



Liandrea Productions Inc.

BRINGING BABY HOME

From Birth to Six Months: A How-To Guide for Parents
2004 Edition

TABLE OF CONTENTS

DISCLAIMER

FOREWORD

Dr. Denis Leduc, Pediatrician

A FAMILY'S STORY

Preparing for Parenthood

Part 1

BABY BASICS

1. Baby's Appearance
2. Baby's Size
3. A Newborn's Head
4. Soft Spot
5. Baby's Hair
6. Cradle Cap
7. Baby's Eyes
8. Cleaning Baby's Eyes
9. Eye Colour
10. Baby's Vision
11. Milia
12. Baby's Neck
13. Baby's Skin
14. Fingernails
15. Umbilical Cord
16. Genital Organs
17. Jaundice
18. Circumcision
19. Diapering Baby Girls
20. Diapering Baby Boys
21. Diaper Rash
22. Holding a Baby
23. Football Hold
24. Cradle Hold



25. Shoulder Hold
26. Crying
27. Colic
28. Coping with Colic
29. Take Home Kit

30. Vaccinations
31. Vaccination Calendar
32. Recommended Vaccinations
33. Baby's Body Temperature
34. Infant Car Seat
35. Toddler Car Seat
36. Infant Car Seat Without Base
37. Car Seat Safety Tips
38. Remember...
39. For More Information...CAA

Part 2 **FEEDING**

1. Breastfeeding
2. Hunger Cues
3. Preparing to Breastfeed
4. Let-Down Reflex
5. Breastfeeding Positions
6. Expressing Milk
7. Cross-cradle Hold
8. Football Hold
9. Upright Hold
10. Preparing to Breastfeed
11. Latching On
12. Milk Production
13. Normal Milk Consumption in a 24-hour Period
14. Is Baby Getting Enough Milk?
15. Benefits of Breastfeeding
16. Common Breastfeeding Problems
17. Painful Breasts
18. Engorgement
19. Blocked Milk Duct
20. Sore or Cracked Nipples
21. Mastitis
22. Mastitis Treatments
23. Thrush
24. Warming Breastmilk



25. Storing Breastmilk
26. Burping
27. Regurgitation
28. Vomiting
29. Hiccups
30. Bottle-feeding
31. Pacifiers

Part 3

HYGIENE AND SLEEP

1. Bathing
2. Preparing a Bath
3. Sponge Bath
4. Immersion Bath
5. Swaddling
6. Sleeping Basics
7. Newborn Sleep Patterns
8. Sleeping through the Night
9. Crib Preparation
10. Sleeping Position
11. Healthy Sleep Habits
12. Sudden Infant Death Syndrome SIDS
13. Tummy Time

Part 4

COPING

Parents' Frequently Asked Questions

Dr. Denis Leduc, Pediatrician

1. When to Call the Doctor
2. Baby's First Check-Up
3. Baby's First Check-Up Checklist
4. Baby's Vision & Hearing
5. Crossed Eyes
6. Swollen Breasts
7. Birthmarks
8. Fever
9. Lethargy & Fatigue
10. Irritability
11. When You Must See Your Doctor
12. Teething
13. Vomiting



14. Diarrhea
15. Babies and the Common Cold
16. Common Reactions to Vaccines

Post-Partum Care and Common Concerns

Dr. Robbie Shear, Obstetrician-Gynecologist

1. Rest & Recovery
2. When to Resume Exercise
3. Losing Weight
4. Perineal Care
5. Sitz Bath
6. C-Section Incision Care
7. C-Section Pain
8. Resuming Sex
9. Contraception
10. Post-Partum Blues
11. Post-Partum Depression

Advice for Couples

Vikki Stark, Family Therapist

1. Pre-Birth Preparation
2. When Baby Arrives
3. Couple Time
4. The Rest of the Family
5. Role of a New Father
6. Tips for Mothers
7. Role of a New Mother
8. Finding Resources

Infant Massage

Bonding With Baby

A WORD FROM THE PRODUCERS

CREDITS