

DVD Worksheet Key, Page 2

Is the Answer Food?

Many times people you know will tell you your baby must be hungry whenever he or she is crying. While this advice is given with good intentions, you will know your baby the best. If your baby is fussy, take the time to find out what is wrong. Sometimes they just need mommy time.



When first starting nursing, it may take a few times for your baby to learn to latch on.

2. How do you know that your infant is not constipated even when she grunts and groans during her bowel movement?

If the bowel movement is pasty and soft, the baby isn't constipated.

3. What is the purple color on the umbilical cord?

Antiseptic dye

4. How do you clean the umbilical cord?

Keep the stump clean. Parents were once instructed to swab the stump with rubbing alcohol after every diaper change. Researchers now say the stump may heal faster if left alone. If the stump becomes dirty or sticky, wash it with soap and water — then dry it with a clean cloth.

5. What causes swelling in a newborn's breasts and a little girl's vaginal area?

The effects of the mother's hormones

6. How long does it take for circumcision to heal?

10 days

Feeding

1. What causes a mother to produce more milk?

The more often the baby sucks, the more often the mother produces milk.

2. What is the cramping caused by when the baby sucks?

Uterine contractions

3. On the average, babies nurse **8** to **12** times a day, about every 1 to 3 hours.

4. True or False: Babies who live in homes where there is cigarette smoke develop more respiratory problems.

True

5. True or False: You can use cow's milk or canned milk instead of formula.

False

6. How long should you keep formula in the refrigerator?

48 hours

7. At what age can you introduce cereal? **4 to 6 months**

