

## Helpful Referrals:

### Nurse Home Visiting:

Home visiting programs are available in each county in Vermont.



#### Strong Families Vermont:

In this program nurse home visitors work with pregnant people and new parents until the child's second birthday. Parents and caregivers enroll in a free, voluntary program that is structured and customized to meet the family's goals.

Learn more about different home visiting services here: [Strong Families Home Visiting | Children's Integrated Services Partners \(vermont.gov\)](https://cispartners.vermont.gov/roles/strong-families)

<https://cispartners.vermont.gov/roles/strong-families>



#### Vermont 2-1-1:

Prenatal/Postnatal Home Visitation Programs resource list has contact information for each home visiting program in Vermont.

Website: [Vermont 2-1-1 Resource Directory \(navigateresources.net\)](https://www.navigateresources.net)



### Children's Integrated Services (CIS): Early intervention

A family-centered program with early intervention services for infants and toddlers who have a delay in their development or a health condition which may lead to a delay in development. All infants exposed to opioids (prescription, MAT/MOUD, or non-prescribed) are eligible for CIS services.

Telephone: Call 2-1-1 and ask for CIS in your county

Website: [Early Intervention Directory | Department for Children and Families \(vermont.gov\)](https://dcf.vermont.gov/partners/ei) <https://dcf.vermont.gov/partners/ei>



## Getting to Know Your Newborn

<b>Baby Care</b>	
<p>Sing, talk, and read to your baby; avoid TV and digital media</p> <p>Calm your baby by cuddling/holding close or gently rocking</p>	<p>Try to sleep or rest when your baby sleeps.</p> <p>Keep up routines to help your family adjust to the new baby.</p> <p>Take help from family and friends</p>
<p>Take your baby's temperature with a rectal thermometer, not by ear or skin.</p> <p>A fever is a rectal temperature of 100.4F/38.0C or higher.</p>	<p>Tobacco-free spaces keep children healthy.</p> <p>Avoid smoking or using e-cigarettes. Keep your home and car smoke-free.</p>
<p>Avoid crowds and keep others from touching your baby without clean hands</p>	<p>Call the baby's doctor's office anytime you have questions or concerns</p>
<b>Feeding Your Baby</b>	
<p>Feed your baby when hungry. Look for feeding signs such as:</p> <ul style="list-style-type: none"><li>◦ Putting hands to mouth.</li><li>◦ Sucking or rooting.</li><li>◦ Fussing.</li></ul>	<p>Stop feeding when you see your baby is full.</p> <p>Your baby might show these signs:</p> <ul style="list-style-type: none"><li>◦ Turning away</li><li>◦ Closing mouth</li><li>◦ Relaxing arms and hands</li></ul>
<p>Hold the baby so you can look at each other during feedings</p>	<p>Your baby is getting enough to eat if there are at least 5 wet diapers and 3 soft stools per day and the baby is gaining weight appropriately.</p>
<p><b>Breastfeeding:</b></p> <ul style="list-style-type: none"><li>▪ Feed your baby on demand. Expect at least 8 to 12 feedings per day.</li><li>▪ A lactation consultant can give you information and support on how to breastfeed your baby.</li><li>▪ Begin giving your baby vitamin D drops (400 IU a day).</li><li>▪ Continue your prenatal vitamin with iron.</li><li>▪ Eat a healthy diet; avoid fish high in mercury</li></ul>	<p><b>Formula Feeding:</b></p> <ul style="list-style-type: none"><li>◦ Babies typically eat about 2 oz of formula every 2 to 3 hours by the time they are 3-5 days old.</li><li>◦ If your baby is still hungry offer more.</li><li>◦ Stop a feeding when your baby shows signs that they are not hungry anymore.</li></ul>

## After Hospital Discharge

### Car Safety

Use a rear-facing-only car safety seat in the back seat of all vehicles.

Your baby's safety depends on you. Always wear your lap and shoulder seat belt.

Never drive after drinking alcohol or using drugs.

Never text or use a cell phone while driving.

Make sure your baby always stays in the car safety seat during travel. If the baby becomes fussy or needs to feed, stop the vehicle, and take the baby out of the seat.

Never leave your baby in the car alone. Start habits that prevent you from ever forgetting your baby in the car, such as putting your cell phone in the back seat.

### Sleep Safety

Always put your baby to sleep on their back in their own crib, not your bed.

Your baby should sleep in your room until at least age 6 months.

Make sure your baby's crib or sleep surface meets the most recent safety guidelines.

Swaddling should be used only with babies younger than 2 months.

### Burn Safety

Prevent scalds or burns. Don't drink hot liquids while holding your baby.

Prevent tap water burns. Set the water heater so the temperature at the faucets at or below 120°F /49°C.

*"Reading to a child at night, responding to their smiles with a smile, returning their vocalizations with one of your own, touching them, holding them - all of these further a child's brain development and further potential even in the earliest months." - T. Berry Brazelton*

Adapted from Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th edition, 2019, American Academy of Pediatrics.

## Infant Development

### **Help-Me-Grow Vermont:**

Developmental specialists can answer questions about child development and provide screening tools to complete and share with the child's medical home.

Telephone: Dial 2-1-1 option 6 or text HMGVT to 898211

Website: [Developmental Screening | Help Me Grow \(helpmegrowvt.org\)](https://www.helpmegrowvt.org/developmental-screening)

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### **Centers for Disease Control and Prevention: “Learn the Signs. Act Early.”**

Source of updated developmental milestones from 2 months to 5 years of age as well as answers to common developmental questions, and connections to local supports. You can also download the free Milestone Tracker App.

Website: [“Learn the Signs. Act Early.” | CDC](https://www.cdc.gov/ncbddd/actearly/index.html)

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### **Important Milestones: Your Baby by Two Months**

What most babies do by this age:

#### Social/Emotional Milestones

- Calms down when spoken to or picked up
- Looks at your face
- Seems happy to see you when you walk up to her
- Smiles when you talk to or smile at her

#### Language/Communication Milestones

- Makes sounds other than crying
- Reacts to loud sounds

#### Cognitive Milestones (learning, thinking, problem-solving)

- Watches you as you move
- Looks at a toy for several seconds

#### Movement/Physical Development Milestones

- Holds head up when on tummy
- Moves both arms and both legs
- Opens hands briefly

**Remember: You can always contact your baby's primary care provider for any concerns about your baby's health or development!**