

# IOWA STATE UNIVERSITY

## Cooperative Extension

Hello!

There is so much to learn about babies, parenting, and family life. We hope that “Zero to One” is helpful to you during these early

months with Baby. You are encouraged to make use of other sources of information, too.

Sincerely yours,



Extension Specialist

Human Development/Family Life

*Iowa State University and U.S. Department of Agriculture Cooperating*



# zero to one

news about infants during the first year | month two

## Health and safety

During your baby's second month of life, your doctor will recommend beginning the first of a series of childhood shots. These shots (also called immunizations and vaccinations) are to protect the baby from dangerous, infectious diseases. Diphtheria, tetanus, whooping cough (DTP) and polio shots are recommended at two, four, and six months and DTP again at 15 months by the American Academy of Pediatrics. You'll want to find out more about immunizations from your doctor or clinic, and record the date of shots. We'll remind you of later schedules in coming newsletters — right now, be sure you have the “two month” series.

To get your own copy of a schedule for shots and a personal record for your baby, write to:

Health Protection Clearinghouse  
1201 9th St., SW  
Cedar Rapids, Iowa 52404

Phone: 888-398-9696  
Fax: 319-861-2869

## What's happening?

At last! Some regularity is creeping into life again. Having made some early changes, your baby may be settling into a routine in this second month. For many babies (and parents) night-time sleeping lengthens (thank goodness!) and feedings may extend to once every four hours. Whether your baby has a quiet or active nature, he/she is progressing — motions are less jerky, and head control is increasing.

Watch out, folks, your little one may flip over when you're not expecting it. While you're keeping that watchful eye, you'll also be rewarded with smiles. How captivating are a baby's first smiles, which usually begin during the second month.

Babies need freedom to move most of the time, but swaddling a fussy baby seems to be more soothing than blanketing them loosely or leaving them uncovered.

Remember, that fleeting, spontaneous smile makes living through the fussy times worthwhile!

## Be good to yourself

Your baby's regular exams by a doctor are important, especially during these early months of rapid growth. You need checkups, too. Your health also is important. Most doctors will give new mothers a physical exam about six to eight weeks after delivery. Take time then to ask any questions, share your feelings, and talk over your decision about when/if you would like to have another baby.

This is a good time for fathers' and children's health to be considered, too. Everyone who wants to care for and enjoy Baby should be in good health.

Be good to your baby  
Be good to yourself

## Family focus

Great expectations! Many new parents wonder, "What kind of person will my child become?" Most of you probably want your child to be happy, honest, healthy, kind, and bright. The list goes on. Jot down qualities you want your child to have. Talk about them with your spouse. Both of you will be a big influence in helping to develop these qualities.

It's hard to imagine now, but years will fly and many other people will influence your child's life. But parents have the fun and the responsibility of being the most influential people ... right now at the most important time of development. Your baby needs you. Take lots of time for all family members to enjoy being needed now.

Next time: Who influenced you?

## Not for mothers only

Happiness is a devoted daddy! Chase away any feelings of awkwardness or inadequacy by doing everyday baby care routines such as playing, bathing, and cuddling.

Too long we have assumed that "babies are women's work." Studies show men are as capable as women in loving and caring for their children. Here are some books written for a dad's point of view to look for at the library.

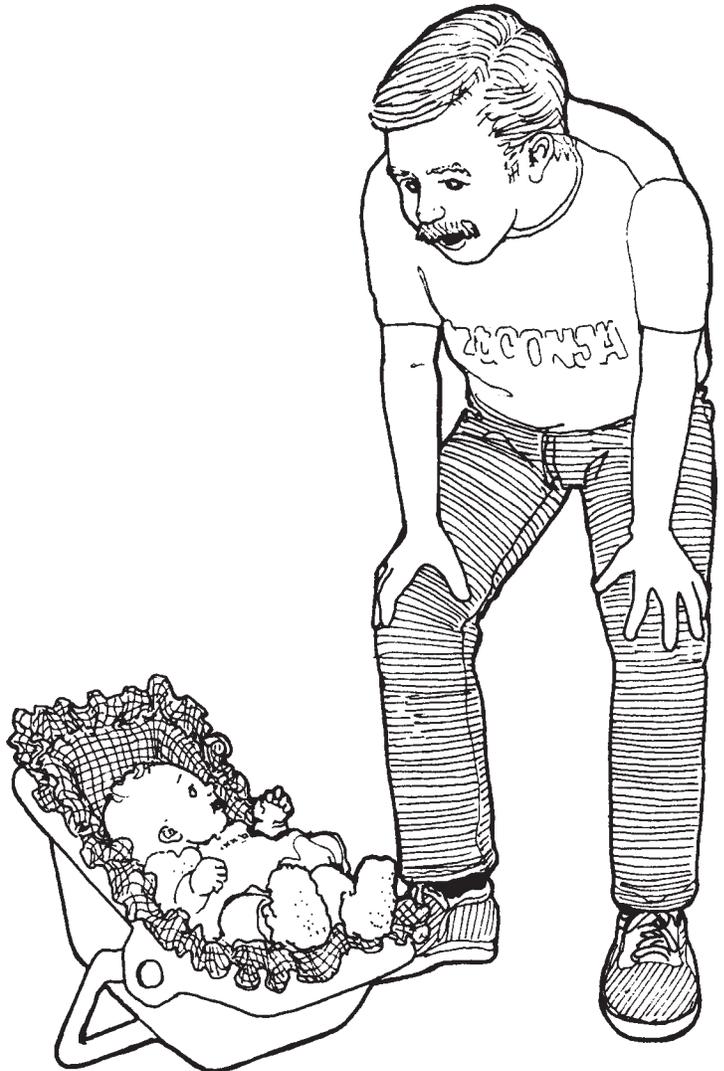
*Father Power* by Henry Biller and Dennis Meredith.  
Written by fathers who discuss Dad as his child's link to the world. ASIN:0679505202

*Fathers and Families*, also by Henry Biller.  
ISBN:0865692084

*The Father Factor: What You Need to Know to Make a Difference*, also by Henry Biller.  
ASIN:0671793977

*How to Father* by Dr. Fitzhugh Dodson. Enjoyable, practical reading directed at Dads.  
ISBN:0451154363

*How to Parent*, also by Dr. Fitzhugh Dodson.  
ISBN0451156250



## . . . and so forth

Free magazines for new parents are available at some maternity shops, diaper services, health clinics, and department stores. You can find a wealth of information in the articles, but carefully judge the advertisements.

For free sample copies and subscription information contact:

### *American Baby*

249 W. 17th Street  
New York, NY 10011-5300  
Phone: 212-462-3500  
Web: [www.americanbaby.com](http://www.americanbaby.com)

### *Baby Talk*

c/o *Parenting Magazine*  
25 W. 43rd Street  
New York, NY 10036-7406  
Phone: 212-840-4200  
Web: [www.pathfinder.com/ParentTime/parenting/babysub.html](http://www.pathfinder.com/ParentTime/parenting/babysub.html)

## Straight talk about . . .

### **Baby Care: Beyond the Basics**

Your “baby care” book, your own growing experience, and your instincts equip you to care for baby’s feeding, bathing, and clothing needs. When you’re providing these “basics,” you’re really doing much more. You’re already helping to “shape” your baby. How you care for your baby now during these important early months will make a difference later in the way your baby will feel about self and others as well as in the way he or she will learn in later years.

### **So How Are You Doing?**

Research studies have looked at parents to find ways that seem to help families raise children. Here are some suggestions:

**Create a safe and open environment** so your child can explore in freedom and safety. (This becomes even more important as your baby becomes more mobile.)

**Watch** for cues and **respond** to signals from your child quickly and frequently.

**Talk** to and **help** your child.

Try to combine the “basics” with activities that help your baby learn these important lessons:

- There is someone who can be counted on to meet my needs.
- My parents care.
- The world is a good place to live.
- “I’m OK.”

### **Some Suggestions**

Try these ideas for bathing, diapering, feeding, and dressing.

**Talk** to Baby about what you’re doing.

**Hold** Baby securely so he or she can feel the warm water, the powder or lotion (if used), the combined strength and gentleness of your hands.

**Cuddle** your baby close to you while feeding — relax together.

**Talk** and **smile** when dressing or diapering. It may be tough sometimes but try not to frown when you change your baby’s diapers ... maybe it’s easier if you concentrate on smiling at your baby’s face while doing your duty at the “other end.”

Your baby is no doubt enjoying your attention, and we hope you enjoy giving your attention, too. Whatever you do with your baby, remember to talk to your child naturally and frequently. You’re growing together.



## Getting it together

You're learning a lot about your baby, enough that you can recognize when Baby is not his or her usual self. If someone else has been caring for your baby, ask them to tell you what they have noticed. Whenever you feel it's necessary, call your doctor. All questions are valid when your baby's well-being is at stake. When in doubt, call.

Before you call, check:

- Baby's temperature
- Skin — flushed, pale, perspiring?
- Breathing — difficult, fast, slow?
- Coughing, sneezing?

- Eyes, ears
- Signs of pain — crying, screaming, head rolling?
- Appetite
- General mood — unusual activity or quietness?
- Any vomiting?
- Rashes?

Get it together — before you call the doctor.



File: Family Life 8

Prepared by extension specialists and child development faculty at Iowa State University. Arranged for distribution by Lesia Oesterreich, extension specialist in human development and family studies. Edited by Carol Ouverson, extension communication specialist.

 . . . and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Stanley R. Johnson, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa. 02/2000

**IOWA STATE UNIVERSITY**  
Cooperative Extension

PM 984B

Cooperative Extension Service  
U.S. Department of Agriculture  
Iowa State University  
Ames, IA 50011

BULK RATE  
POSTAGE AND FEES PAID  
USDA  
Permit No. G-268

OFFICIAL BUSINESS  
PENALTY FOR PRIVATE USE \$300