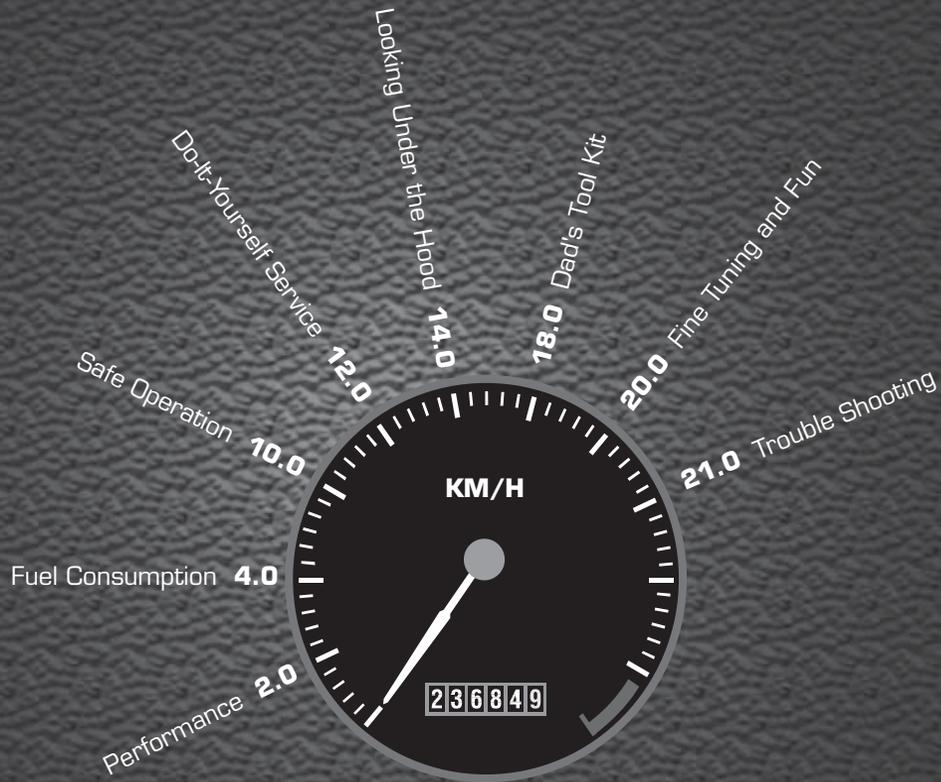


24 HR
24-HR CRIBSIDE ASSISTANCE

THE NEW BABY MANUAL
FOR DADS



Index





PERFORMANCE
PERFORMANCE



WARNING!

Now that you're a proud father of a new baby, here are a few tips on getting the best performance out of your model.

WARNING! Your baby requires a "breaking-in period." You need to spend lots of time during this "breaking-in period" to get to know your unique model. Free time might be limited. You might wonder what you've gotten yourself into, but be patient. Remember, mom has been test driving this model for the past 9 months and has a head start. Before you know it, you'll be head over heels in love.

Performance

It is important to start a good routine of regular maintenance. The baby will become much more portable and flexible as days go on. Taking care of such a small baby may feel awkward at first but the sooner you get to it the faster you will become comfortable in the driver's seat.

It has been shown that top performing babies have very involved fathers.

A black and white photograph showing a close-up of a person's hands holding a document or a small book. The person's head is bowed, and their hair is visible. The background is blurred, suggesting an indoor setting. The text "FUEL CONSUMPTION" and "EL CONSUMPTION" is overlaid on the bottom half of the image.

FUEL CONSUMPTION
EL CONSUMPTION



Fuel Consumption

A good supply of top grade breast milk and a happy mom are important to top performance of your model.

Breastfeeding:

- is best for baby
- is free
- is portable and requires no mixing or heating
- makes for a smoother running baby (breast milk is easy to digest)
- boosts the immune system which guards against illness (just like rust proofing)
- offers protection from allergies
- lets baby eat as much as he/she needs
- reduces the risk of crib death (SIDS - Sudden Infant Death Syndrome)

A father's support is very important for successful breastfeeding.

For a good supply of breast milk, fathers can do the following:

- go to breastfeeding classes with mom for technical advice
- feed mom
- bring baby to mom
- help with positioning of baby at breast
- check baby's attachment to mom's breast (latch) during operation
- support mom and tell her she's doing a great job
- burp baby
- change baby when asked or whenever needed
- hold baby after feedings to help settle to sleep
- run interference with public, family, meddling neighbours, or whoever challenges her decision to breastfeed
- try to help mom relax and get extra sleep
- do whatever mom asks (could be anything at any time of the day or night)

To make enough breast milk, mom needs rest, sleep, and food. Your help is vital. Cooking (which also includes getting take-out from mom's favourite restaurant), cleaning (yes, the vacuum), answering the phone, entertaining guests (or telling them to come back another time), shopping, doing the laundry and dishes, along with all the things you did before, are a few small things that will help keep the breast milk flowing.

Average Fuel Consumption

Expect 8 - 12 feedings per 24 hours (amounts and times are different for every model, but a newborn should go no longer than 4 hours between feedings).

Growth spurts at 2 - 3 weeks, 6 weeks, 3 months and 6 months cause an increase in fuel consumption.

During these times, it is normal for a baby to feed more frequently for 2 - 4 days. This too will pass.

Adequate fuel consumption can be seen in the following ways:

Waterworks (peeing)

Day 1: 1 wet diaper	Day 2: 2 wet diapers	Day 3: 3 wet diapers	Day 4: 4 wet diapers	Day 5: 5 wet diapers	Day 6 and after: at least 6 wet diapers	
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Septic (pooping)

Don't be surprised if every time something goes in, something comes out the other end.

Day 1: 1- 2 sticky dark green/ black poops	Day 2: 1-2 sticky dark green/ black poops	Day 3: 2-3 brown/ green/ yellow poops	Day 4: 2-3 brown/ green/ yellow poops	Day 5: 2-3 poops getting more yellow	Day 6 and after: 2-3 large yellow poops	
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Electrical (sleep or activity)

Baby settles after feeds. Baby is active and alert at other times (yes, even at night).

Weight

During the first month, baby gains 4 – 8 oz (113 – 227 g) per week, and regains any lost birth weight by 2 – 3 weeks. Baby doubles birth weight by 5 to 6 months, and triples birth weight by a year (remember this is baby not dad).

**Low Fuel Warning:

Get help if your baby:

- does not feed at least 8 times in 24 hours
- has fewer number of wet diapers than number of days old (if your baby is less than 6 days old)
- has less than 6 wet diapers per day (if your baby is 6 days or older)
- is very sleepy and hard to wake up to feed
- has yellow skin and eyes and is not feeding well
- has less than one dirty diaper in 24 hours



For technical assistance with breastfeeding call:

Durham Health Connection Line

905-666-6241 or 1-800-841-2729

Monday to Friday 9:00am to 6:00pm

La Leche League

1-800-665-4324

Call your doctor or midwife — anytime.

Telehealth Ontario

1-866-797-0000

For those fathers who wish more information regarding breastfeeding, refer to Durham Region Health Department's Breastfeeding Your Baby resource available by calling Durham Health Connection Line.



SAFE OPERATION

SAFE OPERATION



Safe Operation

For your baby to have a safe and long life, the manufacturer recommends:

- always use a car seat and ensure it is properly installed [it is the law!]
- read the instructions before putting together baby equipment [your baby's life depends on it]
- keep one hand on baby at all times during diaper changes [models may lurch and roll unexpectedly]
- never shake a baby [shaking can cause permanent brain damage and even death]
- put baby to sleep on his/her back in his/her own crib for the first six months to help prevent SIDS



DO-IT-YOURSELF SERVICE
DO-IT-YOURSELF SERVICE



Do-It-Yourself Service

(You may want to look around to see who is watching first).

If you think your baby makes too much noise, call Durham Health Connection Line and talk to a public health nurse for further information and support.

Dad's guide to effective burping (the baby that is)

- Burping is helpful to avoid build-up of gas.
- Dads can become pros at this in no time (some babies burp on their own).
- Place baby on your shoulder, or sit baby on your lap leaning him/her forward supporting his/her head with one hand. Pat gently but firmly on the back. This can easily be done sitting in your favourite chair or while strolling around the house.

WARNING! Some models will eject liquid when burping (this is normal). The manufacturer recommends using some kind of tarp (i.e. blanket) on your shoulder or standing near a sink.

Five ways to calm a cranky baby

- Cuddle or wrap up baby in a blanket.
- While holding baby, gently bounce or walk with the baby while speaking softly ("sh...sh..." works well or point out the interesting features in your workshop or on your computer).
- Whisper in his or her ear.
- Go for a walk or car ride.
- Be silly - sing or make funny faces.



LOOKING UNDER THE HOOD
ING UNDER THE H

Looking Under The Hood

Does it really need to be changed? Some dads prefer the sniff method, some peek, and others can tell by the feel of the diaper.

Oil Changes

- Girls - wipe from front to back.
- Boys - when washing, treat the penis like a finger.
DO NOT PULL BACK FORESKIN.
- Most babies will pee when they get cold, so keep that penis covered unless you want to get showered.
- Tabs come from the back of the diaper and fasten to the front.
- Cloth diapers need to be rinsed in the toilet and stored in the diaper pail.
Don't forget to dispose of the disposables.

Is it supposed to be that colour?

Black - baby's first poops are black and sticky (known as meconium). Once the baby is getting good amounts of breast milk (or formula) it will change from black to greenish black to brown or yellow.

Mustard coloured - seedy, loose poops are normal for breastfed babies.

White - it is normal for girls to have a whitish jelly-like discharge from their vagina. This will eventually disappear on its own.

Red - girls also can bleed a small amount from the vagina in the first few days. This is normal and is caused by mom's hormones.

Orangey red - babies that are 1 – 3 days old may have one or two orangey-red coloured spots in the diaper. The baby is not bleeding but has passed uric acid crystals. If this continues past 3 days, call your doctor or Durham Health Connection Line.



DAD'S TOOL KIT
DAD'S TOOL KIT



Dad's Tool Kit

Your tool kit should contain:

- diapers - at least 3 or 4
- wipes
- change pad
- complete change of clothes for baby (pick an outfit you can put on easily)
- diaper cream (if using)
- plastic bag (for dirty diapers)

Sometimes as a dad you may feel awkward, but as your baby grows you will develop a very special relationship.

Even though it may seem like mom is in the driver's seat, take responsibility for some aspect of regular maintenance like the bath or bedtime.



FINE TUNING AND FUN
FINE TUNING AND FUN



Fine Tuning and Fun

Exhaust[ion] is likely with a new baby. Your baby may not sleep through the night for quite some time. This can be hard on drivers. Babies are designed to wake up and refuel every few hours. Eventually, they will start sleeping longer. In the meantime, try to take turns at sleeping-in, go to bed earlier (and not necessarily at the same time), and nap. If one partner is rested, the other partner can function better.

When will we ever have sex again? It is important to remember that after having a baby, mom needs time to recover. Good communication and not pressuring or rushing mom helps. Don't forget to use birth control. Condoms and foam are a good choice if mom is ready for sex before she sees the doctor at around six weeks. Mom may be hesitant at first. However, with time (and some sleep), this shall pass.

For a well-tuned family, it is important to talk to mom and maintain your relationship as a couple. Talk about something (anything) other than the baby. Remember, mom drives this model all day. You may be worried about balancing work and home. This may be a time to look at your options and talk to your partner about them. Plan time together. Go on a date.

Troubleshooting

Problems	Causes	What to do?
Crying baby	<ul style="list-style-type: none">• Hungry• Tired• Gas• Boredom• Cold• Uncomfortable• Smelly or damp	<ul style="list-style-type: none">• Baby needs to be fed.• Rock baby gently in your arms or in a cradle.• Burp baby during and after feeding.• Hold baby and rub his/her back while walking around your house singing your favourite tunes.• Dress baby as warmly as you are plus one layer more: remove a layer if baby is warm on the back of his/her neck.• Make sure nothing is pinching or poking baby.• Change diaper (and clothes if necessary).• Hold baby to help them feel warm and secure (use sling or front carrier).
Crying Mom	<ul style="list-style-type: none">• Normal baby blues (up to 80% of moms)• Overtired and overwhelmed• Postpartum depression (10-20% of moms)	<ul style="list-style-type: none">• Be supportive and reassuring. Be patient.• Encourage mom to nap, take over as many household chores as possible (take initiative and don't wait for mom to ask for help), limit visitors and tell her what a good job she's doing.• Encourage mom to seek professional help if she has symptoms such as sadness, anger and anxiety that lasts more than 2 weeks.

Troubleshooting

Problems	Causes	What to do?
Breastfeeding difficulties	<ul style="list-style-type: none">• Sore nipples/cracked nipples• Full and/or sore breasts• Mom and baby are still learning what to do	<ul style="list-style-type: none">• Help with positioning and latch.• Encourage mom to get help before she stops breastfeeding. Call Durham Health Connection Line 905-666-6241 or 1-800-841-2729 to talk to a public health nurse. Other available help includes the La Leche League, or your doctor or midwife. Don't give up too quickly because breast milk really is the best food for your baby.• Encourage mom to feed more often at least 8-10 times/24 hours. Full breasts are normal when milk comes in – this too will pass.• Support and encourage mom.
Noisy exhaust system	<ul style="list-style-type: none">• Normal infant bowel sounds (sometimes heard across the room)	<ul style="list-style-type: none">• Change diaper and do laundry.

Troubleshooting

Problems	Causes	What to do?
Spots, blotches, red rash	<ul style="list-style-type: none">• Normal newborn rash (anywhere on body)• Diaper area • Thrush (white spots in baby's mouth that look like milk curds)	<ul style="list-style-type: none">• Nothing. (It takes a while for baby's skin to get used to air so they tend to get a lot of rashes, spots, etc.) • Go to the doctor as baby needs medication for thrush - mom also needs to see the doctor if she is breastfeeding.
Cone head	<ul style="list-style-type: none">• The birth process	<ul style="list-style-type: none">• Nothing. Baby's head will become less pointy in a very short time.
Anything	<ul style="list-style-type: none">• Don't know	<ul style="list-style-type: none">• Call Durham Health Connection Line 905-666-6241 or 1-800-841-2729. You may speak to a Public Health Nurse Monday to Friday, 9:00am to 6:00pm, or call your health care provider.



FOR MORE INFORMATION AND HELP

Call Durham Health Connection Line
905-666-6241 or 1-800-841-2729
Monday to Friday 9:00am to 6:00pm
or visit www.region.durham.on.ca

Call or see your Health Care Provider
FOR MORE INFORMATION AND HELP



**HEALTH
DEPARTMENT**



**Healthy Babies
Healthy Children**

DURHAM REGION

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