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STEP 1

Parenting

- Learn from helpful parenting resources
- Purchase in advance:
 - Nasal aspirator and saline drops
 - Cool mist humidifier
 - Rectal and oral/axillary thermometer
 - Tylenol and Advil (for over 3 months of age unless instructed by a healthcare professional)
 - Children's Reactine (2 years of age and older unless instructed by a healthcare professional)
 - Zinc-based barrier diaper cream
 - A gentle fragrance-free hydrating cream



When a baby is under 2 months of age avoid sick contacts! A fever of 38°C or above in a baby under 3 months of age requires an urgent medical assessment.

STEP 2

Feeding and Nutrition

- Breastfeeding takes practice for both you and your baby, so don't give up if it is not working right away! Many factors can influence a baby's latch and this can take time.
- Don't forget to give vitamin D drops - breast or bottle-feeding.
- A mother's milk supply can be affected by a lack of proper nutrition, hydration, sleep, and stress.
- When bottle feeding, be sure to sterilize the water and bottles. Always follow the instructions exactly when using the powder formula.
- Feed your baby on demand but ensure that they don't go longer than 3-4 hours between feeding for the first couple of months to ensure adequate weight gain, which means you may need to wake them.
- It's important to follow baby's cues, which you will learn to recognize (turning head/rooting, opening mouth, stirring, hand to mouth, and crying).



Don't worry if breastfeeding isn't right for you or if you need to do a combination of breastfeeding and formula. A fed baby is a healthy baby.

STEP 3

Growth and Development

- 0-5 years of age is a fundamental time in a child's brain development.
- Adequate sleep and a consistent routine is important.
- Cuddling, skin-to-skin time, and meeting your baby's needs help them to feel securely attached and safe.
- Spend time playing with your baby (tummy time, toys, and exploring new things).
- Reading and talking to baby develops their language and curiosity.
- Avoid overusing electronics such as TVs and tablets .



All babies develop at their own pace! It is about taking the time to give them a variety of different opportunities to achieve their milestones.

STEP 4

Mental Health

- Your mental health impacts your baby's mental health, so take time for yourself and prioritize healthy eating and sleep habits.
- If you need help, don't be shy to ask for it! It takes a village to raise a family.
- Infant mental health starts during pregnancy. Fostering a safe, loving, and calm environment allows your baby to feel a sense of security, bonding, and attachment.
- Post-partum depression and anxiety can happen to any caregiver, so be sure to know the signs and symptoms, and don't be afraid to seek professional help.



Your baby is learning from you. They watch, listen, and feel everything that is happening around them, even when they aren't in the same room.