

CONGRATULATIONS!

You're going to be a grandparent.

Tips to help make this momentous occasion a special time for your family.

- ✓ Before you tell your friends that your children are expecting, check with the parents-to-be to see if they're ready to share the news.
- ✓ Offer advice only when asked.
- ✓ Place babies on their back during all sleep times to avoid Sudden Infant Death Syndrome (SIDS).
- ✓ Take infant-child CPR classes and order a copy of our CPR-Choking card sets (www.hangNthere.com). Remember to carry them with you for frequent review of the details and steps you should remember.
- ✓ Become familiar with the car seat rules (such as rear-facing car seat is a safer way to travel) until the child turns at least two years old, and make sure you know how to use it properly.
- ✓ Breast milk is not heated in a microwave, and it's important not to make it too hot. It's best heated by holding it under increasingly warmer water or in a pan of water on the stove.
- ✓ Offer to help by babysitting, doing housework, shopping, etc. to give new parents private time with the baby.
- ✓ Remove blankets, pillows, comforters, bumpers and toys from the baby's sleep area. A Sleep Sack is a wearable blanket that replaces loose blankets in the crib that can cover the baby's face and interfere with breathing.
- ✓ If the baby seems to be crying for "no reason," pediatrician Harvey Karp advises to use the Five S's, which recreate the womb environment and activate the baby's calming reflex:
 - **Swaddling:** Wrap the baby in a blanket so he/she feels secure.
 - **Side or Stomach Position:** Hold the baby so he's lying on his side or stomach. But always put him on his back when he goes to sleep.
 - **Shushing:** Create "white noise" that drowns out other noises: run the vacuum cleaner, hair drier, fan or clothes drier, or use an app such as *White Noise Baby*.
 - **Swinging:** Create a rhythmic motion of any kind. For example, take the baby for a ride in a stroller or car.
 - **Sucking:** Let the baby suck on something, such as a pacifier.
- ✓ Babies do not need a room that is completely silent and dark to fall asleep



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- ✓ The belief of putting rice cereal in the infant's bottle will help him sleep is really untrue. Solids should be introduced around 4 to 6 months at the recommendation of the pediatrician.
- ✓ Baby bottles and nipples do not need to be sterilized—only when you first take them out of the package.
- ✓ Babies don't need to be bathed everyday unless they had a *very* messy diaper.
- ✓ Never smoke around a baby or take a baby into a room or car where someone recently smoked.
- ✓ Best to keep a baby from dangerous UV rays, but it's OK to apply sunscreen to an infant under 6 months of age.
- ✓ Look for signs of postpartum depression in the mom and or dad. If you notice prolonged sadness, anger, excessive crying, overreaction to small things, insufficient interaction with the baby, then encourage them to speak to their doctor about it.
- ✓ Don't compare the baby's development to your own kids.
- ✓ Don't clean the base of the umbilical stump with a cotton swab dipped in rubbing alcohol, let it dry instead.
- ✓ If the baby is running a fever, don't rub them down with alcohol to lower the temperature. It won't bring the fever down and it's unsafe, since alcohol can be absorbed through the skin.
- ✓ Don't use the drop-side crib you used with your own children. Be sure the crib meets current safety standards.
- ✓ Using baby powder while diapering is no longer encouraged, as inhaling baby powder can lead to respiratory problems.
- ✓ Moms today prefer to carry their babies in slings. It helps moms bond with the baby easier.
- ✓ Stay positive, be flexible, don't take your children's choices personally, respect their wishes, and "just go with the flow". Think about the role you want to play what kind of grandparent you want to be. It's certainly a legacy that will live on.

You can do it!

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