

The monthly newsletter of Southern Tier Health Care System



DEVELOPMENT

3-week-old baby

Three weeks into parenthood and you are tired. But your baby isn't trying to torture you with all that crying, he's trying to tell you something....sometimes.

At this stage 15-20% of newborns can have inconsolable crying spouts that last for hours. This is usually diagnosed as colic. Coping with colic is tough but just keep in mind this phase will eventually end by 3 months.

But it's not all about the crying. Your little one is also gaining muscle control so his movements will become less jerky. This is when it is important to instill tummy time sessions so your newborn can strengthen neck muscles as well as everything else.

And at the end of the day, remember that newborns need 14 to 17 hours of sleep in a 24 hour period, usually waking to eat every two to four hours.

POISONING

Kids can and will get into anything and everything. For this reason, they are highly susceptible to poisoning in the home.

Since young children explore the world by putting everything in their mouth it's important to take precautions and know what dangers lurk in your home:

- cleaning products
- personal care items
- medicine and vitamins

All these things can be toxic when ingested. To prevent any accidents make sure medications are stored up and out of site in child proof containers. They can resemble brightly colored candies that grab children's attention.

Cleaning products like laundry packets come in swirled, colorful patterns that look like toys. It's important to have these stored out of reach of children. Most containers come with child proof locks, just make sure they are functioning properly.

Finally, always have the number for poison control ready at hand:

1-800-222-1222

