

# Caring for Your Baby

There are some things you need to learn to care for your baby. Talk to your baby's nurse or doctor if you have questions.

## Feedings

If you are **breastfeeding** your baby, feed your baby every 2-3 hours. Begin breastfeeding for 10 minutes on each breast. Slowly increase the time to 20 minutes on each breast. Burp your baby when changing breasts. Watch the foods you eat. Some things you eat may upset your baby's stomach or cause gas.

If you are **bottle-feeding** your baby, offer formula every 3-4 hours. Begin giving your baby 1-2 ounces of formula at each feeding. Slowly increase the amount of formula. Burp your baby after every few ounces.

Babies have growth spurts in the first 6 months, and will eat more often during them. Watch for feeding cues and feed your baby whenever your baby wants to eat.

## Feeding Cues

Your baby will give you signals of hunger called feeding cues. Your baby's feeding cues may include:

- Clenched fists
- Hands to mouth
- Licking of lips
- Moving of arms and legs
- Turning the head towards your body
- Sucking sounds
- Crying

# Wawin am Kejbarok im kaajiriri Ninnin eo Nejom

Ewor jet Wawin ko bwe kwon kejbarok im lale Ninnin eo Nejom. Konono iben Takto eo ak Nooj eo an Ninnin eo elane ewor am Kajitok.

## Ien Kaajiriri ko

Elane kwoj **kaajiriri Ninnin** eo nejom ilo Tottot, kaajiriri Ninnin eo nejom aolep 2-3 Awa. Ilo Jinoen kaajiriri 10 Minot ilo juon Tottot. Kalaplok jidik Iien eo lok nan 20 Minot ilo kajojo Tottot. Kawulik Ninnin eo nejom ilo Iien eo kwoj ukot katan Tottot ko am. Kejbarok ta kwoj mona. Jet men ko kwoj mona, ej maron komman an metak ilo lojen Ninnin eo ak ej maron komman Koto Ilowa.

Elane kwoj **kaajiriri Ninnin eo nejom ilo Bato**, kwoj maron kaajiriri **Milik ilo Bato (formula)** aolep 3-4 Awa. Ejino am lelok Ninnin eo nejom 1-2 Aunij in **Milik ilo Bato (formula)** ilo aolep Iien Kaajiriri. Kalaplok jidik jonen am kaajiriri **Milik ilo Bato (formula)**. Kawulik Ninnin eo nejom lok in jet Aunij ko.

Ninnin ko rej Rutto lok mokaj ilo 6 Allon ko jinoen, im enaj elap lok aer mona ilo Iien ko. Kwon lale Kakolle ko ekijien an kanan mona, im kaajiriri Ninnin eo nejom ilo jabrewot Iien eo ej kanan mona.

## Kakolle in mona

Ninnin eo nejom enaj komman jet Kakolle ko ke ej Kwole rej nai etan Kakolle in mona (feeding cues). Kakolle in mona ko an Ninnin eo nejom rej maron koba lok Wawin Kain:

- Ej kkuul Pain
- Pein ilo Lonin
- Damdim Tien
- Kamokitkit Nein im Pein
- Ukot Bodan non Enbwinom
- Ainikin Ninnin
- Jan

Your baby will also show signs when he is full such as fingers open, hands down to his side, relaxed arms and legs.

## Burping and Spitting Up

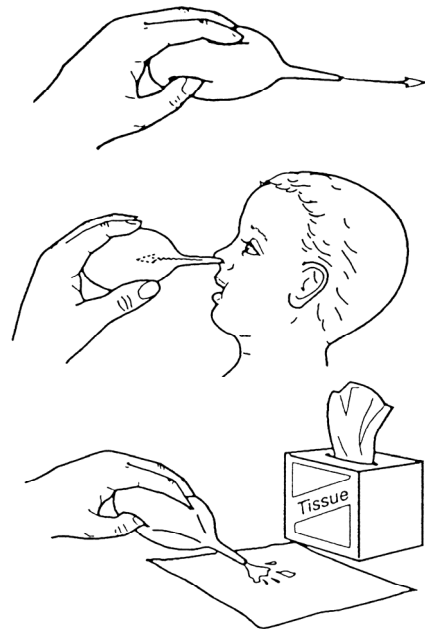
Burp your baby by sitting him upright or holding him up against your chest. Rub or gently pat his back until the air bubble comes up.

It is normal for your baby to spit up small amounts after a feeding or with burping. **Call your baby's doctor** if your baby is spitting up large amounts often or with force.

## Bulb Syringe

You can use a bulb syringe to clear out mucus from your baby's nose.

1. Squeeze the air out of the bulb.
2. Gently insert the tip into the nose and then slowly release the bulb. Do not force the tip high into the nose.
3. Remove the bulb and squeeze any fluid into a tissue.
4. Repeat as needed.
5. After you are done, wash the bulb syringe with soap and warm water.



Ninnin eo nejom enaj bar kwalok Kakolle ko ilo an met ainwot Addi ko rej ber lok, ej dror lok Pain iturin Kottan, ej ainimon Pein im Nein.

## Wulik im Mmoj

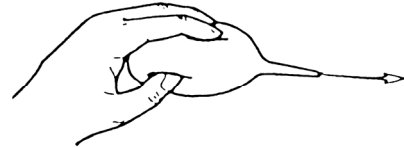
Komman bwe en jimwe enbwin Ninnin eo ak kanaki tok non Ubom ilo am bukot Wawin bwe en Wuilik. Bitbit Elikin Ninnin eo ak jebtaki jidik Alikin mai Iien eo ej walok Bululul in Lojen ej wonlin lok.

Ej Emmon wot elane Ninnin eo nejom ej mmoj jidik Milik ilo am kaajiriri ak kawuliki. **Kir lok Takto eo an Ninnin eo nejom** elane elap an Ninnin eo mmoj aolep Iien ak elane ekajur an mmoj.

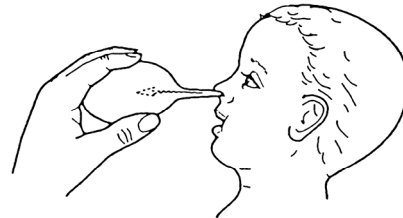
## Kein jorome Dan (Bulb Syringe)

Komaron kajerbal Kein jorome Dan (Bulb Syringe) nan am kadreok lok Uwor jen Bodin Ninnin eo nejom.

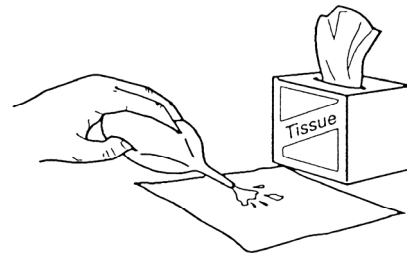
1. Keene Kein jorome Dan (Bulb Syringe), bwe en ejelok Kotto ilo an.



2. Kejbarok am kadreloni tu man in Kein jorome Dan eo iloan Bodin inem jidik kake am kotlok am Keene Kein jorome Dan eo. Enjab kajur am kadrelon Kein jorome Dan eo iloan Bodin



3. Kwalok Kein jorome Dan eo jen Bodin im bar Keene bwe Uwor ko ren ber ilo Paba in Bodin (tissue).



4. Bar eliji Wawin eo ilo am aikwoje.
5. Elikin lok am kajerbali, kwali Kein jorome Dan eo ilo Joop im Dan maanan.

## **Cord Care**

The baby's umbilical cord is clamped at birth. The clamp is removed in the hospital. It takes 7 to 14 days before the cord comes off. Allow the cord to air dry. Until the cord is healed, keep the diaper below the cord. When the cord falls off, there may be a small amount of drainage. Clean with soap and water until it is healed. **Call your baby's doctor** if the cord has a foul odor, a thick yellow or green discharge or if the skin around it becomes red.

## **Bowel Movements**

Most babies will have a sticky greenish-black bowel movement within 48 hours. The stool will then change to greenish-brown, then to a light yellow, mustard color. Breast milk stool will become watery and mustard in color. Formula stool is more formed and yellow in color.

Once babies are 4 days old, they often have 3-4 stools each day. After the first month, your baby may have stools less often. Soft stool is normal.

- **Call your baby's doctor** if your baby has diarrhea or very loose stool for more than 24 hours.
- **Call your baby's doctor** if your baby's stool is very hard or difficult to pass.
- Do not give your baby home remedies or medicine unless told to do so by your baby's doctor.

## **Urine**

Expect 5-6 wet diapers each day. Babies can lose fluids very fast. If you think your baby is not getting enough liquids, feed him every 2 hours. **Call your baby's doctor** if your baby is not having enough wet diapers.

## **Wawin kejbarok To in Lotak eo (Umbilical Cord)**

To in Lotak eo (**umbilical cord**) ej kilok ilo Iien Lotak eo. Kein kilok to eo ej ber lok ilo Jikin Eymour eo (**Hospital**). Emaron 7 lok nan 14 ran mokta jen To in Lotak en ej udlok. Kotloki bwe To eo en ber ilo mejatoto im mora lok. Mai Iien eo ej Mwo, komman Kal ko ilol in To in Lotak eo. Ilo an udlok To en, emaron jidik Danwa enaj maron walok. Kwale jikin To eo iben Joob im Dan mai Iien eo ej mwo. **Kir lok Takto eo an Ninnin eo nejom** elane ilo To in Lotak eo ej walok enana Bwin, ej walok juon Danwa, ej Ialo ak Maroro ak elane Kilin iturin lok jikin To eo ejino bororo.

## **Kabwojak Bwidij (Bijik)**

Enanin aoleb Ninnin ko renaj kabwojak Bwidij drot eo ej drepdrep im maroro ak kilmej mokta lok jen 48 Awa jen an lotak. Kobwe eo enaj ukot nan maroro ak monaknak, inem Tokailik enaj jameej in Ialo, ainwot Wuno en an **Mustard**. Kobwe jen Milik in Iten Kore enaj pidudu im barainwot jameej in Ialo Wunokan ainwot **Mustard**. Kobwe jen Milik in Bato ej elap lok an bin im barainwot jameej in Ialo Wunokan.

Elikin an Ninnin eo 4 Ran drittan, rej maron kabwojak 3-4 allen ilo kajojo Ran. Elikin Allon eo muktata, Ninnin eo nejom ej maron iit lok Iien Kabwojak. Kobwe eo ej pidudu ej jimwe.

- **Kirlok Takto eo an Ninnin eo nejom** elane Ninnin eo nejom ej ilok lojen ak Kobwe eo ej lukun pidudu iumin 24 Awa ak aitok lok.
- **Kirlok Takto eo an Ninnin eo nejom** elane Kobwe eo an Ninnin eo nejom ej elap an bin ak elane ej Bon.
- Kwon jab lelok uno ko an Dri Etto ro ak uno in Ran kain elane Takto eo an Ninnin eo ejab ba bwe kwon kommane.

## **Kabwojak in Dan (Raut)**

Komaron katmane 5-6 Kal tutu ilo kajojo Ran. Ej maron lukun mokaj an Ninnin ko kotlok elap Dan. Elane kwoj lomnak ke ejab bwe an Ninnin eo nejom idrak, kaajiriri ilo aolep 2 Awa. **Kirlok Takto eo an Ninnin eo nejom** elane Ninnin eo nejom ejab bwe an lin Kal tutu ko rej walok.

## **Diaper Change**

Change the diaper when it becomes wet or dirty. This will help prevent skin rashes. Talk to your baby's doctor or nurse about a product to use if your baby's skin becomes red. Use a wet washcloth or baby wipes to gently clean the area well. Be sure to clean between the folds of the genitalia. Stool and pieces of the diaper can sometimes be found in between these folds, so clean well.

- For girls – Clean the genitalia from front to back. This avoids getting stool into the opening leading to the bladder, which may cause an infection.
- For boys – Gently clean the penis.

## **Fingernails**

Trim the fingernails when your baby is sleeping. Cut nails with round tipped baby nail scissors or clippers. Cut nails straight across, but not too close to the skin. You may round off nail corners with a file. Trim nails at least once a week. Keep your baby's nails short so the skin will not get scratched.

## **Sleeping**

Babies sleep safest on their backs. Place your baby on his or her back to sleep with his or her head uncovered. To prevent flat spots on the back of the head, turn your baby's head different directions with each nap. Do not place your baby on his or her tummy to sleep.

Place your baby on a firm mattress for your baby to breathe safely. Do not place your baby on a soft surface, sofa or waterbed. Remove soft and loose bedding and toys from your baby's sleep area.

## Wawin Ukot Kal ko

Kwon ukot Kal ko elane rej tutu ak ttoon. Wewin in enaj jiban bwe enjelok monanij ilo kilin. Konono iben Takto ak Nooj eo an Ninnin eo nejom ekijien juon uno eo kwoj maron kajerbal elane Kinin Ninnin eo nejom ej jino bororo. Kajerbal Tol in Wormij ak Peba in kwalkwol Ninnin (**baby wipes**) bwe en Emmon am kejbarok am kwalkol Kabin Ninnin eo. Kejbarok bwe en Lit am kwalkol Kil ko an jikin kabwojak eo an Ninnin eo. Bwidij im jet Mottan Kal ko rej maron ber ikotaan Kilin Ninnin eo, inem kejbarok am Kwakol.

- Ekijien Ledrik – Kwalkol jikin kabwojak eo jen man lok non likin. Wawin in enaj kejbarok bwe ejelok bwidij en dreton ilo jikin raut eo, bwe ej maron kwalok juon nanmij (**infection**).
- Ekijien Ladrik – Kejbarok am kwalkol kukkuk eo.

## Akkiin Pain

Mwijot Akkiin Pain Ninnin eo ilo Iien ej kiki. Mwijot Akkiin Pain iben Jijej ko rejab ekkon manin, ak iben Kein Mwijmwij Akkin Pa (**nail clippers**). Kajimwe am mwijot Akkiin Pain, ak enjab elap an ebak lok Kil eo. Komaron kakopkop lok todredrin Akkiin Pain iben juon Le. Mwijot Akkiin Pain Ninnin eo ilo drik tata juon alin ilo juon Wiik. Kejbarok bwe Akkiin Pain Ninnin eo nejom rej karu wot, bwe Kilin en jab kurar.

## Kiki

Emmon tata ke Ninnin ko rej kiki ilo Jetelon. Dror Ninnin eo ilo an Jetelon bwe en kiki iben an ber lok aolep aolepen Bodan. Bwe kown kejbarok ke en jab kokure an rorul Bodan Ninnin eo, kwon ukotok Wawin an ber Bodan ilo aolep Iien kiki ko. Kwon jab kabiro Ninnin eo ion Lojen bwe en kiki.

Kababuki Ninnin eo nejom ion juon Buton en ebin bwe en Emmon an Ninnin eo menono. Jab likit Ninnin eo ion juon jikin kiki eo elap an pidudu, ion juon jikin jijet, and Buton Dan (**waterbed**). Jolok aolep Koj im jabrewot Kain Kukure ko jen Jikin Kiki eo and Ninnin eo.

Dress your baby in warm sleep clothing to avoid using any blankets. If you do use a blanket, keep blankets and other coverings away from your baby's head. Have the blanket no higher than your baby's chest. Tuck the sides of the blanket under the mattress.

If your baby uses a pacifier, put the pacifier in your baby's mouth. Do not replace it if it falls out during sleep.

## **Tummy Time**

Place your baby on his or her stomach while you spend time with your baby when he or she is awake and ready to play. This will help your baby's muscles in the neck, arms and body get stronger. It also helps your baby avoid flat spots on his or her head, and help your baby learn how to roll, sit, crawl, and pull to stand. Start out with just a few minutes at a time, a few times each day. Increase the time as your baby gets used to it and begins to like it. Play with your baby in this position. **Never leave your baby alone on his or her stomach.**



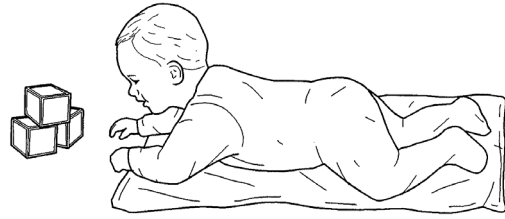
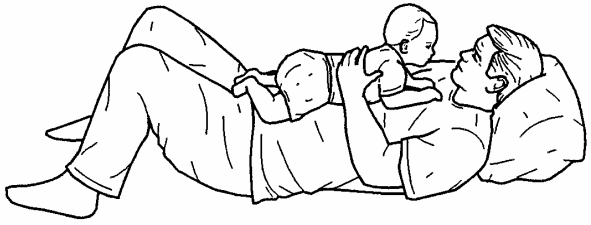
Komman Nuknuk in kiki emaan an Ninnineo nejom bwe kwon jab aikwoj kajerbal Bulankoj ak Kwoj maanan. Elane kwoj kajerbal Bulankoj, kejbarok ke Bulankoj im bar Kwoj ko jet rejab kebak lok Bodan Ninnin eo nejom. Bulankoj eo ejab aikwoj lolin lok jen Oban Ninnin eo. Kakone torerein Blankej ko umin Buton eo.

Elane Ninnin eo nejom ej kajerbal Kein Kaenomman, likit Kein Kaenomman eo iloan Lonin Ninnin eo nejom. Jab bar kadrelone elane ej utlok ilo an kiki.

## **Iien ber ion Lojen**

Likot Ninnin eo ion Lojen ilo Iien eo kwoj ber bojik iben Ninnin eo nejom ilo Iien ko ej ruj lok im bwojak in kukure. Wawin in enaj kakajur lok Mojel ko ilo Konwan, Pein im Enbwin Ninnin eo nejom. Enaj bar jiban bwe en ejelok Jikin ko rej elap aer jimwe ilo Bodan, im bar jiban Ninnin eo nejom katak jobolol, jijet, tobolbol, im kanak lin lok bwe en jutak. Jino mokta iben jet wot Minot ko, ilo jet Iien ko ilo kajojo Ran. Kalaplok jonan Iien eo ilo an Ninnin eo nejom ememnene lok im monono lok iben Wawin in. Kukure iben Ninnin eo nejom ilo an babu ilo Wawin in. **Kejbarok ke kwonjab kotlok Ninnin eo bwe en ber ion Lojen ilo am jako jen iturin.**





## **Room Temperature and Dress**

Dress your baby with one extra layer more than you are wearing. Do not overdress your baby or let him get too warm. Your baby's room should be at a temperature that is comfortable for an adult. Air conditioning is not harmful to your baby, but keep your baby away from fans and drafts.

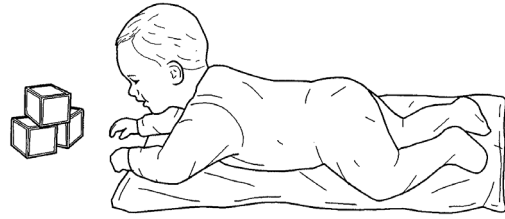
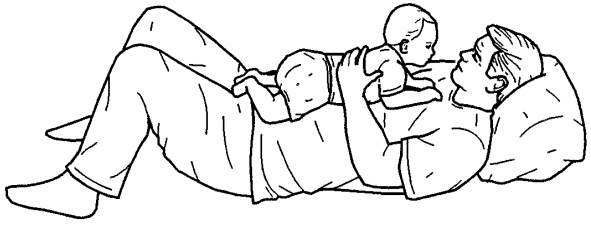
## **Your Baby's Temperature**

Take your baby's temperature if your baby is eating poorly, feels warm to the touch, is more irritable or is hard to wake. With new babies, a temperature below 97 degrees or above 100 degrees Fahrenheit may be a sign of an infection. Most doctors want you to take your baby's temperature under the arm, called an axillary temperature. Normal axillary temperature is 97.6 degrees Fahrenheit.

**Call your baby's doctor** if your baby's temperature is over 100 degrees Fahrenheit. Remove extra layers of clothing and blankets and recheck your baby's temperature in 30 minutes.

## **Crying**

Most babies cry a little each day. Crying is a way of communicating needs, such as hunger, wet, thirsty, cold or bored. It can also be a way to release tension.



## **Maanan eo ilo Ruum eo im Nuknuk eo**

Komman Nuknuk eo an Ninnin eo nejom iben juon alen Nuknuk elap lok jen Nuknuk eo am. Kwon jab kalaplok Nuknuk eo an Ninnin eo nejom ak komman bwe en elap an bwil. Ruum eo an Ninnin eo nejom ej aikwoj ber ilo jonen maanan eo ekkor non Armij dritto. Kein Kamulolo ko (**air conditioning**) ejab nana im eban kokure Ninnin eo nejom, ak kejbarok ke Ninnin eo ejab im ber ilo Dreel Joram ko (**Fans**) im Jikin ko elap an Kokototo.

## **Jonin maanan eo an Ninnin eo nejom**

Lale Bwil eo (**temperature**) an Ninnin eo nejom elane Ninnin eo nejom ejab Emmon an mona, ej elap an maanan ke kwoj jibwe, elap lok an ilulu ak ebin am karujlok. Iben Ninnin ko rej kel, juon jonok in maanan (**temperature**) ilol in 97 Tiikri ak ilin in 100 Tiikri ilo Jonok in Belli (**Fahrenheit**) ej maron juon Kakolle ke ewor juon Naninmij (**infection**). Eka wot iben Takto ro ke rej kanan bwe kwon lale Bwil eo an Ninnin eo nejom iumin Pein, ej na etan (**axillary temperature**). Jonen Bwil eo (**axillary temperature**) ej 97.6 Tiikri **Fahrenheit**.

**Kir lok Takto eo an Ninnin eo nejom** elane Bwil eo an Ninnin eo nejom ej elap lok jen 100 Tiikri **Fahrenheit**. Kwalok alin in Nuknuk ko im Bulankej ko im bar lale Bwil eo an Ninnin eo nejom elikin 30 Minot.

## **Jan**

Enanin aoleb Ninnin ko rej jan jidik ilo aolep Ran. Ilo an Ninnin jan ej juon Wawin an jiron euk kin Aikwoj ko an, ainwot ke ej Kwole, Tutu, Maro, Mulo ak Abmonono. Ej maron bay jermal ekijien an kotlok an Enebata.

With healthy babies, it is normal:

- For the crying to come and go. This most often occurs in the first 3-4 months.
- To cry more and more each day.
- For the baby to keep crying even when you are trying to comfort them.
- For babies to look like they are in pain when crying, even when they are not.
- For the crying to last a long time.
- For crying to happen more in the evening hours.
- For your baby to have a red face, clenched fists, hard and tight stomach, arched back, legs pulled up to their stomach or stiff legs.

A crying baby can frustrate and worry parents. Crying often makes parents think there is something wrong. Understanding what is normal will not make your baby stop crying, but it can make you feel better about yourself and your baby. Always check with your doctor if your baby cries more than you think your baby should.

## **Soothing a Crying Baby**

Respond to the crying quickly to prevent your baby from becoming too upset. This will not spoil your baby. **Never shake your baby.** This causes serious injuries. Get help or take a break before you get too upset.

Try these actions to calm your baby:

- Cuddle or swaddle your baby in a blanket and hold him close to you.
- Place your baby's head near your heart.
- Let your baby suck on his or her finger or a pacifier.
- Rock, walk with your baby or take him or her for a ride in a stroller or a car.
- Talk to your baby in a steady, soft voice.

Iben Ninnin ko Emmon aer mour, ej Jimwe bwe:

- Enaj walok im bar jako Jan. Elap tata ej kijon walok Wawin in ilo Allon ko 3-4.
- Ej maron elap lok an Jan ilo kajojo Ran.
- Jokron kwoj kaenommane Ninnin eo ej maron Jan wot jokron ta.
- Ninnin eo ej maron komman Mejen ainwot ke ej metak ilo an Jan, jokron ejab metak.
- Ej maron aitok Iien an Jan.
- Ej maron elap lok an Jan ilo Jota.
- Ej maron bororo Mejen Ninnin eo nejom, ej kkuul Pein, Lojen en bin im konkon, konkon lik lok Drilib eo, kekake Nen tok non Lojen ak konkon Nen.

Juon Ninnin eo ej Jan ej maron komman Inepata im uwota. Ke ej Jan juon Ninnin, eka wot ke Jinon im Jeman lomnak ke ewor jabrewot en ejab jimwe. Ilo am melele ta eo ej Jimwe eban kabojrak an Ninnin eo nejom Jan, ak ej maron jiban euk ilo an emmon lok am lomnake Wawin am ber im barainwot Ninnin eo nejom. Ilo aolep Iien kwon konono iben Takto eo an Ninnin eo nejom elane kwoj lomnak ke elap an jan Ninnin eo jen ke ekkor.

## **Wawin kaenomman juon Ninnin eo ej jan**

En mokoj am lale elane ej jan, bwe en jab elap an Ninnin eo Inebata. Wawin in eban kokkure manit eo an Ninnin eo nejom. **Jokron ta, jab kakajkaj (shake) Ninnin eo.** Wawin in ej komman Joren ilo enbwinin. Kappok juon Armij ejmaron jiban euk, ak bok jidik Kakije mokta jen an elap am Inebata.

Kajion Wawin kein nan am kaenomman:

- Jjibur ak kutimtim Ninnin eo nejom ilo Bulankoj im kekake tok non iturim.
- Likot Bodan Ninnin eo nejom bwe en ebak Menono eo am.
- Kotloke bwe Ninnin eo nejom ej ninnin Pein ak juon Kein Kaenomman.
- Jepliklik, etaltal iben Ninnin eo nejom ak ektoke ilo Kein Etatal eo an ak ilo an Wa eo waam.
- Konono iben Ninnin eo nejom ilo juon Ainikien eo ej ralok im emmon.

- Sing, hum or coo softly to your baby.
- Turn on something with a rhythmic sound such as music, a fan, and clothes dryer.
- Keep the lights low and the room quiet.

Try to stay calm. Take a break. A crying baby can be stressful. Have someone watch and comfort your baby while you relax. **Call your baby's doctor** for advice if you feel your baby:

- Cries too much
- Has cries that are loud, piercing or do not stop
- Cries more than 3 hours each day and more often than 3 days each week

## **Shaken Baby Syndrome**

Shaken Baby Syndrome is brain damage caused by someone shaking a baby even one time. Normal playing with a child, like bouncing the baby gently on a knee, will not cause brain damage, but **never shake a baby**. Make sure to tell anyone caring for your baby to never shake your baby.

## **Pacifiers**

Babies like to suck. Pacifiers can help calm babies. If you are breastfeeding, do not use a pacifier until your baby is breastfeeding well. Never use a string to attach the pacifier around your baby's neck. Do not use a bottle nipple as a pacifier.

## **Bathing**

You may give your baby a sponge bath. Do not put your baby into a tub of water until the cord falls off, the umbilical area heals and the circumcision heals for boys.

- Al, komman Ainikiom emmon iben Ninnin eo nejom.
- Kajanjan juon kein jermal ej kaenomman ainikien ainwot Al ilo radio ak Kein kajanjan, Drel, ak Kein Kamora nuknuk (**dryer**).
- Komman bwe enjab elap an meram ilo juon jiken eo ej Aenomman.

Ber wot ilo am Aenomman. Kakije ilo jidik Iien. Juon Ninnin eo ej jan ej maron komman Inebata. Kajitok bwe bar juon Armij en lale im kaenomman Ninnin eo ke kwoj bok jidik Kakije. **Kir lok Takto eo an Ninnin eo nejom** ekijien kabiliklik ko an elane kwoj lomnak Ninnin eo ej:

- Elap an jan
- Elap an beran an jan, ej kametak an jan ak ejab bojrak an jan
- Ej jan elap lok jen 3 Awa ilo kajojo ran im elap lok jen 3 Ran ilo juon wiik

## **Wawin eo kin an kajkaj Ninnin eo (Shaken Baby Syndrome)**

**Wawin eo kin an kajkaj Ninnin eo (Shaken Baby Syndrome)** ej Joren ilo Kemlej eo elikin an juon Armij kakajkaj juon Ninnin jokron juon wot alin komman. Kukure ilo jimwe iben Ninnin eo, ainwot am Kakurere ilo Bookiem jidik, eban komman Joren, ak **jokron ta - jab kakajkaj (shake) Ninnin eo nejom**. Bar kejbarok ke kwoj kamelele lok ro jet rej lale Ninnin eo bwe **jokron ta – ren jab kakajkaj Ninnin eo nejom**.

## **Kein Kaenomman ko**

Ninnin ko rej kanan ninnin. Kein kaenomman ko (**pacifiers**) rej jiban an Ninnin eo tobar Aenomman. Elane kwoj kaajiriri Ninnin eo nejom ilo Tittitom, jab kajerbal Kein Kaenomman mai Iien eo edredre lok an jino mminene ilo ninnin Ninnin eo nejom. Jokron ta jab kajerbal to nan am lokwoje Kein Kaenomman ilo Boruan Ninnin eo. Jab kajerbal Ninnin in Bato ekijien Kein Kaenomman.

## **Tutu**

Kwoj maron katutuik Ninnin eo nejom kin metmet (**sponge bath**). Jab likot Ninnin eo ilo juon Tab in Dan mai Iien eo To in Lotak eo ej utlok, emwo bojen im Mwijmwij ilo Kukuk eo emwo iben Ladrik ro.

The temperature of the water should be 100 degrees Fahrenheit or 37 degrees Celsius to prevent chilling or burning. If you do not have a bath thermometer, use your wrist to test the water. It should feel warm, **not** hot. The room should be free of drafts, such as open windows or fans.

**Never leave your baby alone**, even for a second. If the telephone rings or someone knocks on the door ignore it and finish the bath. Accidents can occur quickly. Always support your baby's head during the bath. Keep a firm grip on your baby. A soapy baby can be very slippery.

Bathe your baby every 3–4 days. It is best to bathe your baby before a feeding.

### **Washing Baby's Clothes**

In the first few months, a detergent made for a baby, such as Dreft or Ivory Snow may be used because it is gentle on a baby's skin. You may also use detergent without fragrance. Do not use bleach because it can irritate your baby's skin.

### **Vaccines**

Vaccines help prevent diseases. These are given in the doctor's offices and health clinics. To protect your baby's health, vaccines should be given on a schedule. Be sure that your baby gets all his or her vaccines. Take the vaccine record with you to all doctors' appointments. Vaccines for children are free through your local health department.

Jonin Bwil eo an Dan eo ej aikwoj 100 Tiikri in Palle (**Fahrenheit**) ak 37 Tiikri in **Europe (Celsius)** bwe enjab elap an bwil ak mulo. Elane ejelok Kein Jonuk Bwil (**thermometer**) kajerbal iloan mokwoj in Peim bwe kwon lale jonen Bwil en. Ej aikwoj maanan, **jab** bwil. Ruum in tutu en ej aikwoj bwe enjab lladikdik, ainwot an ber lok Wunto ko ak juon Dreel.

**Jokron ta – jab likot Ninnin eo nejom meke**, jokron juon wot jekon. Elane ej jan Telpon eo ak ewor juon Armij ej kalolol ilo Kejom eo, kajokrone im kadredre lok am katutuik Ninnin eo mokta. Jirilok ko rej maron walok mokoj. Aolop Iien kwon jepak Bodan Ninnin eo nejom ilo Iien am katutuiki. Kejbarok bwe en kajur am jibwe Ninnin eo. Dan in tutu iben Joop ej maron lulun jjir.

Katutuik Ninnin eo nejom aolep 3-4 Ran. Ej emmon tata elane kwoj katutuik Ninnin eo nejom mokta jen juon Iien mona.

### **Kwalkwol Nuknuk ko an Ninnin eo**

Ilo Allon ko jinoen, komaron kajerbal juon Joop eo ekkor non Ninnin ko, ainwot “**Dreft**” ak “**Ivory Snow**”, kenike ej Emmon an jerbak iben Kilen Ninnin eo. Kwoj maron barainwot kajerbal juon Joop eo ejelok Nemen. Jab kajerbal Jerajko kenike ej maron kokure Kilen Ninnin eo nejom.

### **Uno in Boprai ko**

Uno in Boprai ko rej jiban kabojrak jen Nainmij. Uno Kein renaj lewoj nan euk ilo Wobij eo an Takto im Jikin Uno ko (**health clinics**). Bwe en emmon an jerbak Uno in Boprai ko, rej aikwoj lewoj Uno ko ilo Jitjit Iien ko. Kejbarok bwe en kon aolep Iien an Ninnin eo nejom bok Uno in Boprai ko. Kwon jibwe Peba in Uno in Boprai ko (**vaccine record**) ibom lok non aolep Iien am koba lok iben Takto eo an Ninnin eo nejom (**appointments**). Uno in Boprai ko an Adjri ro rej ejelok Wonen ilo Jikin Ejmour eo ilo ijo kwoj jokwe ie (**local health department**).

## **When Should I Call My Baby's Doctor?**

- **Call 911** if your baby turns blue or has trouble breathing.
- **Call your baby's doctor** if your baby has any of the following:
  - Cries non-stop or is more irritable
  - A temperature above 100 degrees Fahrenheit under the arm
  - Frequent discharge from the eyes
  - A hard time breathing
  - Yellowing or rash on the skin that gets worse
  - Redness discharge or a foul smell from the umbilical cord
  - Baby is breastfeeding less often or taking less formula for more than 8 hours
  - Green vomit or vomiting after more than two feedings in a row
  - Baby is hard to wake up
  - No wet diaper for more than 8 hours
  - Change in stool patterns, constipation or diarrhea.
  - Cough that will not go away, especially if there is a rash.

**Talk to your baby's doctor or nurse if you have any questions or concerns.**

## Net eo ij aikwoj kir lok Takto eo an Ninnin eo nejo?

- **Kir lok 911** elane Ninnin eo nejom ej Mao ak ej aban an menono.
- **Kir lok Takto eo an Ninnin eo nejom** elane Ninnin eo nejom ej wor jabrewot ian Wawin kein:
  - Ej jan ilo ejelok jomlok ak elap an Inepata
  - Jonen Bwil ej le lon in 100 Tiikri in Palle **Fahrenheit** iumin Pein
  - Ekutkut an walok Danwan jen Mejen
  - Ej lukun bin an menono
  - Jikin Ialo ak Bododo ilo Kilen im ej enana lok wot
  - Dan bododo ak Dan en enana Bwiin jen To in Lotak en (**umbilical cord**)
  - Ejakutkut an Ninnin ninnin ilo Tittot, ak ej edik lok an ninnin ilo Bato iumin 8 Awa ak elap lok
  - Emwoj maroro ak an emwojlok elikin elap lok jen ruo allin an mona ibendron
  - Elap an bin bwe Ninnin eo en edroj lok
  - Ejelok Kal tutu iumin juon Iien elap lok jen 8 Awa
  - Elap an uktak an komman Bwidij, Bon, ak ilok Lojen
  - Bokbok en eto an ber, elap tata elane ej walok bododo ilo Kilen.

**Konono iben Takto eo an Ninnin eo nejom elane ewor jabrewot Kajitok ak Inepata.**