YOUR
BABY'S CARE
by
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Approved by the
MEDICAL ADVISORY COMMITTEE OF THE
AMERICAN CHILD HEALTH ASSOCIATION
and the
ADVISORY COMMITTEE OF THE
CONFERENCE OF STATE AND PROVINCIAL HEALTH
AUTHORITIES OF NORTH AMERICA

Life Conservation Service
of the
JOHN HANCOCK MUTUAL LIFE
INSURANCE COMPANY
Boston, Massachusetts
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YOUR BABY’S CARE

A Baby is Born to You

The care of your baby is a great privilege. His is a new life given you to mold in the way you would have him grow. He is dependent upon you not only for his very being, but also for his care and guidance during his early years—years so precious because every day means new growth of body and new development of mind and personality. Realizing your child’s entire dependence upon you for constant help and guidance, you will appreciate the importance of knowing how to care for him, and will feel that no effort is too great and no supervision too difficult during these years.

This booklet concerns itself with the care suitable for the average baby during the first years of its life. But it is not intended to take the place of your own physician’s watchful supervision of the particular needs of your baby.

Before and After the Baby Comes

The baby’s care begins not after he arrives, but at the beginning of pregnancy. So it is important for the mother to consider her own health before as well as after the baby is born. The rules are simple, but the effects upon the baby are immeasurable.

Go to your physician as soon as you know that you are pregnant, and at frequent and regular intervals thereafter.

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This is important, because your doctor will examine you to determine your physical condition, and, based upon his findings, he will give you specific advice to supplement the other rules of health.

Eat a plain but varied diet, including plenty of green vegetables, fruits, and milk. The diet should be adequate to supply both you and your baby with enough nourishment. It should include leafy vegetables, fruits, both fresh and stewed; and a quart of milk, in addition to a simple daily fare of cereals, one egg, one portion of meat, and a variety of vegetables. Ask your doctor's advice, if certain foods do not agree with you.

Exercise in the sun and fresh air each day. Moderate exercise, including light housework, is beneficial. Strenuous exertion and overwork should be avoided. Keep in the fresh air as much as possible, and in the sun, except during hot weather.

Sleep regular hours at night, and rest during the day. Sleep is the great restorer, essential to well-being. Rest periods during the day will prevent fatigue.

Bathe daily and keep the bowels open. This is the only way to remove the waste products of the body. If you drink plenty of water, milk and other beverages, and eat a varied diet, you should not be troubled with constipation. If you are, tell your doctor; don't take cathartics except as prescribed by him.

Try to make this period a happy preparation for the birth and care of your child. Remember that pregnancy is normal. A contented mind is a great help to physical well-being.
Your Baby's Little World

Before the baby comes, plan to make the baby's little world as pleasant and healthful as possible. A home with a clean, dry yard is desirable, because it is a convenient place for the young baby to have his sunshine and fresh air, and a safe place for the little child to play. If you live in an apartment, then a sunny, well-ventilated one is to be preferred.

The most satisfactory room for the baby to live and sleep in is one which can be ventilated without creating a draft, with furnishings plain and easy to keep clean. Adequate heat is important, but the temperature should be not over 70° during the daytime or 60° at night, when the outside temperature is no higher. The nursery should be thoroughly aired and cleaned each day; this can be done while the baby is sleeping outdoors or while he is in another room, if the day is too cold for him to go outside.

A basket, such as a large clothes basket or bassinette, may be used for the first bed. A folded, washable pad or blanket can be used for a mattress. It should be kept always dry and clean by placing a rubber or oilcloth square on the mattress under the sheet. Small, soft pads, 18 x 18 inches, may be kept under the baby, and should be changed, if damp, whenever the diaper is changed.

It is advisable that the baby have a crib when six months old. By that time he begins to be very active, and a crib with high sides and bars close enough together so that the baby's head cannot be
pushed between them is a safe place in which to keep him; it also serves the purpose of a play pen and gives him something to hold to when he begins to stand and walk. The crib is large enough to accommodate the child for the next five years.

The baby’s carriage should be well-balanced, have an adjustable top, and be equipped with a safety strap for use when the baby is old enough to sit up. See that it is large enough for the baby to lie in at full length.

**Clothing for the Newly-Arrived**

Band or binder (2 to 4 are enough). A snugly fitting flannel binder, 8 inches by 20 inches, should be worn until the navel is healed.

Knitted bands with shoulder straps (2 to 4).

Knitted shirts (2 to 4). Both the bands and shirts should be of cotton and wool, or of silk and wool; never all wool. In warm weather, cotton bands or shirts should be used.

Diapers (3 to 4 dozen). An 18 x 18 inch square diaper of bird’s-eye cotton or some other soft material will be large enough to use the entire time the baby needs to wear one. It should be folded or doubled once for the small baby, and only partly folded for the larger baby.

Flannel petticoats (2 to 4). These may be necessary for a very young baby only in the winter season.

Night gowns (2 to 4). They should be made of cotton flannel, and should open all the way down the front or back, and should be long enough to keep the feet warm. They may be made with a drawstring at the bottom.

White cotton slips or dresses (4 to 8).
Coat and cap (or hood).

Stockings (part wool) and bootees (2 to 4 pairs) — for cold weather.

Jackets or sacques — for winter or cold weather — (2 to 3). They can be made of any soft material.

Shoes. Soft soles for the young baby, and stiff soles only when he begins to stand and walk. Shoes should have broad toes, no heels, and should fit the natural shape of the foot.

The baby needs simple, washable garments, which should be changed as often as necessary to keep him clean and dry. The amount of clothing will depend on the season, his age, and condition. The younger or more feeble a baby, the more clothing he needs. If he perspires freely and is restless, he probably has too much on. If his hands and feet are cold, he needs more clothing. In hot weather, a diaper and band may be all that is necessary. During winter, a band, shirt, petticoat, dress and stockings are usually required. It is important to remember that colds and sickness may result from overheating the baby as well as from chilling him.

All diapers should be carefully washed each time they are wet or soiled. Do not dry a wet diaper and use again; place it at once in a covered pail and let it soak in cold water until washed. If soiled, the solid stool can be shaken or scraped off, or washed off by holding the diaper under running water. The soiled diapers should be rinsed through several waters until nothing but the stain remains, and then put in the tub with the wet diapers. All
The equipment shown makes washing the baby easy; at the right is the baby’s sleeping basket.

diapers should be washed in hot water, with plenty of mild soap; do not use washing powders. Diapers should be well boiled and rinsed through several waters in order to wash out the soap or irritating substances. Insufficient rinsing is frequently a cause of severe irritation of the buttocks and thighs of the baby. If possible, dry the diapers in the sun. They may be used without ironing, but are softer when ironed.

Diapers should be put on so that the greatest thickness is not between the legs. During the daytime they should be changed as often as they are wet; at night, when the baby is taken up for feedings. Waterproof diapers may be used for short periods, provided the mother changes the baby as fre-
quently as necessary. If he is allowed to go for a long time in a wet diaper, his skin will become sore. Keep the baby dry and clean and he will be more content and easier for you to care for.

Your Baby Enters His Bath

Bathe your baby every day. The water should be 95° to 100° during the first six months, and may gradually be decreased to 90° after that period. If no thermometer is available, use the elbow or arm for testing the water, rather than the hand, which is less sensitive than the elbow. The temperature of the room during the bath should be from 70° to 80°. Tub baths may be commenced as soon as the navel has healed, and may be given any time during the day, except immediately after a feeding. Use soft wash cloths and towels, and a pure, mild soap.

Undress the baby and wrap him in a soft blanket. Wash his face; then lather his head completely and rinse several times in clean water. Rub lightly; it will not injure the baby to rub over the soft spots on his head. Dry the head thoroughly before completing the rest of the bath. The mother may then go over the baby’s body with a soapy wash cloth before putting him into the tub, or she may soap the body after the baby has been put into the water. Rinse the soap off carefully, and lift the baby out of the water and wrap him in a soft, warm towel. Dry the skin by patting rather than by rubbing.

Wash the outside of the eyelids carefully with bits of cotton dipped in clean water, using a separate piece for each eye. Wipe the outer part of the ears with a soft cloth, but do not stick anything into the ear canal to clean it. The nostrils
may be wiped or cleaned with a little mineral oil on a cotton swab or soft cloth. Do not wash out the baby’s mouth, except upon the advice of your physician. As soon as the teeth come through, clean them daily with a boiled soft cloth. In the second year use a toothbrush (infant’s size). The nails should be kept clean, and should be clipped squarely across.

Be sure the folds of the buttocks and genital organs are dry and clean. Handle the genitals as little as possible. If your baby is a boy, ask your doctor or nurse to show you how to keep the genitals clean. After each bowel movement, wash the buttocks carefully and dry gently. If the movements are frequent or the skin is chafed, the buttocks may be cleaned with cotton dipped in olive oil. The excess oil should be wiped off with dry, clean cotton.

A little unscented talcum (not zinc stearate) powder may be used in the folds of skin under the arms and around the buttocks. It should never be used unless the skin is thoroughly clean and dry, and should only be used in small amounts, in order not to dry the skin or to fill the pores and clog them. Great care should be used to prevent the fine powder from flying through the air and being inhaled by the baby. Keep the powder out of baby’s reach.

The interest of the toddler in his daily bath may be stimulated by such devices as floating toys, provided they are color-fast, for they are certain to find their way to the child’s mouth sooner or later. Let the child have his own towels, washcloth, and toothbrush.

**He Sleeps Most of the Time**

Every baby should be taught to have regular sleeping habits. The earlier the training is begun, the easier it will be
for the habit to be established. A newborn baby sleeps most of the time, except when he is nursing or being bathed. As the feedings should be given at regular intervals and always at the same time of day, wake the baby, if necessary, when it is time for him to be nursed. Thus regularity of eating and sleeping—two fundamental and essential habits—will be formed early, and you will find the care of your baby will be much easier.

At two to three months, sometimes earlier, the 2 A. M. feeding is omitted in order to permit both mother and baby to have a long period of unbroken rest between 10 P. M. and 6 A. M. Your physician will advise when this feeding can be omitted. During the second six months, the normal baby sleeps about twelve hours at night, and has morning and afternoon naps from one to three hours each. The second nap, given early in the afternoon, should be followed by the waking and play period, so that the baby may become quiet before being put to bed for the night. The 10 P. M. feeding is stopped between the sixth and ninth months, in order that the baby may learn to sleep throughout the night. When the baby is a year old, he should sleep twelve to thirteen hours at night, and two or three hours daily.

The baby should sleep by himself in a quiet place with plenty of fresh air, kept at a temperature of 60° when it is no higher outdoors. In good weather he should sleep out-of-doors in the daytime in his carriage or crib covered with netting to protect him from flies. In the winter the baby should sleep in a room with the window open, but not in a draft. It is important to have the sleeping room at the desired temperature for the night at the time the baby is put to bed. It is equally important to be sure he is warm and comfortable. A
The baby is placed in his basket with the direct rays of the sun coming through an open window.

A hot water bottle may be put in his crib, but great care must be taken not to burn him. Do not put him to bed in all the clothes he wears during the daytime. Never give your baby a pacifier to quiet him, and never give medicine to make him sleep. If he is restless and does not sleep well, find out the cause and correct that instead.

Some of the causes of poor sleep are: the habit of waking and crying because the baby knows he will be picked up if he cries; sickness; wrong or irregular feedings, either too much or too little food; too much or too little clothing; wet diapers; uncomfortable position of bed; too much excitement (stren-
uous play) before bedtime; noisy place in which to sleep; not enough fresh air or an over-warm room.

He Greets the Sun

Your baby should have plenty of fresh air. In summer the baby of three weeks may begin sleeping outdoors during the daytime, but in winter he should be from four to six weeks old. If the weather permits it, he should have at least one hour outdoors; but if the weather is very cold, it may be better to dress him warmly and place him indoors at an open window, taking care to avoid a draft. During warm spring and fall days and throughout the summer, your baby should be out-of-doors most of the time between feedings both morning and afternoon. Try to keep him comfortable by varying the coverings and outer garments with changes in weather.

Sunlight is as essential as good food for the normal growth and health of a baby. If a baby is deprived of sunshine, his body will be unable to utilize properly the food he is given, and he will become pale, with flabby muscles and soft bones. In other words, rickets may result. Since the early period of a child's life is the period of most rapid growth, and also the period during which rickets is most apt to occur, it is very important to begin cod liver oil and sunshine early, if rickets is to be prevented. Your doctor will give you specific advice on this point.

The way the sunbath is given, and the length of exposure, will depend on the season and the out-
door temperature. In the summer the whole body may be exposed for a few minutes the first time the sunbath is given, and the length of exposure increased about five minutes a day. In cold weather, the portion of the body exposed and the length of exposure must be increased much more gradually, and usually it is necessary to give the sunbath indoors. If it is, the room should be warm and the baby placed directly in sunshine which comes through an open window, care being taken to avoid drafts. The face and hands are first exposed a short time each day for a few days, then the sleeves are rolled up and the baby’s arms are sunned for a few minutes the first time, the exposure being increased about five minutes each day. The knees are bared next, then the legs, and finally the whole body. When complete sunbaths are given, either indoors or outdoors, they should usually be increased five minutes a day, until they last from one-half to two hours, depending upon the temperature. In cold weather it may be necessary to divide the exposure into two periods. Your doctor will recommend the proper time; ask his advice. You must use your judgment in varying the exposure according to the weather and your child’s health.

Keep the window open; the health-giving rays do not pass through ordinary window glass. Exposure indoors can be longer and the exposure of the different parts of the body can progress more rapidly than outdoors. A place in the sun, if protected from wind, may be quite warm even in cold weather. Gradual tanning, not burning, is the desired goal.

In summer, protect the head from heat with a hat. Give the sunbath before 11 A. M. and after 3 P. M. In winter, 11 A. M. to 1 P. M. is the best time. Shade the baby’s eyes; he will sleep better, because the light tends to waken him. If
awake, let him sit in the sun. When the baby is given a complete sunbath, turn him so that both the back and the front of his body can receive the health-giving sun rays.

Sunlight prevents rickets with its bony deformities, such as bow-legs; helps to make good bones and good teeth; makes your baby healthy and more resistant to infection.

The First Milestones

Holds up head: 2-4 months.
Laugh: 3-5 months.
Reaches for and holds toys: 5-7 months.
Sits alone: 7-9 months.
Stands: 10-12 months.
Says a few single words: 12 months, and short sentences of two or more words: 18-24 months.

Teeth begin to appear: 6 months.
6 teeth: 12 months.
12 teeth: 18 months.
16 teeth: 2 years.
20 teeth: 2½ years.

Failure on the part of the baby to follow these developmental periods closely need cause little anxiety. The dates mentioned are averages. Some babies develop more rapidly; others are slower; but both may be normal.

Teething is a normal and continuous process lasting from the sixth month through the second year. It may make the baby somewhat fretful, but it should not make him sick. The onset of serious illness at this time may be neglected because the mother may think the baby's symptoms are due to teething. If your baby is sick and has a fever at any time, consult your doctor.
Normal development does not make a baby sick. While the teeth are coming through, the gums are swollen and tender. The baby should be given a silver spoon or a clean hard rubber ring to bite on. These playthings must be kept off the floor, frequently washed, and never given to the baby unless they are known to be clean.

Weight is the best single means of telling whether a baby is developing normally. Weigh your baby every week at home, in a baby’s clinic, or at your doctor’s. A baby should gain:

<table>
<thead>
<tr>
<th>Age</th>
<th>Expected gain</th>
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</thead>
<tbody>
<tr>
<td>1-3 months</td>
<td>5-8 oz. per week</td>
</tr>
<tr>
<td>3-6 months</td>
<td>4-6 oz. per week</td>
</tr>
<tr>
<td>6-12 months</td>
<td>1-1½ lbs. per month</td>
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</tbody>
</table>

The average baby weighs about seven pounds at birth, fourteen pounds at six months, and twenty-one pounds at one year. During the second year the baby gains five or six pounds. The average height at birth is 20 to 22 inches, and at one year, 28 to 30 inches. Boys are usually somewhat larger than girls.

There is considerable variation in the development of normal children, but if a child does not grow or show the progress expected within a reasonable time, it is wise to take him to a doctor for a careful examination. Your baby may be sick or may not be getting enough to eat. In either case, the physician will tell you what to do. You should not decide that you do not have enough breast milk and try some formula which your neighbor has given her baby. Never wean a baby or change his type of feeding without a physician’s advice.
Your Baby at Your Breast

During pregnancy, prepare to nurse your baby, and make every effort to nurse him when he comes. Most mothers can nurse their babies if they try, and most mothers would be willing to try if they realized how important breast feeding is in the development of a normal, healthy baby. There is no other milk or prepared food exactly like breast milk, or so good for the baby. Nature has prepared it especially for him. Breast milk requires no preparation, and the breast-fed baby is so much more likely to be well and content that the mother who is willing to nurse her child is saved both time and worry. If you do not have enough breast milk, make every effort to keep up what supply you have, because even though your baby is only partially breast-fed, he stands a much better chance of doing well than if entirely on artificial feedings. A small amount of breast milk does not mean the milk is "bad" for your baby. Give him all the breast milk you have and make up the rest of the feeding with the formula recommended by your doctor.

The baby should be fed at regular intervals, and if he is asleep at nursing time, he should be awakened. He will soon learn when to wake. He should ordinarily be held at the breast from ten to fifteen minutes, with short rest periods of a minute or two during the feeding. Do not let him fall asleep at the breast, because, if he does, he may not get enough to satisfy him until the next feeding. After he has finished nursing, hold him up gently over your shoulder or on your lap, in order to allow him to get rid of any gas or air in his stomach. It is sometimes wise to hold him up two or three times during the nursing, in order that the smaller amounts
of gas may be expelled, and the baby can more nearly fill his stomach with milk.

Before and after each nursing, the nipples should be carefully washed with bits of sterile cotton dipped in boiled water, and thoroughly dried. If cracks or bleeding occur, tell your physician at once, so that he can give you something to heal them, and decide whether you should nurse the baby with a shield.

Usually one breast is given at one feeding; the other at the next feeding. If a baby is not satisfied, it may be necessary to give him both breasts, or if he is on a four-hour schedule to change to a three-hour schedule. The more frequent nursing of both breasts will often help to stimulate them to secrete more milk, but this should never be done without your doctor's order.

**Schedule During the Nursing Period**

<table>
<thead>
<tr>
<th>BIRTH TO THREE MONTHS</th>
<th>THREE TO SIX MONTHS</th>
<th>SIX TO NINE MONTHS</th>
</tr>
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<tbody>
<tr>
<td><strong>Intervals</strong></td>
<td><strong>Intervals</strong></td>
<td><strong>Intervals</strong></td>
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<tr>
<td>4-hour</td>
<td>3-hour</td>
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<tr>
<td>6 A. M.</td>
<td>6 A. M.</td>
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<tr>
<td>10 A. M.</td>
<td>10 A. M.</td>
<td>12 Noon</td>
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<tr>
<td>2 P. M.</td>
<td>2 P. M.</td>
<td>6 P. M.</td>
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<td>6 P. M.</td>
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<tr>
<td>10 P. M.</td>
<td>10 P. M.</td>
<td>10 P. M.</td>
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<tr>
<td>2 A. M.</td>
<td>10 P. M.</td>
<td>2 A. M.</td>
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</table>

Offer your baby cooled boiled water two or three times a day between feedings, especially during hot weather. The bottle and nipple as well as the water should be boiled before being given to the baby.

Spitting up usually means the baby is being fed too much, too fast, too often, or has air in his stomach. Spitting
up of a few curds occurs in many babies, and does not indicate that the milk disagrees with the baby. Nurse him a shorter time and hold him up over the shoulder once or twice during the feeding. Such short rest periods also prevent the baby from nursing too fast.

Hiccups are usually due to overfilling the stomach, too frequent feedings, or too rapid nursing. A few spoonfuls of warm water will usually stop it, but try to correct the cause.

A baby must be weaned if the mother contracts a serious disease or if she becomes pregnant again. Otherwise she should not wean him before the eighth or ninth month, but at that time it should be done unless it is summer and the doctor advises the mother to wait a month or two. The mother who allows her baby to nurse the breast or take a bottle for more than a year harms him in many ways.

The baby should be weaned directly to a cup. He may spill the milk, and he may not like it; but if the mother is persistent, he will soon learn to drink from a cup. Do not give in and offer him a bottle just because he refuses his milk for a day or two, for if he is healthy and well, he will take it, as soon as he learns that it is the only way out of the difficulty. Do not be afraid that he will starve or go without milk long enough to hurt himself. He will give in long before any harm is done, and he will soon learn a very important lesson in discipline. Do not force the milk and do not spend too much time trying to persuade him to take it, but offer it to him at each meal. He will soon take it.
Never wean a baby without consulting your physician, who will tell you how much milk to give and when, and will also tell you of any other foods he wishes to add to the diet. Weaning should be done gradually. From six to eight ounces of boiled milk usually are given at one feeding instead of the breast, and in a day or two another cup of boiled milk is substituted. Weaning should thus be completed in from ten to fourteen days.

If He Can't Be Breast-Fed

If the young baby must be artificially fed, it is even more important than when breast-fed that he be taken to a doctor at regular intervals. The baby should be weighed at each visit, and his formula changed as the doctor advises. The amount and strength of the formula must be increased as the baby grows. Never give your baby a formula just because your neighbor gave it to her baby. No two babies are exactly alike.

Since cow's milk is the usual substitute for breast milk, it must be specially prepared for the baby, in order to make it more digestible. Breast milk contains more sugar (carbohydrate) and less tissue-building material (protein) than cow's milk. By diluting cow's milk with water and adding a certain amount of sugar, the cow's milk is made more like breast milk and easier for the young baby to digest. Get certified or pasteurized milk from a reliable dairy, and keep the milk in an ice-box both before and after preparation.

All glasses and dishes for measuring and preparing the formula, as well as enough bottles for the day's supply, should be thoroughly washed and sterilized by boiling for at least five minutes. The utensils which are ordinarily used in the prep-
The simple articles needed for mixing the formula and sterilizing bottles are available at kitchen furnishing stores.

Preparation of the formula include a large saucepan for boiling the bottles and dishes, a measuring glass, a funnel, a large spoon, enough bottles for the feedings, nipples, a saucepan for preparing the formula, and a double boiler for boiling the mixture.

Wash your hands carefully before making the formula. Using the clean measuring cup, mix the amounts of milk, cooled boiled water and sugar which the doctor has prescribed. Put the mixture in a double boiler or over a low flame and boil for five minutes. If the formula is put in a double boiler, begin to count the time when the milk is at the boiling point. By boiling milk, the curds are broken up, so
they are smaller and nearer the size of the curds of human milk and are therefore more digestible. Boiling also helps to protect the baby from any germs which may have gotten into the milk. After the mixture has been boiled, pour the right amount into each of the feeding bottles. Close each bottle with a sterile cork or cover with clean waxed paper and put away in the ice-box until needed.

The nipples should be boiled separately and kept in a sterile glass dish with a cover on it, until used. Be sure the nipple has one or two holes which permits the milk to come through in quick drops, but not in a steady stream. Before putting a nipple on the bottle, wash the hands, then hold the edge and not the part that goes in the baby’s mouth. At feeding time, heat the milk by standing the bottle in hot water. Test it by sprinkling a few drops on your wrist. It is advisable to have a nurse demonstrate how to make the first formula.

The bottle should be held up so that the neck is full of milk. Otherwise the baby may suck in so much air that he will be unable to take enough milk, or he may have colic or spit up some of the feeding.

His Appetite Broadens

Cod liver oil contains a valuable substance, a vitamin, which is needed for the normal growth of the baby’s bones and teeth, and for his general health. If the doctor advises cod liver oil, it may be given in the morning just before the orange juice or before the bath. When given at night, it is wise to give it about fifteen minutes before the 6 P. M. feeding. Your doctor will suggest the proper increase in dosage.
The oil may be given any time it is convenient, except just after a feeding, when it is better not to disturb the baby.

Orange juice is usually started during the second month. Two teaspoonfuls of the juice, diluted with an equal amount of water, are usually given daily. The amount is increased gradually, until at ten months the baby receives two tablespoonfuls of orange juice each day. Tomato juice may be used instead of orange juice if your doctor approves.

Other foods may ordinarily be added to the diet before the baby is one year old, but they should not be given without your doctor’s advice. He will tell you on your monthly visit to him what the baby should have.

At five months the baby may have well-cooked, unsweetened cereal, such as farina or oatmeal, with a little milk on it. If the baby is breast-fed, the milk which is used for the cereal should be boiled five minutes; if the baby is on a formula, then milk may be taken from his bottle for the cereal. It is well to start with two or three teaspoonfuls before the 9 A.M. or 10 A.M. feeding, and to increase the amount gradually to three tablespoonfuls. As soon as the baby has learned to take the cereal, it may also be given before the 6 P.M. feeding.

At six or seven months, chicken broth or beef broth with finely mashed vegetables, one tablespoonful of vegetables to two tablespoonfuls of broth, may be given before the 2 P.M. nursing. Carrots, peas, spinach are some of the vegetables suitable for use at first. Egg yolk, soft boiled, may be given before the 2 P.M. feeding. Start with a half teaspoonful and increase a half teaspoonful each day until the whole yolk is taken.
Daily Schedule

10 TO 12 MONTHS

6:00 A.M. Cup of whole boiled milk.
9:00 A.M. Cod liver oil, then orange or tomato juice.
9:15 A.M. Play and exercise.
9:30 A.M. Bath.
10:00 A.M. Breakfast with cereal and a cup of whole boiled milk; egg or a small piece of crisp bacon occasionally.
10:30 A.M. Nap out-of-doors in the fresh air and sunshine.
2:00 P.M. Dinner with mashed, well-cooked, green vegetable, or soup; baked potato or rice; an egg, if not given at breakfast; cup of boiled whole milk.
2:30 P.M. Nap out-of-doors.
5:00 P.M. Play time. Preparation for bed.
5:45 P.M. Cod liver oil.
6:00 P.M. Supper. Cereal; boiled whole milk; Zwieback or toast; pulp of prunes; apple or other stewed fruit.

6 P.M. to 6 A.M. Sleep.

AT 12 MONTHS

(The schedule should be changed to a child's schedule.)

7:00 A.M. Dress.
7:30 A.M. Breakfast. Play.
9:15 A.M. Cod liver oil.
9:30 A.M. Bath.
10:00 A.M. Nap out-of-doors. Sunbath.
12:00 Noon. Dinner.
12:30 P.M. Nap.
3:30 P.M. Play and milk.
5:30 P.M. Supper.
6 P.M. to 6 A.M. Sleep.
Vegetables and cereals are added to the baby’s diet early. Your physician will advise you.

At about the age of fifteen months, scraped or ground meats, such as beef, chicken or fish, may be added to the diet. A simple dessert should be given at the noon meal—junket, custards or puddings are suitable. In general, the diet from the end of the first year is about the same throughout the preschool period, the amount and variety being increased as the child grows.

At about two years of age, the average child has cereal twice a day; an egg, green vegetable, potato or rice, meat, about a pint and a half of milk each day. Part of this milk may be used in preparing foods or on foods. He also has stewed fruits for supper. His other desserts should consist of
simple custards and puddings, or he may occasionally have plain cake, cookies or ice cream.

Do not give a child candy or cookies between meals, because they will spoil his appetite for the foods he really needs. Stimulating drinks, such as tea or coffee, should not be given to children; but they may have cocoa, egg-nogs, etc., to vary the milk. Avoid greasy or spiced meats, and heavy pastries. All foods should be well cooked, and all raw fruits or fresh vegetables should be carefully washed before giving to the child.

The schedule for the daily routine, and the time the various foods are added, is suitable for the average healthy
infant. Every mother must bear in mind the fact that her baby may be different, and may need special feeding. For that reason, the physician who is caring for her baby should give specific directions for feeding.

You Guard Your Baby’s Health

Your baby should be examined by a physician once a month during the first year, and about once every six months thereafter. Thus, slight defects or ailments may be detected and treated before they become serious.

Keep your child from crowds as much as possible, especially during an epidemic of some contagious disease. If other members of the family have colds or are sick, do not allow them to handle the baby. Do not kiss a baby on the lips.

Every child should be vaccinated against smallpox and immunized against diphtheria before he is a year old. A healthy baby may be vaccinated as early as two months. Vaccination, as done by your doctor, is harmless, if you protect it from infection. As diphtheria occurs most frequently between one and five years, your baby should receive the immunizing treatment between the sixth and twelfth months, so that he will be protected by the time he begins to come in contact with other children. Take him to your physician or a clinic for the treatments, which are given once a week for three weeks. They may make the arm slightly sore, but will not make your baby sick. Most children have no soreness of the arm, but even such a slight disturbance is unimportant when you consider the protection it gives your child. Six months after the inoculations, a Schick test should be made to be sure that the protection (immunity) has been established.

Do not put a baby on a chair or a bed without protecting him from falling; such an accident may cause a broken
bone which, if unnoticed, may result in permanent deformity. When he begins to creep, stairways should be guarded, and you should be careful not to drop objects, such as tacks or pins. Keep matches, poisons, and pills out of reach. If poisons are swallowed, make the baby vomit by giving a teaspoonful of syrup of ipecac, or by irritating his throat with a clean spoon, and call a doctor. Smooth objects, such as coins, if swallowed, usually cause no difficulty. If the baby swallows a sharp object, tell your doctor.

Learn to observe your baby carefully, and to know the ordinary symptoms of disease, in order that you may know when it is necessary to call a physician. Learn how to take a temperature.

The most common evidences of sickness are: failure to gain weight; loss of appetite and vomiting; diarrhea; irritability, restlessness or inability to sleep at night; rash; drowsiness or listlessness, for babies usually will not play or smile when sick; fever, temperature over 100°; cough, running nose or rapid breathing; and crying. Crying may be due to pain, and in that case, it is usually not stopped when the baby is picked up.

If the baby seems sick, call your physician at once. If this is done, there is no special need for undue alarm on the part of the parent at these symptoms, for few babies become seriously ill if the case is placed under the observation and direction of the physician in the early stages of the illness.

If the baby has loose and frequent stools, consult your doctor, for diarrhea is one of the most serious of the diseases of infancy; never try to treat it yourself. It is wise to stop foods, and give only cooled boiled water while waiting for the doctor to come. Breast milk, boiled milk, and boiled water are the most effective means of preventing diarrhea. Vomit-
ing, if repeated, usually means the baby is sick. Stop the food and consult a physician. He will tell you what to do.

Normal stools are yellowish, soft, but formed. A baby usually has one or two stools daily. Some babies have small but normal stools after nearly every feeding. If they are normal looking and if the baby is well and is gaining, you need not be disturbed.

Many babies have colic—pain caused by air in the stomach and bowels. It is due to indigestion, and is often associated with too rapid nursing. If your baby has colic, make him nurse more slowly by taking him away from the breast and holding him up over your shoulder during short periods, being sure that he brings up any air in the stomach at the end of the nursing. Colic is often relieved by gentle massage of the abdomen; the hand should pass across the abdomen from right to left and down the left side. Many babies are relieved of colic by placing them on their stomachs, the pressure causing the air to be expelled.

Constipation may occur in both breast-fed and bottle-fed babies. It can usually be overcome by increasing the amount of water and fruit juices between nursings, and by training the baby to have a regular daily movement. This can be done by holding him over a chamber at a certain time each day, and massaging the abdomen gently while he is held over the chamber. If medicine is necessary, consult your doctor before giving it.

Protect the baby from children and adults who have colds. Do not overdress or over-heat him, or put him on the floor in a draft. If you have a cold, wash your hands before handling the baby, and cover your mouth with
gauze when nursing and caring for him. Thus you will help to prevent colds, which in infancy are often complicated by running ears or pneumonia.

Call a doctor if your baby has croup. You may discover to your sorrow that he has diphtheria.

**He Moves About**

The exercise of the young baby consists of waving his arms, kicking, and crying. After he is three or four weeks old, he should have two short periods of exercise each day. When undressed for his bath, and again at bed time, he should be allowed to stretch, kick, and roll about on the bed for a quarter of an hour. As play constitutes most of every child's activity, it is important to see that it is directed along lines which will help him to develop mentally and physically. Play is the preparation for life, because it is usually an imitation of adult activities. The younger the child, the more time he must have for play. All babies should be quietly played with for short periods each day. The play should not be too exciting, nor should the baby be tossed about or shaken.

Toys should be few, simple and washable. If they are large, the baby can handle them easily and cannot put them into his mouth. If they are light and smooth, he will not hurt himself with them. A teaspoon or spools strung on a cord will be as satisfying to the baby as expensive toys.

**He Learns Good Habits**

Infancy and early childhood are the most important periods of education and training. The habits which are formed early are the ones most likely to be carried through life. Be sure they are good ones.
Regularity of eating and sleeping should be established early, the training commencing at birth. When the baby is a few months old, train him to be regular in his bowel movements. By eighteen months, your baby can learn to control the bladder during the daytime. Put him on the toilet at frequent intervals, every hour if necessary; he will soon learn to tell you when he desires to go to the toilet. He may be awakened several times during the night, at 10 P. M., midnight, and 6 A. M. The intervals should be lengthened gradually in order to help him learn to control the bladder at night.

Teach the baby to keep his fingers out of his mouth, and never permit him to suck his thumb or a pacifier. Such habits disfigure the mouth, and the hand or pacifier may be dirty. Mittens or elbow cuffs, which prevent the baby from bending the arm, may be used until the habit is broken.

If your baby cries, it usually means that he is sick, is uncomfortable, or that he wishes attention. Make sure that he is dry and comfortable, and not sick, and then do not pick him up just because he cries. If he stops crying as soon as he is taken up, he has learned that crying is one way of getting the attention he desires. If you take him up whenever he cries, it will make your care of him much greater than it should be, and it will be very hard to break him of the habit.

The habits and characters of adults are largely determined by their early training. It is important to see that your baby has the habits you want him to have when he is grown.

The law requires that the birth of each child be registered, so make sure that your baby's birth is recorded. You cannot foretell the future. The time may come when it will be necessary for him to prove his age, his American citizenship, or his relation to you. This can be done easily if you have his birth certificate.
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