch my baby?
- ✓ Is this person good with babies?
- ✓ Has this person been a good/safe caregiver to other babies?
- ✓ Have I had a chance to watch this person with my baby before?
- ✓ Will my baby be safe with this person?

Do not leave your baby with anyone who:

- ✓ Is impatient, annoyed, or becomes angry when your baby cries
- ✓ Says your baby cries too much
- ✓ Might treat your baby rough because they are angry at you
- ✓ Has a history of violence or abuses drugs or alcohol
- ✓ Has lost custody of their own children because they could not take care of them

Make sure the person you leave your baby with has:

- ✓ A properly installed car seat to transport your baby safely
- ✓ A safe place for your baby to sleep
- ✓ Knows how to feed your baby
- ✓ Has emergency phone numbers



My Safe Caregivers Are:

Name: _____

Contact Info: _____

Name: _____

Contact Info: _____

Name: _____

Contact Info: _____

Name: _____

Contact Info: _____



Keeping My Baby Safe

Falls are the leading cause of injury to infants.

Leaving a baby unattended, even for a moment, can increase their risk of falling.

Infants can also suffer from injuries when things topple on them.

Active supervision and safely preparing your home and vehicle for your baby can help prevent these injuries from happening.

Ways I keep my baby safe at home

- A safe place to put my baby down in every room
- A place to leave my baby that is NOT the couch or a bed
- Use safety straps on high chairs, infant carriers, strollers, and changing tables
- Move my sleeping baby from his/her car seat or swing to a safe sleep environment
- Furniture and TVs are anchored to the wall

Ways to keep my baby safe in the car

- Buckle my baby into a car seat for every ride, every time
- Place an item, such as my purse, in the back seat so I remember to get my baby every time I leave the vehicle
- My baby's car seat has been inspected by a free child passenger safety technician



Bathing My Baby

Bath time with your baby can be fun. It is a great way for you or your partner to engage with your baby.

However, there are a few things to keep in mind to keep bath time safe.

Some tips to keep bath time safe:

- ✓ Make sure the hot water heater setting is at 120F or lower
- ✓ Never leave your baby unsupervised, even for a moment, while in or near water
- ✓ Sponge bathe your baby until the umbilical stump falls off

My baby's bath routine:

- Shampoo, soap, washcloth, and towel are in place before starting the bath
- Shampoo/soap is made especially for babies
- Fill the basin/tub with cooler water, then mix in hot water
- Support my baby's head and neck while bathing
- After bathing, wrap my baby in a towel and pat dry
- Other: _____

It is not necessary to bathe your baby every day. You can plan to bathe your baby 2-3 times a week. Of course, you may bathe your baby more if she/he likes it.



Remember!

Infants do not come with an instruction manual. It is okay to have questions and to not know what to do.

If you have any other questions about caring for your infant, please write them here:

Helpful Resources

Postpartum Depression

1-800-994-4773

National Domestic Violence Hotline

1-800-799-7233

Texas WIC

1-800-942-3678

Breastfeeding Resources

www.breastmilkcounts.com

Postpartum Mood

www.postpartum.net

Parenting Resources

www.healthychildren.org

www.helpandhope.org

Crisis Text Line

Text HOME to 741741

Smoking Quitline

1-877-937-7848

Helpline

2-1-1

Services

www.211texas.org

Child Car Seat Resources

www.dshs.texas.gov/saferiders

www.brightbytext.org

www.startsmarttexas.org

