

Safe to Sleep

It is frightening to think that some infants die during sleep. Some of these deaths are due to unsafe sleep environments and others from sudden infant death syndrome (SIDS).

Share this information with anyone who cares for your baby, including grandparents, family, friends, babysitters, and childcare.



- **Place your baby to sleep on her back for every sleep.** Babies up to 1 year of age should always be placed on their backs to sleep during naps and at night. If your baby falls asleep in a car seat, she should be moved to a firm sleep surface as soon as possible.
- **Place your baby to sleep on a firm sleep surface.** The crib, bassinet, portable crib, or play yard should meet current safety standards.
- **Keep soft objects, loose bedding, or any objects that could increase the risk of entrapment, suffocation, or strangulation out of the crib.**
- **Place your baby to sleep in the same room where you sleep but not in the same bed.** Keep the crib or bassinet within an arm's reach of your bed.
- **Breastfeed as much and for as long as you can.** Studies show that breastfeeding your baby lowers the risk of SIDS.
- **Go to all well-child visits.**
- **Keep your baby away from smokers and places where people smoke.**
- **Do not let your baby get too hot.** Keep the room where your baby sleeps at a comfortable temperature. Dress your baby in no more than one extra layer than you would wear.

My Personal Goals

Many women find that they have something they would like to change in their life, especially after baby's arrival.

Draw the face that best matches how you feel.

☺ = Good ☹ = Could be better

Exercise		Drinking & Drugs	
Diet		Support System	
Stress		Relationships	
Weight		Time	
Smoking		Teeth & Gums	
Daily Vitamin		Other	

Fussy Eating

In the second year your child will begin to show preference for particular foods and may not be interested in new tastes. She may also not want foods she liked before.

Continue to offer her new tastes and textures and be patient. She may need to try a new food as many as 15-20 times before she actually likes it.

Portion Size

Your toddler needs about 1,000 calories a day to meet her needs for play, learning, and growing. You may be surprised to see your baby eat big servings one day and have little interest in food the very next day. Your child's needs will vary, depending on her activity level, her growth rate, and her metabolism. Follow her cues when she is hungry and when she is all done eating. Always offer healthy options and trust that over the course of the week she will be getting everything she needs nutritionally.

She is not rejecting you when she turns down the food you made, so don't take it personally. Offer choices of healthy foods at each sitting, and let her choose what she wants. Vary the tastes and consistencies as much as you can. Choose foods that support her good health, growth, and development.

