

Protein Power!

You need plenty of protein to have a healthy baby.

- ♥ Your baby needs protein to make new cells for his muscles and body.
- ♥ You need protein to make new blood cells. Your blood volume increases 50% when you're pregnant. You need this extra blood to support your growing baby.

Most women get enough protein in their diets.

However, women who have severe nausea and vomiting, or who are vegetarian may not get enough protein.

Talk to your health care provider if you are unsure if you are getting enough protein in your diet.

The main sources of protein in your diet are the Meat and Beans Group, and the Milk Group.

Eat 2 to 3 servings from the Meat and Beans Group each day.

What's a serving?

- ♥ 2 ½ to 3 ounces lean meat, chicken, fish or other meat
 - ♥ 2 eggs
- ♥ 1 cup cooked beans, lentils
- ♥ ¼ cup peanut butter

Eat 3 servings from the Milk Group each day.

What's a serving?

- ♥ 1 cup milk
- ♥ 1 cup yogurt
- ♥ 2 cups cottage cheese
- ♥ 1 ounce natural cheese
- ♥ 1 ½ ounces processed cheese



A Baby's Cry

Crying is normal for babies. All babies cry. Your baby talks to you by crying.

There will be times when you can stop his crying. And there will be times when your baby will seem to be crying for no reason.

If your baby cries, respond to him. Pick up your baby. Talk to him softly. Cuddle him. Is your baby trying to tell you something?

- 1 Is he hungry?
- 2 Is he tired?
- 3 Is he bored?
- 4 Is he upset with too much excitement?
- 5 Is he in pain or uncomfortable?

You will not spoil your baby by responding to him when he cries during the first several weeks of life. Your baby will learn to cry less if you respond quickly to his cries and try to calm him.

Most babies have a fussy period in the late afternoon, usually around 5:00.

Your baby may need to cry to relax after an active day.

If your baby has a fussy time, be sure your baby is not wet, hungry or uncomfortable. If your baby doesn't need anything, he may need to cry and relax.

Most babies who have a fussy period sleep better at night. Be patient with your baby.

10 ways to calm a crying baby:

- 1** Cuddle your baby. Pick up your baby, hold him close while you cuddle him.
- 2** Rock your baby. Sit in a chair that rocks and gently rock together.
- 3** Move to a quiet area. If there are a large number of people in the room, take your baby to a quiet room to calm down.
- 4** Try a pacifier. Sucking on a pacifier, thumb or finger can relax your baby.
- 5** Check your baby's clothing. Be sure his clothing is not too tight, too warm or too cold.
- 6** Wrap your baby snugly in a light blanket.
- 7** Talk or sing to your baby in a soft voice.
- 8** Gently rub your baby's legs and tummy.
- 9** Carry your baby close to you. Try a baby sling.
- 10** Take your baby for a walk in a stroller.

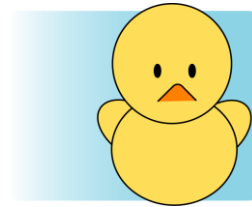
Ask your family and friends to help around the house
– make meals, do the laundry,
clean the house, wash the dishes.

Take time for yourself to relax.
Take time to give extra attention to your baby.



It can be hard to listen to a crying baby.

Remember – you are a good parent.
Your baby is learning about his new world.
And never shake your baby.



Is my baby getting enough breastmilk?

Watch your baby for these signs during the first few weeks:

- ♥ Your baby is breastfeeding 8 to 12 times each 24 hours.
- ♥ Your baby is having at least 6 wet diapers each day.
- ♥ Your breasts feel full before feeding and soft after feeding your baby.
- ♥ Your baby is happy and content after breastfeeding.
- ♥ Your baby regains his birth weight by 7 to 10 days.
- ♥ Your baby gains ½ to 1 ounce each day after the first 2 weeks of life.

Talk to your health care provider if you are unsure if your baby is getting enough breastmilk.

Your baby will have growth spurts. Your baby will breastfeed more often – this frequent breastfeeding will tell your body to make more breastmilk.

Growth spurts can happen when your baby is:

- 7 to 10 days
- 3 weeks old
- 6 weeks old
- 3 months old
- 6 months old

Breastfeed often during growth spurts.

After 2 to 3 days of frequent breastfeeding, your body will be making more breastmilk for your baby!