



## Important Parenting Topics

### Crying

#### What is it?

- Babies cry for many reasons and some cry more than others
- Usually crying peaks around 3-12 weeks of age; and lessens by 3-4 months

#### Remember to:

- stay calm
- Call someone to help if you need a break
- Never shake, smother or hit baby

#### Why is it important?

- It is how babies communicate their needs

#### Common reasons babies cry and how to help:

- Hungry – feed often
- Upset – hold, rock, bounce baby, do skin to skin, go for a walk
- Uncomfortable – burp, change position, change diaper
- Too hot/cold – babies should be dressed as warmly as you are, plus one more layer
- Tired or overstimulated – rock baby in a quiet dark room, do skin to skin, wrap or safely swaddle
- Sick – monitor for fever or signs of illness and seek medical attention if necessary

#### For more information on Colic and PURPLE crying

[https://caringforkids.cps.ca/handouts/pregnancy-and-babies/colic\\_and\\_crying](https://caringforkids.cps.ca/handouts/pregnancy-and-babies/colic_and_crying)



## Skin to Skin

### What is it?

- Placing naked baby (with or without diaper) on your bare chest; and may also cover with blanket to keep warm
- Can be done with any caregiver, at any time

### Why is it important?

- Helps regulate baby's temperature, breathing and heart rate
- Calms and relaxes mother and baby
- Promotes early attachment
- Stimulates the release of hormones to support breastfeeding



### Sources:

[Home | Caring for kids \(cps.ca\)](#)

[Your Guide to Postpartum Health and Caring for Your Baby - Canada.ca](#)

## Tummy Time

### What is it?

- Placing baby on their stomach while they are awake; and someone is watching them
- Place baby on a clean blanket on a clear area of the floor, then lay beside baby and use toys to encourage interacting with their surroundings
- Can be done by laying baby on your chest (facing one another)

### Why is it important?

- Babies benefit from having regular tummy time; start with a few minutes several times a day and gradually increase as baby gets older
- Helps to strengthen neck, shoulder and arm muscles
- Improves baby's motor skills
- Helps prevent flat spots on their head

## Vitamin D

### What is it?

- Vitamin D comes from exposure to sunlight, certain foods (like cow's milk) and vitamin supplements – BUT baby's are protected from the sun and don't yet eat vitamin rich foods so they may need a supplement
- Vitamin D deficiency puts babies at risk of rickets (a disease affecting bone growth)

### Babies at risk of deficiency:

- breastfed babies
- those living in northern communities
- having darker skin
- mothers with vitamin D deficiency

### Why is it important?

- Helps in the absorption of calcium; to promote healthy bones and teeth
- Health Canada recommends a daily Vitamin D supplement of 400 IU for exclusively and partially breastfed infants from birth to one year
- Can be purchased at any pharmacy without a prescription

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