

# Keeping Your Baby Healthy

Maintaining good health encourages children to grow and develop to their fullest potential.

- Form a good relationship with your pediatrician. Communicate any concerns you may have and make sure to take your child for their regular well-child checks.
- Support positive sleep habits. Sleep is essential for learning. Children ages birth to 3 need daytime naps and quality nighttime sleep.
- Breastfeed if possible. Breastfed babies tend to have less allergies and infections than bottle-fed babies plus the money you'll save on formula is incredible. Although breastfeeding is ideal if you are unable to do so for any reason providing your baby with the right formula will also allow them to grow and thrive.
- Care for your baby's basic needs as quickly as possible. Does your little one have a dirty diaper? Is he or she too hot or too cold? Is the sun too bright for him or her? Babies cannot tolerate environmental elements the same way adults can so address their needs as soon as you can, doing so will ensure their comfort and safety.
- Keep your child nice and clean. Keeping your baby clean not only keeps them comfortable but it helps keep illness promoting germs at bay. Newborns only need a bath several times a week (you do not want to over dry their sensitive skin) but as your baby gets older and becomes more active you may want to increase baths to daily or every other day.
- When in doubt seek out medical assistance. Does your little one have a fever? Have they been crying uncontrollably for several hours? Have they been vomiting? If you are unsure of the severity of your child's illness, discomfort or pain call your pediatrician immediately for recommendations on what you should do.

