



The Care of the Baby

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THE EXPECTANT MOTHER

Responsibility The finest thing on earth is to bring into the world a child who will grow up strong and clean of body and mind, full of courage, of energy and ambition to carry on the world's work.

As soon as you know that a little baby is coming engage the best doctor and nurse you can afford.

Preparation for Motherhood Many little lives have been lost; many children have become blind; the future health of many mothers has been lost through false economy at such times.

With your doctor's help get yourself into the best possible condition, morally, mentally and physically.

If you wait until your baby is born you have waited nine months too long.

The anxious, overworked, underfed woman cannot expect to have strong, vigorous children.

Make up your mind to nurse your baby as the Lord intended.

Expectant mothers must have plenty of simple, nourishing food.

Food It is not quantity but quality of food, and the condition of a woman's digestion, that will strengthen the mother and build up bone, muscle, and nerves for her child.

Pies, pork and fried food are unfit for the expectant mother. Remember that tea and crackers alone will not make milk.

The pregnant woman needs meat, fish or chicken once a day; thoroughly cooked bread and cereals; fresh fruits and vegetables; and plenty of milk and eggs; also cocoa, broth, soup, lemonade, and at least eight glasses of water a day. She should avoid strong tea and coffee.

Buttermilk, corn bread, beet or turnip salad, okra, sweet potatoes, and our own field peas; plenty of ripe peaches, grapes, and melons are good wholesome food.

Keep the bowels, skin, and kidneys acting freely.

Waste From three meals a day there is continued accumulation of waste matter to be thrown off by these organs.

Clogging of one means overwork for the others, and trouble follows.

Notify your doctor if the bowels do not move at least once a day; if the kidneys seem sluggish; if the skin is parched and dry.

A cold salt water sponge to the waist should be taken every morning, with special care given to the nipples.

Bathing A warm tub-bath at night followed by a rub of cocoa-butter or cotton-seed oil over the breast and abdomen will insure a good night's rest and add greatly to later comfort.

Loose, comfortable clothing is essential to the comfort of the woman and the welfare of the child.

Clothing Well-fitting corsets during the first six months are not necessarily harmful to the woman who feels their need.

The expectant mother needs more rest and sleep than usual. She ought to have a nap every day and at least eight hours' sleep at night, with plenty of fresh air; if possible, she should sleep out-of-doors.

Rest and Exercise The working woman needs rest at least six weeks before and six weeks after confinement.

She must do no heavy housework, such as washing and ironing; no scrubbing; no machine work, especially during the latter months.

She must have moderate daily exercise out-of-doors, but never enough to make her overtired.

Listen to no tales of woe; keep yourself happy and free from all worry, care and anxiety.

General Care Heed the call of your little unborn babe that you receive it with open arms and heart.

Do not anticipate trouble, but if there is swelling of the hands or feet, puffing about the eyes, nausea, headache, pain, or bleeding, send at once for your doctor.

Do not send, but take to the doctor, each month, a 24-hour sample of urine.

Put no faith in fables of cravings, markings, signs, or superstitions. They are all unfounded vagaries of ignorant old women and will not bear investigation.

With sane mind and joyful heart make yourself the wholesome, well-balanced, self-controlled person you want your child to be.

During the whole nine months save all old underclothing, bedding, table linen, etc.

Preparation for Have them washed, boiled, aired, and folded away in clean packages for emergency use.

Confinement Old soiled bed-quilts and unclean clothing have laid many a woman in her grave from "child-bed fever."

When pains come on send for the doctor and nurse.

Take a full bath, wash out the bowels or take a dose of salts or oil. Do the hair in two braids.

Use only clean clothing for body and bed. Have the bed prepared according to the doctor's instructions.

Be sure that your clothing and the baby's are clean, complete, and in separate places.

See that all things necessary are in the house not later than the sixth month.

LIST OF NECESSARY THINGS

FOR THE BABY

$\frac{3}{4}$ yd. thin, light weight flannel
2 light weight woolen blankets
3 cotton and wool undershirts
4 flannel skirts
3 long outing flannel gowns
6 cotton slips
2 doz. diapers 18 in.
2 doz. diapers 22 in.
1 box boric acid
1 box talcum powder
1 piece Ivory soap

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

FOR THE MOTHER

6 gowns
 $1\frac{1}{2}$ yd. square oil cloth or rubber sheeting
3 yds. unbleached muslin
2 lbs. absorbent cotton
2 lbs. sterilized gauze or equivalent in old clean cloths

CARE OF BABY UNDER ONE YEAR OLD

Be sure that the doctor takes proper care of the baby's eyes. Hundreds of helpless babies have grown into blind men and women because their eyes were neglected at birth.

When the Baby Comes

Have the baby rubbed with olive or cotton-seed oil, wrapped in a warm clean blanket, and left lying on its right side till the mother is bathed and made comfortable.

If the baby is full term and in good condition, give it a sponge-bath of warm water and Ivory soap, or some other pure white soap, not wetting or disturbing the gauze or cotton dressing of the cord.

Bathing

The cord must be held in place by an abdominal binder, to be changed only when absolutely necessary. Under no circumstances is the dressing to be touched until the cord dries off. Use no salve, grease, or powder on the cord.

A strong, healthy baby need not wear a binder after the navel is healed.

After the navel is healed the baby should have a warm tub-bath daily with special care to the creases of the neck, back of ears, and groin. These parts will not get sore if kept clean and dry.

After the baby is bathed, wash its eyes and mouth very gently with boric acid solution using a separate piece of gauze (not absorbent cotton) for each, and burning the gauze immediately.

Never allow scurf to form on the baby's head. Soften it with oil, wash gently with warm water and soap, and rub with witch-hazel or alcohol and water in equal parts.

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

Clothing

Undershirts of cotton and wool are cheaper, softer and more comfortable than all wool.

Old flour-sacks make good diapers. Never use heavy or rubber diapers.

Squares of old soft cotton worn inside the diaper may be burned when soiled and save labor.

Soiled diapers must be kept under water till washed and must be boiled, thoroughly dried and aired each day.

Teach the baby habits of cleanliness and regularity. A baby of six months should have one or two movements a day, usually after feeding.

Do not load the baby with clothing. A few simple one-piece garments are better.

Dress the child according to the temperature of the day, not the season of the year. In warm weather all the baby needs are a shirt and diaper, with little slips for dress-up occasions.

In cold weather a long coat, cap, mittens, and stockings fastened to the diaper are necessary.

In cold weather the baby may have a woolen sleeping bag with a draw-string in the bottom.

The young baby should do nothing but sleep and eat and grow.

Sleep Until he is two months old he needs from 18 to 20 hours' sleep out of the 24.

The healthy baby will sleep from 9 P. M. till 6 A. M. unless taught bad habits. It is not good for the mother or child to be disturbed at night.

Never allow him to be disturbed for anything but feeding and bathing.

The baby should not sleep with his mother. He is entitled to the rights of any other individual, and should have a bed to himself.

He will be happy and content in a basket, a box or on a couple of chairs close to mother's bed.

Don't make him sleep on feathers, but on a folded quilt or blanket. A tick filled with straw makes a good bed for the baby.

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

Exercise He should have a pen all his own with folded quilt to lie on, where he may stretch and kick to his heart's content. Move the pen into the fresh air but place it out of the sun. Keep it covered with mosquito netting when there are any flies about.

From the time he is four weeks old he must be a fresh-air baby. Next to stomach and bowel trouble, bronchitis and pneumonia kill more babies than

Fresh Air any other diseases. The baby raised out-of-doors is resistant to disease. Hot water bottles, hot bricks or stones may be used, if necessary, to keep the baby warm when out-of-doors.

Fresh air is as necessary to the baby as fuel is to the fire.

Nothing insures a good supply of breast milk like regular, persistent nursing.

Food The baby should be put to the breast as soon after birth as the mother and child are rested.

The nipples should be washed each time with boric acid solution.

For the first month the baby should be nursed every two hours during the day and twice during the night. The second month it should be nursed every two and a half hours during the day and twice during the night. After the second month it should be nursed every three hours during the day and once during the night. After the sixth month the baby should be nursed once every four hours.

The healthy baby should be nursed regularly and for not more than twenty minutes at a time. Lay the baby on his back to rest after each feeding.

He gets little nourishment for the first three days and loses weight, but usually regains the birth weight by end of the first week, after which he should show a steady gain.

The first milk, while scanty, satisfies the baby temporarily and moves his bowels better than oil, fat meat, or teas of any kind.

Insist that nothing shall go into your baby's mouth but your own breast milk and cool boiled water; no sugar, whiskey, paregoric, or soothing syrup should be given, however much he may cry.

Never be tempted to feed your baby except as the Lord intended. Mother's baby has a right to mother's milk. No manufactured food is as good.

Reasons for Breast Feeding Mother's milk contains every element necessary for the growth and development of the child's body.

Feeding It contains elements in the right proportion for the growing child, as no other food does.

It is absolutely free from filth and germs as no other food can be.

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.

Breast-fed babies are easier to raise into strong, sturdy men and women.

Never consider weaning without first consulting the doctor. But believe that when you wean your baby, your troubles are beginning. Your baby's life is at stake. If absolutely essential the doctor will help you find a wet-nurse.

Weaning

If no wet-nurse can be found, your doctor will teach you to modify cow's milk—the only allowable substitute.

When the baby's teeth begin to come, whether at eight months or fourteen, it is nature's assurance that he is developing enough to digest other food than breast milk. Not until then are you justified in giving him anything else.

Substitute for one nursing a bottle of clean fresh cow's milk modified according to your doctor's instructions. If all goes well add later a second bottle. Then try, one at a time, such simple things as gruel made from cereals, broth, soup, beef juice, orange juice and toasted bread (not fresh biscuit). If he thrives on this diet he should be thoroughly weaned by twelve months.

Milk, however, should be the chief article of his diet for two or three years.

The young baby should have three or four stools in twenty-four hours.

Bowels After the black tarry movements of the first few days, the stools should be yellow, smooth, and of even consistency.

Any variation in color or character, mucus, lumps, green or white stools, frothy, bloody, constipated or loose movements all suggest faulty digestion, and should be reported at once to the doctor.

Don't take the baby up at the first cry. Try to find out first what the trouble is.

General Care His vocabulary is limited 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; or the wee one, though 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 never let any one kiss the baby on the mouth.

Don't rock, or trot, or walk him. Have a little pity and think how you would like such treatment.

Remember that he is a human being, entitled to the best care and consideration those responsible for his being.

Don't try to make the baby show off. The most precocious child does not make the surest progress.

Protect his eyes from the glare.

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

Colic is only another name for indigestion. Your doctor will help you find the cause.

If the baby loses his milk soon after nursing, he is being fed too much or too often; or is being handled while his stomach is full.

Sick If he seems sick, stop all food, give a dose of oil, and send for the doctor.

Don't get panicky over teething. The breast-fed baby will cut his teeth with little trouble unless he has been the victim of experiment. It is not teething that makes the baby sick, but being upset with wrong feeding just when he needs to be in good condition.

Depend upon your doctor's advice and obey his orders.

Register the Your marriage is recorded. See to it that your baby's birth is
Baby's Birth registered. Such a record is often of vital importance.

