

BIRTH ANNOUNCEMENT

(Must appear in the Courier before baby is one month old)

Parents' names _____

Baby's name _____ Male or Female

Date of Birth _____ Hospital, City _____

Time _____ Weight _____ Length _____

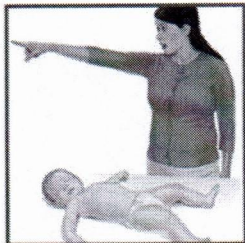
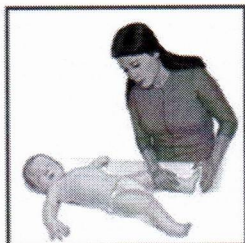
Sisters/Brothers _____

Grandparents & City

Great-Grandparents & City _____

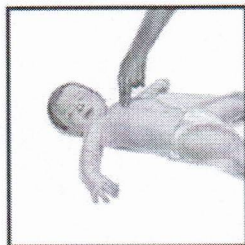
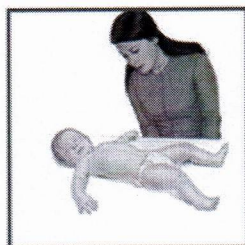
Great-Great-Grandparents & City _____

Heartsaver® Infant CPR



Tap and shout

*Yell for help. Send someone
to phone 911*



*Look for no breathing or
only gasping*

*Push hard and fast.
Give 30 compressions*



*Open the airway and give
2 breaths*

*Repeat sets of 30 compressions
and 2 breaths*



*If you are alone after 5 sets of
30 compressions and 2 breaths,
phone 911, and then resume
sets of 30:2*



WIC means healthy food at NO COST to people who qualify!

If you are pregnant, nursing, or caring for children under the age of five, you may qualify to receive the benefits of WIC! The income requirements are surprising and many people qualify and don't know it. **Even working families can qualify to receive**

WIC benefits. If you need help stretching your grocery budget, you can start your application now, online.

What is WIC?

WIC stands for Women, Infants and Children. WIC's goal is to improve the health and nutrition of moms and kids. It is well known that pregnancy and early childhood are among the most important times for growth and development and TN WIC is here to help.

What does WIC provide?

The TN Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides breastfeeding support, nutrition counseling, health education, health care referrals, referrals to other services, and nutritious foods. The fundamental purpose of the program is to ensure the health and well-being of income eligible families with young children. WIC provides individually tailored food prescriptions issued to each participant for specific types and brands of foods that meet strict nutrition requirements. These food benefits, valued at nearly \$400 million annually, can be redeemed at authorized retail food vendors across the state.

WIC provides Breastfeeding counseling and support services:

- Mom to mom breastfeeding support from peer counselors
- Breastfeeding counseling by a breastfeeding specialist
- Breast pumps available to moms that need them
- Special foods for breastfeeding moms for 6 months or longer

WIC provides monthly benefits for nutritious foods:

- Milk, cheese, cereal, vegetables, fruits, 100% juice, whole grain products, formula, eggs, baby food and more!

WIC provides Referrals to other services:

- Lactation specialist
- Well baby and child care
- Medicaid
- Temporary Assistance to Needy Families (TANF)
- Supplemental Nutrition Assistance Program (SNAP)/Food Stamps
- Family planning
- Head Start

How to I sign up or get additional Information about WIC?

-- Call your local health department or 1-800-DIAL-WIC (342-5942) or visit <http://tn.gov/wic>

Create a **Safe Sleep** Environment for Baby

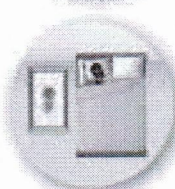
Did you know that the features of your baby's sleep area can affect his/her risk for **Sudden Infant Death Syndrome (SIDS)** and other sleep-related causes of infant death, such as suffocation?

Reduce the risk of SIDS and other sleep-related causes of infant death **by creating a safe sleep environment** for your baby.

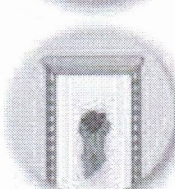
How can you make a **safe sleep environment**?



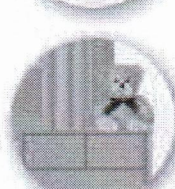
► Always place baby **on his or her back** to sleep for all sleep times, including naps.



► **Room share**—keep baby's sleep area in the same room next to your sleep area. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.



► Use a **firm sleep surface**, such as a mattress in a safety-approved* crib, bassinet, or portable play area, covered by a fitted sheet.



► Keep soft objects, toys, pillows, crib bumpers, and loose bedding **out of your baby's sleep area**.



► **Don't let baby get too hot during sleep.** Dress your baby in no more than one layer more of clothing than an adult would wear to be comfortable. A one-piece sleeper or wearable blanket can be used.



*Visit the U.S. Consumer Product Safety Commission website for more information about safety-approved baby sleep areas: <http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/>

Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at

<http://safetosleep.nichd.nih.gov>

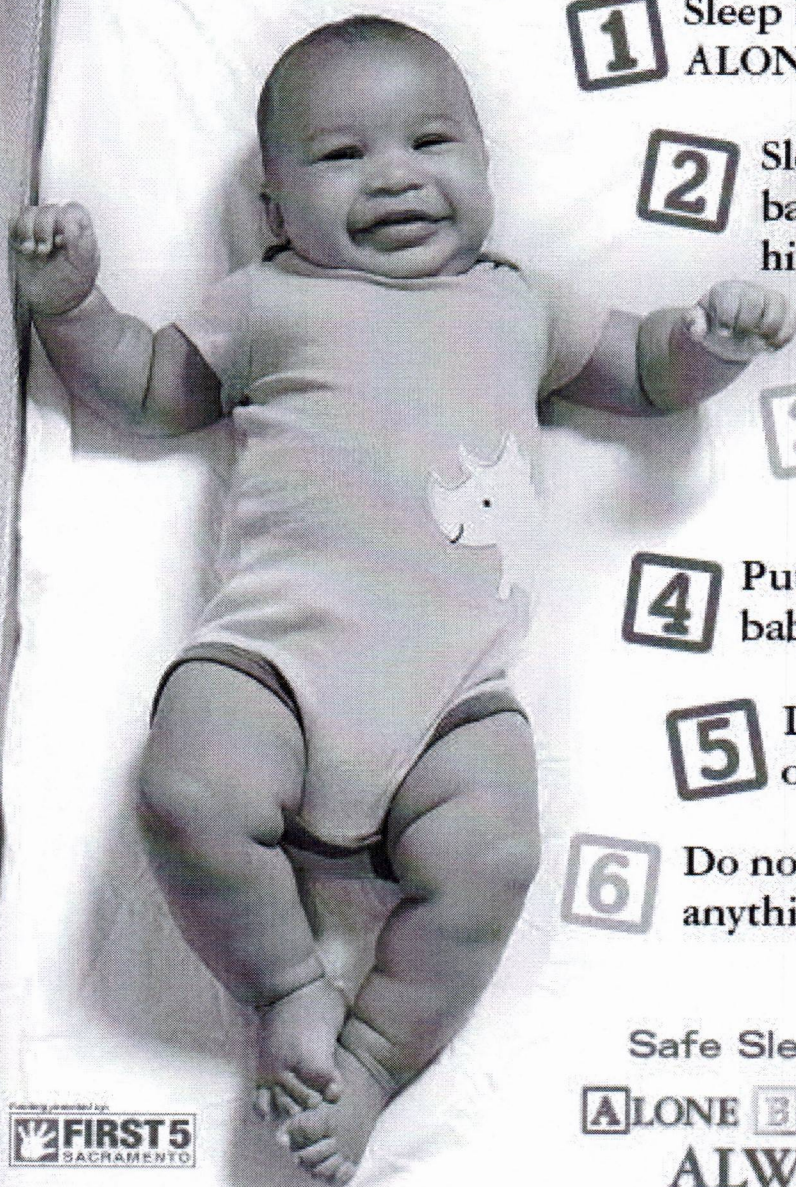


NIH

Elaine Kennedy Shriver National Institute of Child Health and Human Development



Learn the 6 Steps to Always Safe Sleep Baby BIRTH TO ONE YEAR



1 Sleep baby
ALONE.

2 Sleep
baby on
his BACK.

3 Sleep baby
in a CRIB.
ALWAYS!

4 Put nothing in
baby's sleep area.

5 Do not
overdress baby.

6 Do not smoke
anything around baby.

Safe Sleep Baby

ALONE **B**ACK **C**RIB
ALWAYS!



Dosing for Infants and Children

From Your Healthcare Professional

Infants'
TYLENOL

Children's
TYLENOL

DOSE: Every 4 hours as needed. DO NOT GIVE MORE THAN 5 DOSES IN 24 HOURS.

If possible, use
weight to dose;
otherwise use age.

mL = milliliter
tsp = teaspoon



Infants' TYLENOL® Oral Suspension

Active Ingredient:
Acetaminophen 160 mg
(in each 5 mL)

Available in:



Use only as directed.



Children's TYLENOL® Oral Suspension

Active Ingredient:
Acetaminophen 160 mg
(in each 5 mL or 1 tsp)

Available in:



Use only as directed.

WEIGHT	AGE				
6-11 lbs	0-3 mos	1.25 mL		—	
12-17 lbs	4-11 mos	2.5 mL		—	
18-23 lbs	12-23 mos	3.75 mL		—	
24-35 lbs	2-3 yrs	5 mL		5 mL (1 tsp)	
36-47 lbs	4-5 yrs	—		7.5 mL (1 1/2 tsp)	
48-59 lbs	6-8 yrs	—		10 mL (2 tsp)	
60-71 lbs	9-10 yrs	—		12.5 mL (2 1/2 tsp)	
72-95 lbs	11 yrs	—		15 mL (3 tsp)	

IMPORTANT INSTRUCTIONS for Proper Use

Today's Date: _____

This dosing recommendation from
your doctor will expire in 14 DAYS.

- Read and follow the label on all TYLENOL® products.
- Take every 4 hours as needed. Do NOT exceed more than 5 doses in 24 hours.
- Do NOT use with any other product containing acetaminophen.
- Use only the dosing device that comes with a specific product.
- **All Infants' TYLENOL® and Children's TYLENOL® Oral Suspension products have the same acetaminophen concentration (160 mg/5 mL).**

Dosing for Infants and Children

From Your Healthcare Professional

Concentrated
MOTRIN
Infants' Drops

Children's
MOTRIN

DOSE: Every 6-8 hours as needed. DO NOT GIVE MORE THAN 4 DOSES IN 24 HOURS.

If possible, use
weight to dose;
otherwise use age.

mL = milliliter
tsp = teaspoon



Infants' MOTRIN® Concentrated Drops

Active Ingredient:
Ibuprofen 50 mg (NSAID)*
(in each 1.25 mL)

*Nonsteroidal
anti-inflammatory drug
Use only as directed.

Available in:
Dye-Free
Berry


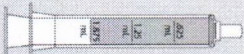







Children's MOTRIN® Oral Suspension

Active Ingredient:
Ibuprofen 100 mg (NSAID)*
(in each 5 mL or 1 tsp)

*Nonsteroidal
anti-inflammatory drug
Use only as directed.

Available in:
Original
Berry
Dye-Free
Berry

WEIGHT	AGE		
6-11 lbs	0-5 mos	Do not use	—
12-17 lbs	6-11 mos	1.25 mL	
18-23 lbs	12-23 mos	1.875 mL	
24-35 lbs	2-3 yrs	—	5 mL (1 tsp) 
36-47 lbs	4-5 yrs	—	7.5 mL (1½ tsp) 
48-59 lbs	6-8 yrs	—	10 mL (2 tsp) 
60-71 lbs	9-10 yrs	—	12.5 mL (2½ tsp) 
72-95 lbs	11 yrs	—	15 mL (3 tsp) 

IMPORTANT INSTRUCTIONS for Proper Use

Today's Date: _____

This dosing recommendation from
your doctor will expire in 14 DAYS.

- Read and follow the label on all MOTRIN® products.
- Take every 6-8 hours as needed. Do NOT exceed more than 4 doses in 24 hours.
- Do NOT administer longer than 10 days, unless directed by a doctor.
- Ask a doctor or pharmacist before use if the child is taking any other drug containing an NSAID* (prescription or non-prescription).
- MOTRIN® contains ibuprofen
- Use only the dosing device that comes with a specific product.

*Nonsteroidal anti-inflammatory drug

What is SIDS?

SIDS, or sudden infant death syndrome, is the sudden, unexplained death of an infant in the first year of life. It is the leading cause of death for babies over 1 month old.

Reducing the risk of SIDS

When are babies at risk for SIDS?

SIDS deaths happen most often when babies are between 2 months and 4 months old. SIDS is rare for babies younger than 2 weeks or older than 6 months.

What causes SIDS?

No one knows exactly what causes SIDS. Researchers do know that the risk of SIDS is higher for baby boys and higher in the winter. SIDS is also more likely to happen to babies who were born prematurely or with a low birthweight.

What can I do to help protect my baby?

Although healthcare professionals haven't discovered the cause of SIDS, they have learned several ways to reduce the risk. Here are some simple steps you can take to help protect your baby:

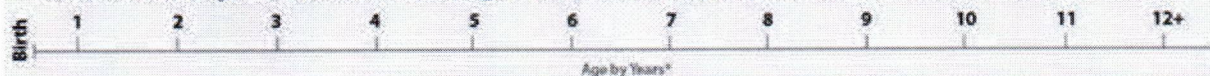
- **Always put your baby to sleep on his back.** Laying your child on his back is the most important thing you can do to reduce the risk of SIDS. Be sure to lay your baby on his back every time—including for naps—and make sure other caregivers do, too. The risk of SIDS is highest for babies who normally sleep on their backs but are then laid to sleep on their stomachs.
- **Use a firm sleep surface.** Don't put pillows or other soft materials under a sleeping baby. A firm crib mattress, covered by a fitted sheet, is best.
- **Keep soft objects and loose bedding out of the crib.** Keep pillows, comforters, stuffed toys, and other soft objects out of your baby's sleep area. If you use blankets, make sure they're tucked around the crib mattress and reach only to the level of your baby's chest, and place your baby's feet near the foot of the crib. This way, your baby's head is more likely to stay uncovered.
- **Don't allow smoking around your baby.** Secondhand smoke increases your baby's risk of SIDS.
- **Sleep in the same room as your baby.** An ideal place for your baby to sleep is in a safety-approved crib, bassinet, cot, or cradle that's in the same room with you.
- **Never sleep with a baby on a couch or arm-chair.** Also, don't share a bed with your baby if you're excessively tired, you've recently drunk alcohol, or you've taken medication that makes you tired.
- **Don't let your baby get too hot during sleep.** Dress your baby in light clothing, and keep the room at a temperature that's comfortable for an adult.
- **Be cautious of products that claim to reduce the risk for SIDS.** Many have not been tested for safety or effectiveness.
- **Consult a healthcare professional before using home heart or lung monitors to reduce the risk of SIDS.**

What else should I know?

Although your baby should always sleep on her back, she shouldn't spend too much time on her back while she's awake.

- Provide "tummy time" when your baby is awake and someone is watching.
- Create a safe sleep environment to reduce the risk of all sleep-related infant deaths.
- Change the direction you lay your baby in the crib from week to week.
- Limit your baby's time in car seats, carriers, and bouncers.
- Hold your baby upright often during the day.

Using the correct car seat or booster seat can be a lifesaver: make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



REAR-FACING CAR SEAT

Birth up to Age 2*

Buckle children in a rear-facing seat until age 2 or when they reach the upper weight or height limit of that seat.



FORWARD-FACING CAR SEAT

Age 2 up to at least age 5*

When children outgrow their rear-facing seat, they should be buckled in a forward-facing car seat until at least age 5 or when they reach the upper weight or height limit of that seat.



BOOSTER SEAT

Age 5 up until seat belts fit properly*

Once children outgrow their forward-facing seat, they should be buckled in a booster seat until seat belts fit properly. The recommended height for proper seat belt fit is 57 inches tall.



SEAT BELT

Once seat belts fit properly without a booster seat

Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).

Keep children ages 12 and under in the back seat. Never place a rear-facing car seat in front of an active air bag.

*Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of car seats and booster seats. Use the car seat or booster seat owner's manual to check installation and the seat height/weight limits, and proper seat use.

Child safety seat recommendations: American Academy of Pediatrics.
Graphic design: adapted from National Highway Traffic Safety Administration.



REGISTRATION FORM

FORMULARIO DE INSCRIPCIÓN

Child Information/Información del niño

1st Child's FULL Name _____
Nombre completo del 1er niño

Child's Date of Birth ____ / ____ / ____ Sex: ☐ M ☐ F
Fecha de nacimiento del niño Sexo

2nd Child's FULL Name _____
Nombre completo del 2do niño

Child's Date of Birth ____ / ____ / ____ Sex: ☐ M ☐ F
Fecha de nacimiento del niño Sexo

Child's Mailing Address _____
Dirección postal del niño
ADDRESS/DIRECCIÓN
CITY/CIUDAD STATE/ESTADO ZIP CODE/CÓDIGO POSTAL

Communication Preference/Preferencia de comunicación: ☐ English ☐ Español

Caretaker Information/Información del cuidador

Authorized Adult Name _____ Phone _____
Nombre del adulto autorizado PLEASE PRINT/POR FAVOR ESCRIBIR LEGIBLE Teléfono

Email Address _____
Dirección de correo electrónico

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Authorized Adult Signature _____
Firma del Adulto Autorizado

ENROLL YOUR CHILD TODAY! / INSCRÍBA A SU HIJO HOY!

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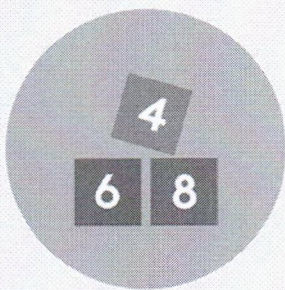
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NIPS

Neonatal Infant Pain Scale			
NIPS	0 point	1 point	2 points
Facial expression	Relaxed	Contracted	—
Cry	Absent	Mumbling	Vigorous
Breathing	Relaxed	Different than basal	—
Arms	Relaxed	Flexed/stretched	—
Legs	Relaxed	Flexed/stretched	—
Alertness	Sleeping/calm	Uncomfortable	—
Maximal score of seven points, considering pain ≥ 4 .			

Baby Feeding Chart



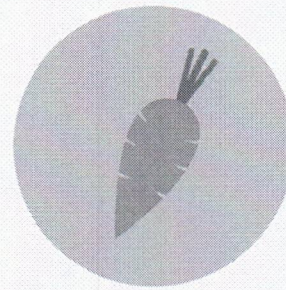
Baby's Age

4-6 months



Breast Milk/ Formula

24-36 oz. daily
(5-8 nursing
sessions)



Solid Food

1-4 tbsp. cereal
(1-2 times a day)

1-4 tbsp.
fruit and veggies
(1-2 times a day)

6-8 months

24-36 oz. daily
(4-6 nursing
sessions)

4-9 tbsp. cereal,
fruit and veggies
(daily, in 2-3 meals)

1-6 tbsp.
meat/protein
food (daily)

9-12 months

16-30 oz. daily
(3-5 nursing
sessions)

1/4-1/2 cup ea.
grains, fruits
and veggies



When Your Baby Is Born

- If you are **already** on **TennCare**, call 855-259-0701 when you have your baby.
- If you are on **CoverKids**, call 855-259-0701 when you have your baby.
- If you **don't have** TennCare or CoverKids, you can apply for your baby over the phone. Call 1-855-259-0701.

We will help you get your baby enrolled.