



# The Care of the Baby

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The most wonderful thing in the world is to watch the growth and development of a baby, combining as it does the traits of both mother and father. Parents must remember, however, that they are reproducing themselves as they really are, and it is important for them to be in sound health of body and mind. The mother especially must have every possible attention while she is carrying her child.

## THE EXPECTANT MOTHER

As soon as you know that a baby is coming, engage the best doctor you can afford and follow his directions. Many babies die, and others become blind or are otherwise injured for lack of good care at birth. Hundreds of mothers lose their lives or their health as a result of childbirth, which ought to bring life, not death, into the household. For the sake of your own and of your baby's welfare you should avoid false economy. With a good doctor you need have no fear. He will help to get you into good condition. Ask his advice about anything which you do not understand; and take him a twenty-four-hour specimen of urine once a month or oftener.

Listen to no tales of woe, nor to fables of signs, cravings, or markings. Keep yourself happy and free from worry and care and anxiety; and with sane mind and joyful heart make yourself such a wholesome, well-balanced person as you want your child to be.

Have your teeth put in order not later than the third month.

Do not overload your stomach trying to "eat for two." It is not the quantity but the quality of food that counts. Food that agrees with you will nourish your baby, and food that is not good for you will be bad for the baby.

Be sure that your bread is well baked, whether of Graham, whole wheat, rye, or corn. These are better for you than white bread. Raisins, dates, or prunes if chopped and added to these breads will make them more laxative. All ripe fresh fruits are good for you, and dried fruits may be stewed or chopped and added to well-cooked cereals, which are better for you than the puffed grains or flakes.

Rice, hominy, potatoes, and macaroni may be eaten in moderation, but you need especially the green vegetables, such as spinach, beet or turnip greens, kale, dandelion, cauliflower, asparagus, carrots, celery, lettuce, green-peas, snap-beans, okra, and so forth.

If you are in good condition, eggs may be eaten once a day, and such meats as beef, lamb, mutton, fish, or chicken.

Dried beans or peas are a good substitute for meat.

Do not eat pork, or pies, or any kind of fried food.

You need two quarts of liquid every day; this may be taken as water, sweet milk, buttermilk, cocoa, broth, or soup. In summer lemonade is refreshing. These are better for you than tea or coffee.

The commonest cause of trouble before or during confinement is a sluggish condition of the skin, bowels, or kidneys. The clogging of one means overwork for the others. The bowels ought to move once and the kidneys three or four times a day. The skin should not become dry or parched.

Any puffiness of the face or undue swelling of the hands and feet, frequent headache, dizziness, spots before the eyes, twitching, a decreased amount of urine, or any bleeding should be reported to the doctor at once.

A cold salt bath to the waist every morning is good for the breasts—and a warm bath at night will keep the skin in good condition and often insure a quiet, restful night. After the warm bath the breasts and abdomen may be rubbed with cocoa-butter or cottonseed oil, especially during the last few months.

You need loose, suitable clothing with no tight belts. Well-fitted corsets may be safely worn during the first six months. It will add greatly to your comfort to have loose high shoes with low heels.

Before your baby comes you need much rest and sleep in the fresh air. Try to have a nap every day in a cool, quiet room, and at least eight hours' sleep at night. It is equally important for you to have a certain amount of daily work or exercise, though not enough to tire you out.

Do no scrubbing, cleaning, washing of clothes, or machine work for four weeks before and at least four weeks after confinement. You and your baby are entitled to that much rest from heavy work.

Prepare early for your confinement. You have nine months in which to collect the little things you need for the comfort and welfare of yourself and your child.

**Preparation for Confinement** Be sure that the baby's clothing and your own are clean, complete, and folded away in separate places.

Have only clean clothing for yourself and for your bed, before and after confinement. Old soiled quilts must not be used. They have caused many deaths and cases of childbed fever. Use, instead, old soft sheets, spreads, and table linen which have been washed, boiled, aired, and folded smoothly away in covered packages, from time to time.

When your pains come on, send for your nurse and notify your doctor, that he may be within reach.

See that your bowels move freely.

Braid your hair in two braids.

Have two gallons of boiling water and two gallons boiled and cooled in covered pitchers or pails.

Allow no one in the confinement room but the doctor, the nurse, and such assistants as they request.

## CARE OF THE BABY UNDER ONE YEAR OLD

Be sure that the doctor gives special attention to the baby's eyes. Hundreds of babies have grown into blind men and women because their eyes were neglected at birth.

### **When the Baby Comes**

The baby should be rubbed with olive or cottonseed oil, wrapped in a warm blanket, and laid aside until the mother is bathed and made comfortable.

There is no hurry about bathing the baby. He will be very grateful for a few hours' rest. Wait until the next day if he arrives at night. Then let him be given a warm sponge bath, testing the water with the elbow to be sure it is neither too hot nor too cold. Castile or Ivory soap may

### **Bathing**

be used. The cord should not be wet, and the dressing which the doctor has held in place with the binder should not be disturbed or the binder changed unless absolutely necessary. Under no circumstances allow the navel or its dressing to be touched. Use no powder or grease of any kind. The binder is not needed after the navel is thoroughly healed.

After the navel is healed he may have a tub bath once a day. Bathe carefully all creases behind the ears, in the neck, and the groin. These parts will not get sore if kept clean.

If the weather is warm, he may have also a sponge bath, with a pinch of soda added to the water, to keep his skin free from prickly heat.

Do not allow scurf to form on his scalp. It will not collect if the scalp is kept clean. Rub his head thoroughly with oil or vaseline at night and wash well the next morning with soap and warm water. Then rub gently with witch-hazel, or with equal parts of alcohol and water. Do not make the scalp sore.

The baby should have his own wash-cloths and towels.

Do not overclothe the baby. It is better to have a few simple one-piece garments and add larger ones as he grows. Dress him according to the temperature

### **Clothing**

of the day, not the season.

On a cold day he may need a coat, cap, mittens, and long stockings pinned to his diaper. If the day is very warm, he may need only a low-necked, short-sleeved shirt and diaper. Undershirts of cotton and wool are cheaper, more comfortable, and wash better than all wool or silk.

Do not use heavy diapers or those made of rubber. Flour sacks make good ones, and a square of soft cotton cloth placed inside the diaper may be burned and save work. Never use a diaper a second time before washing. Soiled diapers must be kept under water until they can be washed, boiled, rinsed, and thoroughly aired.

The young baby should do nothing but sleep, eat, and grow. Until he is two months old he needs from eighteen to twenty hours of sleep in the twenty-four.

### **Sleep**

The healthy baby will sleep from 9 P. M. to 6 A. M. if started right in the beginning.

He must not sleep in the bed with his mother. He is entitled to a bed of his own, and both he and his mother will sleep better alone.

Do not make him sleep on feathers. If he has no crib, fold a quilt in a basket, a box,

or on two chairs beside his mother's bed. A tick filled with straw makes a good mattress for the baby, and can be renewed often.

The baby's arms and legs must have full play that they may grow strong and straight.

Let him lie on the bed and kick, or in the summer-time fold a quilt

**Exercise** on the floor where he may stretch and grow.

As he grows older he may need a pen around the quilt to keep him out of danger while his mother is busy. The pen and baby may be moved on to the porch or out in the yard, and covered with mosquito netting if there are flies or mosquitoes.

From the time he is four weeks old let him be a fresh air baby.

**Fresh Air** Next to stomach and bowel trouble, bronchitis and pneumonia kill more babies than any other disease. The baby raised out-of-doors will not take cold easily, and ought to grow into a sturdy, vigorous child.

In warm weather keep him in the shade. In cold weather find a warm, sunny place for his bed or carriage, being careful to protect him from glare and from wind.

Hot-water bottles or hot bricks or stones may be used, if necessary, to keep the baby warm when out-of-doors.

The baby at birth needs only breast milk and cool boiled water to drink.

**Feeding** Do not be discouraged if he cries and you do not seem to have enough milk for him. A certain amount of crying is good for him, and if you are in good condition and he nurses regularly, your milk may be increased. You should drink at least a quart of milk and two quarts of water each day.

Until he is three months old nurse him every three hours during the day and once during the night. After that time he should not be nursed between your bedtime and the time he awakens in the morning. After six months of age he should be nursed every four hours during the day and not at all during the night. Do not let him doze while nursing.

Nurse him regularly by the clock, and find out how long it takes him to get enough. If his milk comes up soon after nursing, you have given him too much or he has been disturbed. Do not overload his stomach, and when he has finished, lay him quietly in bed and do not let any one handle him.

He may lose a little in weight during the first few days, but will regain his birth weight by the eighth or tenth day, after which he ought to make a steady gain.

Give a little cool boiled water to drink every day.

Make up your mind to nurse your baby as the Lord intended. Mother's baby has a right to mother's milk, and no other food is as good.

**Reasons for Breast Feeding** The mother's milk contains all the elements necessary for the growth and development of the child's body and it contains those elements in the right proportion for the growing child.

It is absolutely free from filth and germs.

It protects the baby from many infants' diseases.

Breast-fed babies seldom have diarrhea—the disease that carries off more babies than any other disease of childhood. These things can be said of no other infants' food.

Do not consider weaning the baby without first consulting your doctor.

**Weaning** If he says that the baby is old enough and is in good condition, wean him gradually by giving one bottle of cow's milk every day, modified according to your doctor's directions, instead of one breast feeding.

Be sure that the cow is clean and healthy, and the milk is kept clean and cold.

If the first feeding agrees with the baby, it is safe to give two bottles in place of two breast feedings, and so on.

Gruel made of barley, rice, oatmeal, or corn meal may be added to the milk, and at ten months he needs a little beef-juice, broth, or strained soup; also orange or pineapple juice, or the juice of stewed peach, apple, or prune once a day.

Give him no solid food until he has ten or twelve teeth, which will be about the twelfth month. It is well to begin with hard, dry toast. He may also have well-cooked cereals if strained.

The strong healthy baby ought to be wholly weaned by the twelfth month. After that time he will do better on cow's milk (which he ought to have every day) and the simple foods suggested above than he will on the breast.

The young baby should have three or four stools in twenty-four hours, though many healthy babies have but one. Do not dose him unnecessarily. After the black tarry movements of the first few days, the stools should be smooth, yellow, and formed. Any variation in color or character, as green, grayish, or dark stools, bloody, frothy stools, or those containing curds, lumps, or mucus, must be reported at once to the doctor.

The baby will be good if you will show him how. He is the most valued and important member of the household and his welfare must be considered first.

**General Care** Teach him regular habits from the day that he is born. Arrange so that his bathing, sleeping, feeding, and airing come at regular hours. With a little care, even the bowels of a very young baby may be trained to move at practically the same hour every day.

Do not take him up or feed him every time he cries. Babies sometimes cry for other reasons than hunger. Try to find out first what the trouble is. He does not speak your language and you may not understand that he is only asking to be turned over or to be changed; he may be too warm or too cold; his clothing may be uncomfortable; he may want a drink of water; or the wee one, even if only a few weeks old, may well need the comfort of his own mother's voice in this strange, vast world. Cuddle the baby, but do not let any one kiss him on the mouth.

Do not walk or trot or jounce the baby. Think how you would like such treatment.

Protect his eyes from glare and his body from mosquitoes and flies, which carry filth and disease.

Do not waken him to make him "show off." Keep him away from crowds and sickness of every kind. Do not let him be exposed to measles, whooping-cough, or any other disease.

Colic is only another name for indigestion. Your doctor will help you to find out what is the trouble. If the baby is sick, keep him in bed and away from the

**If the Baby is Sick** rest of the family. If he has diarrhea, stop all food and give him only cool boiled water to drink.

If he is constipated, use a small soap suppository or give an injection of warm soapy water or warm water with a pinch of salt.

If he has fever, sponge him all over and keep him quiet.

If he has a cold or sore throat or rash, give him very little food, see that his bowels move freely, keep him away from the rest of the family, and in any case if the baby is not better in twenty-four hours send for your doctor.

Do not get panicky over teething. More babies die during the first year than the second year. The breast-fed baby will usually cut his teeth without trouble. It is not teething but wrong feeding that makes him sick just when he needs to be in good condition.

Your marriage is recorded. Is not your baby also worth recording?

**Register the** You can secure for him now a record which may be of great value to  
**Baby's Birth** him some day.

See that a birth certificate is filled out and that it is recorded at the County Court House.

### LIST OF NECESSARY THINGS

#### FOR THE BABY

- $\frac{3}{4}$  yd. thin light weight flannel (abdominal binders)
- 2 light weight woolen blankets
- 3 cotton and wool undershirts (small size)
- 4 flannel skirts
- 3 long flannel gowns
- 6 cotton slips
- 2 doz. diapers (18 inches)
- 2 doz. large diapers (24 inches)
- 1 box boracic acid
- 1 box talcum powder
- 1 piece Castile or Ivory soap

- $\frac{1}{4}$  lb. sterile gauze
- $\frac{1}{4}$  lb. absorbent cotton
- 2 doz. safety-pins (one doz. large, one doz. small)

#### FOR THE MOTHER

- Oil-cloth or rubber sheeting,  $1\frac{1}{2}$  yards square
- 6 night-gowns.
- 3 yards unbleached sheeting (abdominal binders)
- 2 lbs. sterilized absorbent cotton
- 2 lbs. sterilized gauze or equivalent in old clean cloths