

If your baby cries for a very long time or repeatedly, you may want to take him or her to your health care provider. Your baby may have a health problem or colic. Colic is when a baby cried for more than 3 hours every day for more than 3 days a week. With some babies, colic can sound like screaming instead of crying. Colic will not hurt the baby, but it can be very stressful and hard for the parents or caretakers. Sometimes, your health care provider can help with changes in the baby's diet or may have other ideas to help you deal with colic.

SHAKEN BABY SYNDROME

Shaking the baby or treating him or her roughly can cause brain damage, blindness, hearing loss, and even death. If your baby is crying and you feel like you are losing control, put your baby in a safe place and walk away. Take some deep breaths and try to calm yourself down. If you don't think you can calm down, call a friend, neighbor or family member to care for your baby. Calling 911 is another option.

If someone else is caring for your baby, talk to him or her about Shaken Baby Syndrome and be sure they know ways of calming a baby. DO NOT leave your baby with someone you have concerns about or do not know well.

Symptoms of Shaken Baby Syndrome

- The baby is very sleepy or very fussy
- The baby vomits or does not want to eat
- The baby is not smiling or making noises like usual
- The baby's arms and legs are rigid or stiff for any period of time – this may mean a seizure or something worse
- The baby has hard time breathing
- If the baby's eyes look different or if you think the baby's eyes may have been hurt

If you see signs like these, contact the baby's health care provider or emergency room immediately. **Make sure to tell them if you think your baby has been shaken – this can save precious time!**

INSTITUTE FOR WOMEN'S HEALTH RESOURCE LIST FOR POSTPARTUM COUNSELING AND ASSISTANCE

Alamo Area Home
Counseling Services
P.O. Box 500064
San Antonio, Texas 78260
521-6392

Alpha Omega In-Home Services
4438 Centerview
San Antonio, Texas 78278
697-0456

Avalon Social Services
3707 N. St. Mary's
San Antonio, Texas 78212
735-7275

Benitia Family Center
4650 Eldridge Ave.
San Antonio, Texas 78237
433-9300

Beyond Pink and Blue
(Free Support Group)
Methodist Women's Center
8109 Fredericksburg Rd.
Registration: 575-0355 or toll-free
800-333-7333.

Community Counseling Services
of Our Lady of the Lake University
590 N. General McMullen Dr.
San Antonio, Texas 78228
434-1054

Ecumenical Center for
Religion & Health
8310 Ewing Halsell
San Antonio, Texas 78229
616-0885

Family Life Center
One Camino Santa Maria
San Antonio, Texas 78228
436-3133

Family Service Association
230 Pereida
San Antonio, Texas 78228
226-3391

Hispanic Community
533 N. General McMullen Dr.
San Antonio, Texas 78228
434-3676

Jewish Family &
Children's Services
12500 N.W. Military Hwy.
San Antonio, Texas 78231
302-6920

Mexican American Unity Council
2300 W. Commerce, Ste. 200
San Antonio, Texas 78207
978-0500

Methodist Women's Center
803 Castroville Rd., Ste. 131
San Antonio, Texas 78207
575-0355

Postpartum Depression Center
of San Antonio
921 Proton
San Antonio, Texas 78258
490-4540 (For Support Groups/
Counseling call 497-0800)

St. Peters St. Joseph
919 Mission Rd.
San Antonio, Texas 78210
533-6545

South Texas Behavioral Medicine
12050 Vance Jackson, Bldg. 2,
Ste. 201
San Antonio, Texas 78230
699-8881

***Web Sites**
DSHS Pregnancy, Parenting and
Depression Resource List:
[www.dshs.state.tx.us/mch/
depression.shtm](http://www.dshs.state.tx.us/mch/depression.shtm)

The National Women's Health
Information Center:
www.womenshealth.gov

Parent Anonymous:
[www.parentsanonymous.org/
palIndex10.html](http://www.parentsanonymous.org/palIndex10.html)

Postpartum Support
International:
www.postpartum.net

Postpartum Stress Center:
www.postpartumstress.com

Depression After Delivery:
www.depressionafterdelivery.com

Access Counseling Referral
Network
www.texastherapist.com

***Books**

Evaluation & Treatment of
Postpartum Emotional Disorders.
by Ann Dunnewald, Ph.D.

Postpartum Depression: Every
Woman's Guide to Diagnosis,
Treatment and Prevention
by Sharon L. Roan

Behind the Smile: My Journey
Out of Postpartum Depression
by Marie Osmond,
Marcia Wilkie (Contributor),
Judith Moore (Contributor),
Warner Books (2001)

Beyond The Blues: Prenatal and
Postpartum Depression
by Shoshana Bennett and
Pec Indman
Moodswings Press (2002)

Sleepless Days: One Woman's
Journey Through Postpartum
Depression
by Susan Kushner Resnick
Griffin Trade Paperback (2001)

Women's Moods: What Every
Woman Must Know About
Hormones, the Brain, and
Emotional Health
by Deborah Sichel, M.D., and
Jeanne Watson Driscoll, M.S.,
R.N., C.S.
Quill (2000)



34-WOMAN (349-6626)
www.ifwh.org

YOUR NEW BABY



 Institute
For
Women's
Health

Newborn Screening • Immunization Schedule
• Emotions After Delivery • Postpartum
Depression, Anxiety & Psychosis • Babies and
Crying • Shaken Baby Syndrome • Resources

INFORMATION FOR NEW PARENTS

Welcome to Parenthood!

Over the next weeks, months and years, you can expect to have times of joy and excitement, but also some times of worry and anxiety. You may also have many questions. Learning about the topics covered in this brochure may help answer some of your questions.

NEWBORN SCREENING

The goal of the Newborn Screening Program of Texas is to DETECT newborns with health problems that can be treated, help to start TREATMENT early in life and PREVENT developmental delays, other problems or even death.

Make sure your baby is screened before he or she leaves the hospital and take your baby to your health care provider or clinic for a second screen at 7-14 days of age.

All the blood-screening tests are done on tiny samples of blood taken from your baby's heel about 2 days after birth.

HEARING SCREENING

A hearing screening is important for your newborn; hearing loss occurs for 3 out of 1,000 babies. Language learning starts at birth! If your baby can't hear, learning language is hard. If you find hearing loss early, your baby can get help.

After your baby's hearing is screened you'll get the results, either a "Pass" or a "Refer." "Pass" means that your baby can hear well enough to learn language. Sometimes, an older baby can have trouble hearing so it is important to keep track of how your baby's language develops. You can get a "Hearing Checklist" from DSHS (See Resources Section at end).

"Refer" means that your baby needs to have more testing; it does not mean your baby has a hearing loss. It is important to test your baby again.

Resources for Newborn Screening and Newborn Hearing Screening are at the end of this brochure.

IMMUNIZATIONS

Vaccines can prevent diseases that can have terrible life-long effects, and even lead to death. Parents can help keep their children healthy by making sure they get all vaccines on time.

Texas law says that children must have certain vaccines before they start childcare or school. If parents work with their child's health care provider to be sure that the child gets vaccines according to the recommended schedule, chances are that the child will meet the vaccination requirements set by law.

REQUIRED IMMUNIZATIONS & MEDICALLY RECOMMENDED SCHEDULE

Vaccine	Birth	2 mo	4 mo	6 mo	6-23 mo.	12-15 mo.	12-18 mo.	15-18 mo.
Hepatitis B	X	X		X				
Diphtheria, Tetanus & Pertussis (whooping cough)		X	X	X				X
Haemophilus influenzae, type b (Hib)		X	X	X		X		
Polio (IPV)		X	X	X				
Pneumo-coccal		X	X	X		X		
Influenza					X			
Measles, Mumps, Rubella						X		
Varicella (Chicken Pox)							X	

EMOTIONS AFTER DELIVERY

Normal feelings:

Joyful, Excited, Nervous, Worried

8 out of 10 new mothers have the "Baby Blues":

Crying, Mood Swings, Irritability, Frustration, Short Temper, Sensitivity, Extreme Fear/Worry, Great Sadness.

The signs start about 3 days after having a baby and should go away on their own in about 2 weeks. Talk to your friends, family, or health care provider. Support from your family and friends can help. These feelings are normal. If the baby blues are really bad, the mother should check with her health care provider. This may mean she is more likely to have postpartum depression after a few weeks.

POSTPARTUM DEPRESSION

A common illness in new mothers. It occurs in 1 out of 10 women after having a baby.

Signs include:

- Sadness
- Short temper
- Crying
- Problems sleeping (even when baby is sleeping)
- Not enjoying the baby/not wanting to hold or touch the baby
- Feeling tired
- Changes in eating patterns
- Thoughts about her own death
- Thoughts about the death of her baby

POSTPARTUM ANXIETY

It is normal for new mothers to worry about their babies. But worry that takes over your life is not good for you or the baby.

Signs a mother may be worrying too much:

- Afraid that something will harm her baby
- Afraid that she will hurt her baby
- Spending most of her time trying to get these ideas out of her head or trying to protect her baby
- Afraid to be alone with her baby

POSTPARTUM PSYCHOSIS

This is an illness that happens to 1 out of 1,000 women having a baby. It is an emergency. The mother needs medical help right away.

A mother may:

- Become confused
- Be nervous or very quiet
- Hear voices
- See things
- Have thoughts about hurting herself or her baby

Resources for Your Emotions After Delivery are at the end of this brochure.

BABIES AND CRYING

It is normal for babies to cry everyday; this is how they communicate their needs. Sometimes it is not easy to know what a baby needs and it can take some time to figure it out and calm the baby. When a baby cries for a long time, it can be stressful and may make you feel helpless and angry.

But remember, no matter how you feel, NEVER SHAKE THE BABY.

Ways to Calm a Crying Baby

- Change the baby's diaper
- Feed or burp the baby
- Try a baby swing
- Try to settle baby for a nap
- Check every part of baby to see if something is hurting: Clothes too tight? Diaper pin poking baby?
- Check to see if he baby may be sick: Does the baby have a stuffy nose? Dose the baby have a fever?
- Make sure the baby is not too hot or cold
- Give the baby a pacifier or teething ring
- Take the baby for a walk or a car ride
- Talk or sing to the baby, or play music
- Give the baby a bath
- Take the baby outside for a few minutes
- Show the baby some toys or a mirror
- Change the way you are carrying the baby
- Gently rub the baby's back or tummy
- Call someone else – a new face/voice may calm the baby
- If nothing else works, put the baby in a safe place and walk away. Check on the baby every five minutes or so