



483 East County Line Rd.  
Hatboro, PA 19040

## Vaccines for Family and Caregivers

A baby's family members and caregivers should be up to date on their vaccinations to help form a circle of disease protection around the baby.

Newborns do not yet have fully developed immune systems, making them particularly vulnerable to infections. Because of this, anyone who is around babies should be up to date on all routine vaccines.

### Flu Vaccine for Adults Around Babies

Babies younger than 6 months are at high risk of serious flu complications but are too young to receive a flu vaccine. Here's how to protect the baby from flu:

- Before the baby is born, the mother should get a flu shot while she is pregnant to protect herself from the flu and protect the baby from flu illness for the first several months after birth, when they are too young to get vaccinated.
- Everyone who cares for the baby (Parents, siblings, teachers, babysitters, nannies) should get vaccinated during each flu season.

### Family and Caregiver Vaccine Timing

Anyone who needs the whooping cough or flu vaccines should get them at least two weeks before meeting the baby because it takes about two weeks to develop antibodies after vaccination. When one member of a household has a respiratory illness, other members are at risk for getting ill, too. Researchers have:

- Identified siblings and parents as the most common sources of the whooping cough infection in young infants.
- Found that many other people can get babies sick, including grandparents, caregivers, and friends of the family.

### Whooping Cough Vaccine for Those Around Babies

Whooping cough is very dangerous for babies. They do not start getting their own whooping cough vaccines until they are 2 months old. The best way to protect newborns is to make sure pregnant women get a Tdap vaccine during each pregnancy. Others can also help protect newborns by making sure they have gotten all the recommended shots.

- If a child will be around the baby and is not up to date with their whooping cough shots they should get vaccinated.
- Preteens, teens, and adults who will be around the baby and have not already had a booster shot should get vaccinated.
- If a teen or adult will be around the baby and has already had a Tdap vaccine, they do not need to get vaccinated again.

When everyone's vaccinations are up to date, parents can feel more secure about the safety of their child.

**Hatboro Pediatrics now offers these vaccines to the family members of our patients!**

**Call today to schedule an appointment: 215-441-5670**



# BRIGHT FUTURES HANDOUT ► PARENT

## FIRST WEEK VISIT (3 TO 5 DAYS)

Here are some suggestions from Bright Futures experts that may be of value to your family.

### ✓ HOW YOUR FAMILY IS DOING

- If you are worried about your living or food situation, talk with us. Community agencies and programs such as WIC and SNAP can also provide information and assistance.
- Tobacco-free spaces keep children healthy. Don't smoke or use e-cigarettes. Keep your home and car smoke-free.
- Take help from family and friends.

### ✓ FEEDING YOUR BABY

- Feed your baby only breast milk or iron-fortified formula until he is about 6 months old.
- Feed your baby when he is hungry. Look for him to
  - Put his hand to his mouth.
  - Suck or root.
  - Fuss.
- Stop feeding when you see your baby is full. You can tell when he
  - Turns away
  - Closes his mouth
  - Relaxes his arms and hands
- Know that your baby is getting enough to eat if he has more than 5 wet diapers and at least 3 soft stools per day and is gaining weight appropriately.
- Hold your baby so you can look at each other while you feed him.
- Always hold the bottle. Never prop it.

#### If Breastfeeding

- Feed your baby on demand. Expect at least 8 to 12 feedings per day.
- A lactation consultant can give you information and support on how to breastfeed your baby and make you more comfortable.
- Begin giving your baby vitamin D drops (400 IU a day).
- Continue your prenatal vitamin with iron.
- Eat a healthy diet; avoid fish high in mercury.

#### If Formula Feeding

- Offer your baby 2 oz of formula every 2 to 3 hours. If he is still hungry, offer him more.

### ✓ HOW YOU ARE FEELING

- Try to sleep or rest when your baby sleeps.
- Spend time with your other children.
- Keep up routines to help your family adjust to the new baby.

### ✓ BABY CARE

- Sing, talk, and read to your baby; avoid TV and digital media.
- Help your baby wake for feeding by patting her, changing her diaper, and undressing her.
- Calm your baby by stroking her head or gently rocking her.
- *Never hit or shake your baby.*
- Take your baby's temperature with a rectal thermometer, not by ear or skin; a fever is a rectal temperature of 100.4°F/38.0°C or higher. Call us anytime if you have questions or concerns.
- Plan for emergencies: have a first aid kit, take first aid and infant CPR classes, and make a list of phone numbers.
- Wash your hands often.
- Avoid crowds and keep others from touching your baby without clean hands.
- Avoid sun exposure.

**Helpful Resources:** Smoking Quit Line: 800-784-8669 | Poison Help Line: 800-222-1222

Information About Car Safety Seats: [www.safercar.gov/parents](http://www.safercar.gov/parents) | Toll-free Auto Safety Hotline: 888-327-4236

# FIRST WEEK VISIT (3 TO 5 DAYS)—PARENT



## SAFETY

- Use a rear-facing-only car safety seat in the back seat of all vehicles.
- Make sure your baby always stays in his car safety seat during travel. If he becomes fussy or needs to feed, stop the vehicle and take him out of his seat.
- 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.
- 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.
- Always put your baby to sleep on his back in his own crib, not your bed.
  - Your baby should sleep in your room until he is at least 6 months old.
  - Make sure your baby's crib or sleep surface meets the most recent safety guidelines.
- If you choose to use a mesh playpen, get one made after February 28, 2013.
- Swaddling should be used only with babies younger than 2 months.
- 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 faucet is at or below 120°F /49°C.

## WHAT TO EXPECT AT YOUR BABY'S 1 MONTH VISIT

### We will talk about

- Taking care of your baby, your family, and yourself
- Promoting your health and recovery
- Feeding your baby and watching her grow
- Caring for and protecting your baby
- Keeping your baby safe at home and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

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The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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