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# Emergency Information

This page of the book is meant to be pulled out and placed on your refrigerator at home.

**In case of an urgent concern or emergency, call 911 or go to the emergency department right away.**

Information	
My address	
My phone number	
My work phone number	
Medical information	
My baby's name	
My baby's date of birth	
My baby's health problems	
My baby's medicines	
My baby's allergies	
My baby's doctor	
Address	
Phone number	
My pharmacy phone number	
Georgia Poison Control phone number	404-616-9000 <u>OR</u> 1-800-222-1222 For deaf and hearing impaired: 404-616-9287

# Health Care Visits

Use this chart to keep track of your baby's doctor visits.

Date	Reason for visit	Treatment and medicines

# Caring for Your Newborn

Congratulations on your new baby! Your baby will bring great joy and excitement to your life. Most parents have a lot of questions about taking care of their new baby. This book can answer some basic questions about caring for your baby.

The best place for regular care is your baby's pediatrician (primary care doctor). Trust your feelings. Call the doctor when you have a concern about how your baby looks or feels. Call them if you have questions about how to take care of your baby.

**If you ever have an urgent concern or emergency with your baby, call 911 right away.**

This handbook is provided as a patient and family resource. It is not intended to provide specific medical advice. Children's provides no warranties or representations that the information provided herein is the most up-to-date. The information contained herein should not be used as a substitute for a physician's independent judgement as to appropriate medical care and treatment. There may be variations in treatment that are recommended based on individual facts and circumstances.

# About Your Baby

## Your baby

You may have questions about what is normal and what is not normal for your baby. Each baby is different. New babies may do things that seem strange but are very normal. New parents may worry because they do not know what is normal. This book includes normal baby behaviors and how to respond. Call your baby's doctor if you are worried about your baby.

## Crying

Crying is normal for babies. Babies most often cry when they are:

- Hungry
- Wet
- Bored
- In pain
- Wanting to be held

Sometimes babies cry no matter what you do to help them. Your baby may have colic if they cry without stopping for long periods of time.

### **What do I do when my baby is crying?**

Check to see if they:

- Have a wet or dirty diaper.
- Are hungry.
- Need to be burped.
- Are too hot, too cold or comfortable.

Your baby may need you to hold and comfort them. Babies need a lot of love, cuddling and holding. See if holding or rocking settles them down. If you try to be calm, it will help your baby calm down.

### **When should I call the doctor?**

Check your baby's temperature if they cry for more than 1 hour and you checked for the things listed above. Call the doctor after you check their rectal temperature.

### **Remember**

Remember that you are not alone. Many new parents go through this phase of crying with their baby. Ask for help if you feel like you cannot cope with it. It is okay to take a short break. Ask a spouse, partner, friend or family member to watch your baby.

## The Period of PURPLE Crying

The Period of PURPLE Crying is a way to help parents understand their baby's crying. This is a normal part of every baby's development.

You may get information about Period of PURPLE Crying from the hospital where your baby was born. This can help you understand normal infant crying. The letters in **PURPLE** stand for:

**Peak of crying**—Your baby may cry more each week. They will cry the most in month 2. They will start crying less in months 3 to 5.

**Unexpected**—Your baby may cry and you do not know why.

**Resists soothing**—Your baby may not stop crying no matter what you try.

**Pain-like face**—A crying baby may look like they are in pain, even when they are not.

**Long lasting**—Crying can last as long as 5 hours or more a day.

**Evening**—Your baby may cry more in the late afternoon and evening.

Visit [purplecrying.info](http://purplecrying.info) for helpful videos and more tips about how to handle your baby's crying.

## What is colic?

Colic is different than normal crying. Colic happens when a baby cries and is unable to calm themselves down. Colic is not related to stomach or gas problems. No one knows the true cause of colic. It is most often considered when your baby is healthy and well fed, but cries for more than:

- 3 hours a day
- 3 days a week
- 3 weeks

Most babies will outgrow colic by the time they are 3 to 4 months old. Some tips to help your baby when they have colic include:

- Feed your baby more often but less each time. Do not give your baby too much at one time.
- Feed your baby slowly. Burp them often.
- Allow your baby to suck on a pacifier or on their fingers or fist.
- Talk with their doctor about a changing formula.
- Try moving with your baby.
  - Walk with your baby upright over your shoulder.
  - Carry your baby against your stomach in a baby carrier.
  - Try rocking, swinging or pushing your baby in a stroller.
  - Put your baby in a car seat and go for a ride in the car.
- Lay your baby across your lap. Gently rub their back.

- Place your baby in warm water in a baby tub or sink. Do NOT leave your baby alone.
- Gently rub your baby's stomach.

Colic can upset everyone in the family. Do not shake or hit your baby if they are crying. Your baby cannot control their crying.

Some tips to help you when your baby has colic include:

- Take a break. Place your baby in their crib and walk away for a few minutes. Watch TV or listen to music.
- Get enough rest.
- Ask a friend to stay with your baby for a while. Go for a walk or play with your other children if you have them.
- Get help if your baby is crying a lot and you feel like you cannot cope with it.

**NEVER** shake your baby. Violent or forceful shaking can lead to bleeding or swelling of the brain, blindness, or even death.

## Wet diapers and bowel movements

Babies should have 6 to 8 wet diapers a day. This shows that your baby is drinking enough. Call their doctor if you notice fewer wet diapers.

### How often should my baby have bowel movements?

Every baby is different.

- Some babies have a few bowel movements each day.
- Babies have less bowel movements each day as they get older.
- It can be normal to have 1 bowel movement each day.
- It can also be normal to have a bowel movement every 3 to 4 days.
- Your baby's bowel movements should be soft. If not, call their doctor.

### What should my baby's bowel movements look like?

Bowel movements look different for each baby.

- Bowel movements should be soft. They may even be seedy or liquid.
- It is normal for a baby's bowel movements to be brown, yellow or green.
- Some bowel movements may smell bad.
- Let the doctor know if your baby's bowel movements:
  - Are hard.
  - Are black, red, pink or white in color.
  - Have blood in them.

# Caring for Your Baby

## Holding

### How much should I hold my baby?

Babies need to feel safe and loved. Hold your baby a lot. Hold your baby for comfort, for feeding and for play. Look into your baby's face and talk to them. Holding your baby will not spoil them.

### How should I hold my baby?

There are different ways to hold your baby.

- You may hold your baby at your shoulder, in your arms or on your lap.
- Make sure to support their head when you hold them. Newborn baby muscles are not strong enough to support their head by themselves.
- Support your baby's body well so that they do not fall.
- Do not allow children to hold a baby without an adult watching them. Make sure the child sits down on a chair or couch with an adult close by.

Babies need a lot of love and care. Helping your baby feel loved and secure is the most important thing you can do. You should:

- Hold, rock, snuggle and hug your baby.
- Talk or sing to your baby in a quiet, gentle voice.
- Go to your baby when they cry.
- Feed your baby and change their diaper.
- Keep your baby clean and warm.
- Keep your baby safe.
- Get medical care when your baby is sick.

### Can other people hold my baby?

You should not pass your newborn baby around to a lot of people. Babies have a weak immune system and they can get sick easily. Ask your family and friends to wash their hands well with soap and water before holding your baby. Anyone who is sick should not hold your baby or be near your baby.

## Feeding

### What should I feed my baby?

Breastfeeding is advised for babies. There are many formulas to choose from if you choose to bottle feed. Talk with the doctor about which formula is best for your baby.

Give your baby only breast milk or formula until the doctor tells you to start baby cereal and other foods. Do not give your baby water or juice until the doctor tells you to start food.

## **Breastfeeding**

Breastfeeding is best for moms and babies and is recommended for the first year or longer.

- Breast milk has benefits that formula does not. This helps to keep you and your baby healthier.
  - Breastfed babies get fewer ear infections, respiratory infections and cases of diarrhea (watery stools).
  - Breastfed babies are less likely to have asthma, allergies, obesity, diabetes and sudden infant death syndrome (SIDS).
  - Babies digest breast milk easily.
  - Mothers who breastfeed may return to pre-pregnancy weight easier. They have a lower risk of breast cancer, high blood pressure, diabetes and cardiovascular disease.
- Breast milk changes over time to meet the baby's nutrition needs as they grow.
- Feeding your baby breast milk is less expensive than buying formula.

Your baby will breastfeed at least every 2 to 3 hours the first month.

- This means your baby will breastfeed at least 8 to 12 times in 24 hours.
- Most babies will nurse at least 6 to 8 times in 24 hours between 1 to 4 months old.
- Your baby may want to breastfeed to feel close to you.

Breastfeeding takes patience and practice. It gets easier when you and your baby learn this new skill.

Talk with a lactation consultant or you or your baby's doctor if you need help.

- Fresh breast milk is good at room temperature for 4 hours if it has never been refrigerated or frozen.
- Fresh breast milk is good in the refrigerator for 4 days.
- You can freeze breast milk for 5 months in a refrigerator freezer or up to 1 year in a deep freezer.
- Breastfed babies need vitamin D drops when they are 2 months old.
  - Ask your baby's doctor how many Vitamin D drops to give.
  - Ask them if your baby needs any other supplements, such as iron.

## **Breast pumping**

Pumping breast milk can help:

- Increase and maintain your milk supply when your baby is not able to breastfeed.
- Increase your milk supply even if your baby is breastfeeding.

It is necessary to have a good breast pump. Talk with the doctor about options to get a breast pump.

Follow these guidelines when pumping breast milk:

- Start on the lowest suction setting and slowly increase to your comfort level.

- Try not to focus on the containers as they fill. Close your eyes, breathe deeply and relax. It may be helpful to watch TV, read or listen to music.
- Pump both breasts at the same time for 10 to 20 minutes. You can pump one breast at a time if you cannot double pump.
- The more often you pump, the more milk you will make.
  - Pump every 2 to 3 hours when your baby is a newborn.
  - Pump as often as your baby would eat when your baby is older.

## Formula

Your baby's doctor can help you decide which type of formula best for your baby. Choose one that has iron. Some babies need a special kind of formula because they are sensitive or allergic to cow's milk formula. It is important that you only use the type of formula the doctor suggests. Only add things to your baby's formula if the doctor tells you to. This includes infant cereal.

### Infant formula comes in 3 forms.

- **Powder formula** is made with 1 level unpacked scoop and 2 ounces (oz) of water. Shake or stir it to blend. You should only use the scoop that comes with the container. Different formulas may have different sized scoops.
- **Concentrated liquid formula** is made by mixing the concentrate with an equal amount of water before giving it to your baby. Shake the concentrated formula bottle before mixing it with water to blend the ingredients.
- **Ready-to-feed formula** comes as a pre-mixed liquid. Shake it before giving it to your baby. Do not add water to non-concentrated, ready-to-feed formula. Diluting it can be dangerous for your baby.

Some guidelines for formula feeding include:

- Throw away formula that has been opened and at room temperature over 2 hours.
- Formula made from powder can be stored in the refrigerator for 24 hours.
- Formula made from liquid concentrate can be kept in the refrigerator for 48 hours.
- Do not clean your baby's bottle nipple or pacifier by putting it in your mouth. Your saliva has germs in it that can cause problems and tooth decay for your baby.

Formula that is diluted with too much water can cause serious health and development problems for your baby. It is important to use clean water from a safe source. It should be without bacteria or other germs that can cause disease.

## Water with formula

Use water to prepare concentrated liquid formula and powder formula, but only as directed on the formula container.

- You can use tap water to prepare concentrated liquid or powdered formula unless there is a known contamination of your local water source.
- It is best to use tap water that is fluoridated and to sometimes use non-fluoridated bottled water.

- Use cold water from the sink if you use tap water. Warm tap water may have softener salt that can pull chemicals from pipes.

Boil water if there is concern about bacteria in the water in your community. Bring the water to a rolling boil for 1 minute and then cool it to room temperature before using it. You can use bottled water to make formula.

Hot water should be used to prepare formula to kill any germs for babies:

- Younger than 3 months of age.
- Born prematurely.
- With a weakened immune system.

Boil the water and let it cool for about 5 minutes. Then add it to a clean bottle.

### **How to mix powder formula and water to prepare a bottle**

The Centers for Disease Control and Prevention (CDC) has detailed instruction on making infant formula.

There are instructions on the formula labels too. Other safe sources including state WIC agencies. There are a few key points to remember:

1. Add water first and then powder. Always add the powder to the water that is in the bottle.
2. Boil the water if needed. See details above about water.
3. Cool formula to body temperature if you boiled it. If you are going to use the formula right away, cool it to body temperature before feeding your baby. Run the bottle under cool water or place it into a bowl of ice.
4. Test the formula temperature to make sure it is not too hot before feeding it to your baby.
5. Never microwave a bottle. Microwaves heat baby's milk and formula unevenly. This results in hot spots that can burn a baby's mouth and throat.

### **How to test the temperature of you baby's bottle**

Test warm water to make sure it is not too hot for your baby. The easiest way to test the temperature is to shake a few drops onto the inside of your wrist.

### **How should I feed my baby?**

Your baby will give you signals to show you they are hungry. Your baby may:

- Get more alert.
- Put their hands or fingers in their mouth.
- Stick out their tongue.
- Smack their lips and make sucking noises.
- Move and bob their head to search for a bottle or your breasts. This is called rooting.
- Cry.

Babies will cry when they are very hungry. Check for other reasons your baby is crying if they are not showing other signs of hunger. Check if they are too hot or too cold or need to be comforted. Make sure they are fully awake when you feed them.

Your baby may tell you they are done eating by:

- Turning their head away.
- Fidgeting.
- Closing their mouth tightly.
- Falling asleep.

**ALWAYS** hold your baby when you feed them. Never prop the bottle or leave your baby alone when they are eating. This could:

- Cause your baby to choke.
- Increase the risk of ear infections.
- Cause tooth decay or cavities.

Holding your baby while you feed them is also important for bonding. Feeding time is an important time for your baby to feel love from you.

- Feeding your baby gives them both nutrition and security.
- Your baby needs to be held and feel loved.
- Try to feel calm and relaxed when you feed your baby.

Wipe your baby's gums with a clean, wet cloth after each feeding. This helps prevent problems with your baby's new teeth.

### How much should my baby eat?

Most babies know when they are hungry and when they are full. Let your baby tell you when they are ready to eat. Feed your baby 8 to 12 times a day when they show signs that they are hungry.

- Babies may eat different amounts at different times. This is okay.
- Make sure your baby has at least 6 to 8 wet diapers in a 24-hour period.
- Your baby may only need to suck and not eat. You can let them suck on a pacifier or on their hands.

### Infant feeding guidelines

Age	Breast milk or formula
Birth to 1 month	<b>Breast milk:</b> at least every 2 to 3 hours, or 8 to 12 feedings a day <b>Formula:</b> 2 to 4 ounces every 2 to 4 hours through the day and night
1 to 4 months	<b>Breast milk:</b> 6 to 8 feedings a day <b>Formula:</b> 4 to 6 ounces every 4 hours
Around 6 months	<b>Breast milk:</b> About 6 feedings a day <b>Formula:</b> 6 to 8 ounces every 6 hours, or 4 to 5 feedings a day

### How often should I burp my baby?

Burping your baby can help decrease spitting up. It also releases gas trapped in your baby's stomach.

- Burp your baby halfway through each feeding. Burp them again after each feeding is finished.
  - You can sit your baby on your lap with one of your hands, supporting the chin and head. Gently pat their back with the other hand.
  - You can put your baby over your shoulder and support them with one hand. Gently pat their back with the other hand.
- Have a towel handy when you burp your baby. Your baby may spit up a little when you burp them. This is normal.

## Bathing

### How should I bathe my baby?

Give your baby a sponge bath until their belly button and circumcision are healed. After their belly button has healed, give your baby a bath in a baby tub or sink. Wet babies are slippery. Be careful when you pick them up.

- Clean the tub or sink before you put your baby in it.
- Gather your supplies **before** you put your baby in the water. You will need a washcloth, towel, soap and shampoo.
- The bath water should not be too cold or too hot.
  - Your water heater should be set at 120°F to make sure the water does not get too hot.
- Wipe your baby's face and head with a damp washcloth and water.
- Use a washcloth and mild soap to wash your baby's body.
- Rinse your baby to remove any soap.
- Dry your baby well so they do not get cold.

### How often should I bathe my baby?

A newborn baby does not need a bath every day. Too much bathing can dry the skin.

- You can give your baby a full bath every 2 to 3 days after the belly button and circumcision are healed. You can choose to bathe your baby more or less than this.
- Wipe off your baby's hands with a damp washcloth and mild soap several times a day to keep their hands clean. Babies put their hands in their mouth a lot.
- Wipe your baby's face and neck with plain water and a soft washcloth each day. Wipe any milk from your baby's face and neck too.
- Clean around the diaper area each time you change a diaper. You can use a cloth with soap and warm water or disposable baby wipes.

**NEVER** leave your baby alone in bath water—not even for a second.

**ALWAYS** stay with your baby while they are in or near water.

## Skin care

Your baby should not need any powders, lotions or oils on their skin. Talk with the doctor before using any of these products. Protect your baby's skin from wind and sun when you take them outside.

- Cover your baby's head and skin or stay in the shade with your baby.
- Do not use sunscreen or bug repellent until your baby is 6 months old.

## Nail care

Babies need their fingernails trimmed so that they do not scratch themselves.

- Be careful. Only trim off the rough edges of the nails. Your baby's nails are soft. They may bleed if you trim them too low.
- A doctor or nurse can show you how to trim your baby's nails if you have questions.
- You can also buy hand protectors to go over your baby's hands if they are scratching their skin.

## Clothing

Dress your newborn the same way that you would be comfortable plus one extra layer. Clothes should not be too tight or too loose.

- If you would be comfortable in a long-sleeved T-shirt, then your baby will be comfortable in a long-sleeved T-shirt and a light sweater or blanket.
- Do not wrap your baby in lots of layers if it is not cold.
- Do not dress your baby in just a T-shirt if you need a sweatshirt to stay warm.
- Your baby does not need to wear shoes. Socks or booties can keep their feet warm.
- Do not overdress your baby. This can cause your baby to be too warm.
  - Babies who are too warm have a greater chance for crib death when they sleep. This is also called sudden infant death syndrome or SIDS.

## Swaddling

Swaddling is wrapping your baby in a blanket or cloth. It mimics the comfort of being inside the womb. Swaddling can soothe crying and restlessness if it is done correctly. It can also help your baby sleep longer. You can swaddle your baby for several weeks to months.

Swaddling has many benefits if it is done correctly. Leave space in the blanket for the baby's hips and legs to move. Swaddling can put too much pressure on the hips if the baby's legs and hips cannot move. This can cause problems like hip dysplasia or dislocation of the hips. Hip dysplasia includes a range of hip problems.

**Step 1:**

Lay a blanket on a flat surface in the shape of a diamond. Fold the top corner down to make a straight edge.



**Step 2:**

Place your baby on the blanket with their shoulders even with the straight edge.



**Step 3:**

Place your baby's arms together on their chest under the chin.



**Step 4:**

Wrap one side of the blanket over your baby's arms and chest. Tuck the blanket under the side of your baby.



**Step 5:**

Do the same on the other side. Wrap the side of the blanket over your baby's chest. Tuck the blanket under the side of your baby.

**Step 6:**

Twist or fold the bottom corner of the blanket and tuck it under your baby. Leave room for your baby's legs and hips to move up and out.



**Tip:** Stop swaddling when your baby can break out of the swaddle or starts rolling over.

To learn more about how to swaddle, visit [choa.org/parent-resources/orthopedics/safe-swaddling](https://choa.org/parent-resources/orthopedics/safe-swaddling).

**Things that can help you swaddle**

You can use blankets designed for swaddling babies. These are often called swaddling blankets or sleep sacks. It is still important to make sure there is room for your baby's hips to move and grow if you use these.

# Sleeping

Always lay your baby on their back to sleep. This is the safest way for them to sleep unless their doctor tells you something different. This includes when your baby naps during the day and when your baby sleeps at night. Use a firm mattress without anything else in the crib.

Laying your baby on their back helps prevent sleep-related deaths, such as sudden unexpected infant sudden infant death syndrome (SIDS) and suffocation.

## Where should my baby sleep?

Your baby should sleep on their back in their own crib without any pillows, blankets, crib bumpers, stuffed toys or other soft products. Move your baby's crib or bassinet into your bedroom. Place the crib within arm's reach. This is advised for the first 6 months of life.

Your baby should NOT sleep:

- On a couch, chair, soft mattress, pillow, waterbed or other soft surface. They could:
  - Suffocate from these things.
  - Suffocate from sliding between pillows.
  - Get hurt from rolling onto the floor.
- In a bouncy seat, swing or car seat. Move them to their crib if they fall asleep in one of these.
- In bed with you or other people. This can lead to sleep-related deaths, such as SIDS and suffocation. If you are tired and holding a sleeping baby, please put them back in their crib so you can get some rest.

Do NOT use:

- Crib bumpers.
- Pillows, blankets, quilts, comforters or sheepskins.
- Toys or stuffed animals.
- Mobiles that your baby can reach.
- Wedges, positioners or other products that claim to keep babies in place.

Remember to follow the ABCs of sleep:

- **A**lone
- **B**ack
- **C**rib

It is okay for your baby to fuss a little before they fall asleep. Talk to your baby and pat them if they are fussy while falling asleep. You do not need to pick them up every time. It is good for your baby to learn to soothe themselves to sleep.

### **What temperature should I keep the room where my baby sleeps?**

- Set the thermostat to a temperature that is comfortable for adults who are lightly dressed. This is often between 68°F and 72°F. Never set the temperature above 75°F. Overheating your baby may lead to SIDS.
- Dress your baby in a lightweight, one-piece blanket sleeper or sleep sack to keep them warm. Do not use blankets in cool weather.
- Never cover your baby's face or head.

### **How much should my baby sleep?**

Newborn babies sleep a lot. They can sleep between 17 to 20 hours a day in the first few weeks of life.

Your baby:

- May wake up every 2 to 4 hours or more to eat.
- Needs to eat at least 8 to 12 times a day.
- Needs to have at least 6 to 8 wet diapers a day.

Talk with the doctor if you think your baby is sleeping so much that they are not eating enough. Call them if you have a hard time waking your baby to feed them.

## **Outings**

Avoid taking your baby into crowds of people for the first few months. This includes places like family parties, malls and amusement parks. Newborn babies have weak immune systems and can get sick easily.

Your baby can go outside for outings if the weather is nice.

- Protect your baby from wind and sun.
- Use a hat and lightweight clothes to protect your baby from the sun. Or stay in the shade when possible.
- Do not use sunscreen or bug spray until your baby is at least 6 months old.
- Take extra diapers, clothes and formula in case you need them.

## **Tummy time**

Place your baby on their back to sleep. Your baby should spend some time on their tummy when they are awake. Always stay with your baby when they are on their tummy. This helps to keep your baby safe and gives you time together to cuddle or play.

Tummy time helps:

- Develop and stretch the muscles in their neck and shoulders.
- Prevent tight neck muscles.
- Prevent flat areas on the back of your baby's head.

- Build the muscles your baby needs to roll, sit and crawl.

Tummy time is:

- Any activity that keeps your baby from lying flat against a hard surface.
- Any time you carry, position or play with your baby while they are on their tummy.

Gently turn your baby's head from side to side when they are on their tummy. Use these ideas for tummy time for your new baby:

- Carry your baby with their head resting on your shoulder. Gently support their head. This gives your baby tummy time while snuggling against you.
- Carry your baby using a football hold. A football hold is when your baby is positioned with their tummy down. Support your baby's chest and body with your arm.
- Lie on your back and place your baby on your chest facing you. Your baby will be able to lift their head and look at you as they get older.
- Lay your baby on your lap or over your knees with their tummy and face down.
- Change your baby's position during the day. Do not leave your baby sitting in a baby carrier or bouncer seat for a long time.

When your baby is a few months old:

- Play with your baby on the floor. Place toys on both sides of your baby. Help them lift their head to see and reach for the toys.
- Place your baby on the floor and put a small blanket or towel under their chest. Help them use their arms to lift their head off the floor.
- Continue to lay your baby on your lap or over your knees with their tummy and face down.

To learn more about tummy time, visit [\*\*choa.org/parent-resources/orthopedics/tummy-time-tools\*\*](https://choa.org/parent-resources/orthopedics/tummy-time-tools).

# Common Concerns with Babies

## Belly button (umbilicus)

Your baby will have a dried cord on their belly button for about 2 weeks after being born. It may stay on for up to 4 weeks. The dried cord will fall off on its own. Let it heal by itself. You should not put anything on the area.

- Only give your baby sponge baths until the cord falls off.
- Your baby's doctor will tell you if you should use alcohol to clean it.
- Never pull off any part of the dried cord. Let it fall off on its own when it is ready.
- You may see some dried blood around the belly button. This is normal.
- Call the doctor if you see bleeding, oozing or swelling.

## Cephalohematomas

Cephalohematomas are soft bumps on either side of a newborn baby's head. The bumps are made up of blood that collects under the scalp after a baby travels through the birth canal when they are born. The bumps most often go away on their own in about 6 weeks.

## Circumcision

Check the circumcision each time you change your baby's diaper. Circumcisions are most often red and will take 1 week or more to heal.

- Put petroleum jelly, such as Vaseline, on your baby's penis each time you change their diaper.
  - This prevents the skin from sticking to the diaper.
  - Do this for 5 to 7 days or until the redness is gone.
- Only give sponge baths until the circumcision is healed.
- Call your baby's doctor if the area:
  - Bleeds
  - Has drainage.
  - Has a bad smell

## Soft spots (fontanelles)

All babies have 2 soft spots on the top of their head. These spots are where the bones of the skull have not grown together all the way. This is normal. The bones will grow together over time.

- Be careful with these spots. The hard skull bones do not protect this area of the brain yet.
- The soft spots will close when your baby is about 12 to 18 months old.

## Jaundice

Jaundice means that the skin and eyes have a yellow color. It is caused by extra bilirubin in the blood after birth. This happens in about half of all newborns.

- Let your baby's doctor know if you think your baby looks yellow or has any skin color changes. Your baby may need a blood test to check their bilirubin level.
- The doctor will tell you if your baby needs any treatment for the jaundice.

## Skin problems

Many newborns have rashes or other skin conditions. Some common skin conditions include:

- Dry skin
- Peeling skin
- Diaper rash
- Birthmarks
- Acne
- Cradle cap
- Bumpy looking rash

### What if my baby has dry skin?

Dry, flaky skin is normal for babies while they adjust to life outside the womb. It is more common on the hands and feet.

- This should go away when your baby is about 4 weeks old.
- You do not need to add lotions, creams and oils to your baby's skin.

### What is a diaper rash?

Your baby may have diaper rash if they have redness or a rash around their bottom, inner thighs or genitals (private parts). If you think your baby has a diaper rash:

- Clean the skin with sensitive skin soap and warm water. Do not use baby wipes.
- Use a store-bought diaper rash cream on the skin if needed. Cream with zinc oxide like Desitin, A+D or Boudreaux's work well. Spread it over the red areas each time you change your baby's diaper.

You may need to change your baby's diaper more often if they get a diaper rash often. Tell the doctor if your baby has a lot of diaper rashes or if their skin has open sores.

### What if my baby has birthmarks?

Your baby may have one or more birthmarks. This is normal. Tell their doctor if the birthmark changes in color, gets bigger or bleeds. They will tell you if your baby needs any treatment.

- Stork bites are pink birthmarks that are common on the nose, eyelids or back of the neck. These are normal and will most often go away without treatment.

- Red birthmarks that are raised may appear around 3 weeks of age. They get bigger and then most often fade away by 6 to 8 years of age. They most often do not need any treatment.
- Some birthmarks are brown like freckles and moles.

### **What if my baby has acne?**

Newborn acne is common. You may see small, red bumps on the cheeks, chin or forehead. It looks like teenage acne. This is normal and will go away after the first few weeks of life.

- No treatment is needed.
- Lotions, creams and oils can make acne worse.
- Never squeeze acne bumps on your baby's skin.

### **What if my baby has cradle cap?**

Cradle cap is a scalp problem that is common for babies. It can happen from a few weeks to a few months of age. The cause is not known. It should be treated to avoid spreading and to prevent an infection.

You may notice:

- Redness on the scalp.
- Greasy, white or yellow scales on the scalp.

The doctor will talk with you about what to do for your baby. Some treatments include:

- Brushing your baby's scalp lightly with a soft brush each day.
- Using a baby shampoo that your baby's doctor suggests.

Call the doctor if there is:

- Swelling, redness or pain.
- Drainage from the scalp.
- A bad smell from the cradle cap area.
- Fever (temperature of 100.4°F or higher).

### **What if my baby has a rash?**

A rash on the chin or cheeks that comes and goes is normal.

- It can be from contact with formula or from spitting up.
- Keep your baby's face and neck clean and dry. Use a cool washcloth for rash relief.

Call the doctor if your baby has:

- A rash that is not getting better.
- Small, fluid-filled bumps like blisters that happen during the first month of life.
- A fever or trouble breathing. Also call if your baby is harder to wake up than normal or they are sleeping more than normal.

## Stuffy nose

Newborn babies often have a stuffy nose. This is common and most often normal. It should improve by 3 to 4 months of age. Babies' noses are very small and are learning to make mucus. Your baby may have noisy breathing if they have a stuffy nose.

- Use saline nose drops to help clear a stuffy nose.
- Make sure your baby does not have a fever (temperature of 100.4°F or higher). Call the doctor if your baby has a fever.
- If your baby is sleeping more than normal or is not feeding well, call their doctor.

## Thrush (white spots in the mouth)

Thrush is a common yeast infection in newborns. Your baby may have thrush if you see white spots on their tongue, lips or inside their mouth. Call the doctor if you think your baby has thrush. Your baby may need medicine to treat it.

## Vaginal discharge

Vaginal discharge is common in baby girls during the first few weeks of life. The discharge may be clear, cloudy or blood-tinged. This is from the mother's hormones and will go away on its own. No treatment is needed.

## Swollen breasts

It is common for baby girls and boys to have swollen breasts after birth. This can feel like a lump or bump under the nipple. It may feel like it moves around. This is from the mother's hormones and will go away on its own. No treatment is needed.

Call the doctor **right away** if your baby's breast is red or tender with swelling. They could have an infection.

## Taking your baby's temperature

### When should I take my baby's temperature?

Take your baby's temperature anytime you think your baby is not acting well or feels hot. Your baby could have a fever if they are crying a lot and you cannot calm them.

### How should I take my baby's temperature?

The best way to take a baby's temperature when they are less than 2 years old is in their bottom (rectally). Use a digital thermometer that is for rectal use.

1. Lay your baby on their stomach across your lap or in their crib. Keep one hand on your baby's back to hold them safely. You can also lay your baby on their back and lift up their legs like you are changing their diaper.
2. Dip the tip of the thermometer in petroleum jelly, like Vaseline or other water-based lubricant.
3. Turn on the thermometer.
4. Gently put the thermometer 1/2 to 1 inch (2 to 3 centimeters) into your baby's bottom.
5. Hold the thermometer in place until it beeps. This can take a few minutes.
6. Remove the thermometer.
7. Read the number and write it down.
8. Clean the thermometer with soap and water before you put it away.

### **When should I call the doctor?**

Call the doctor if your baby has:

- A rectal temperature of 100.4°F or higher and your baby is younger than 3 months old.
- A rectal temperature higher than 102.2°F (39°C) and your baby is 3 months to 2 years old.
- A fever with a medical condition or other signs they may be sick, such as:
  - A new rash
  - Poor feeding
  - Frequent vomiting (throwing up)
  - Diarrhea (loose stools)
  - Very bad cough
  - Trouble breathing

Use the temperature charts below to help you decide when to call the doctor.

Normal temperature – Do not call the doctor	
Fahrenheit (°F)	Celsius (°C)
97.0	36.1
97.2	36.2
97.4	36.3
97.6	36.4
97.8	36.5
98.0	36.6
98.2	36.8
98.4	36.9
98.6	37.0
98.8	37.1
99.0	37.2
99.2	37.3
99.4	37.4
99.6	37.5
99.8	37.6
100.0	37.7
100.2	37.8
100.3	37.9

Fever – Call the doctor <u>right away</u>	
Fahrenheit (°F)	Celsius (°C)
100.4	38.0
100.6	38.1
100.8	38.2
101.0	38.3
101.2	38.4
101.4	38.5
101.6	38.6
101.8	38.7
102.0	38.8
102.2	39.0
102.4	39.1
102.6	39.2
102.8	39.3
103.0	39.5
103.2	39.6
103.4	39.7
103.6	39.8
103.8	39.9
104.0	40.0
104.2	40.1
104.4	40.2
104.6	40.3
104.8	40.4
105.0	40.6

Call the doctor **right away** if your baby has any fever in the first 3 months of life. A fever is a temperature of 100.4°F (38°C) or higher.

Call the doctor **right away** if your 3 to 6 month old baby has a fever higher than 102.2°F (39°C).

Do not give any medicine for fever until you talk with your baby's doctor.

# Safety

To help keep your baby safe, **NEVER**:

- Leave your baby alone except in a crib. Keep your baby's crib in your bedroom. Put the crib so you can reach it from your bed. This is advised for at least the first 6 months of life but encouraged for up to 1 year.
- Leave your baby alone in a car.
- Hold your baby in your lap when you ride in the car.
- Leave your baby alone in a sink or bathtub – not even to get a towel or answer the door or phone.
- Put a necklace on your baby.
- Use ribbons or strings to tie a pacifier around your baby's neck. This can cause choking.
- Warm formula or breast milk in the microwave. This can cause hot spots in the milk that can burn your baby.
- Prop a bottle on a blanket or pillow to feed your baby.
- Shake your baby. This can cause brain damage, blindness and death.

## Car seats

**ALWAYS** put your baby in a car seat EVERY TIME they ride in the car. This is the law and the only way to help keep your baby safe while riding in the car.

- Put the car seat in the back seat of the car.
  - Face the car seat towards the rear window first.
  - Keep your baby in the rear-facing only car seat until they outgrow it by weight or height. Then change them to a rear-facing convertible car seat that has higher weight and height limits.
  - Most convertible seats have limits that will allow children to ride rear facing for 2 years or more.
- Strap the car seat into the car. Be sure the straps are buckled and secure.
- Read the car seat instructions and your car owner's manual. They can help you make sure the seat is installed correctly.
- Put your baby in the car seat without any blankets or thick sweaters or coats on. Too much fabric between your baby and the straps is not safe. You can place blankets over your baby after you strap them in.
- Place the lower car seat buckle strap between your baby's legs. Place the harness (upper) straps over your baby's shoulders and attach them to the buckle strap between the legs. Harness straps must be at or just below your baby's shoulders.
- Tighten the straps so they are snug. You should not be able to pinch any part of the strap across the top of the leg or at the shoulder. The harness straps are important because they hold your baby in the seat. This is so your baby does not slide up and out of the car seat in a crash or sudden stop.
- Put the chest clip at armpit level to keep the harness straps on your baby's shoulders.
- Buckle and secure the straps every time you use the car seat to carry your baby. Do this even if the car seat is not in the car.

- Never place the seat on a counter or high place and walk away.
- Set a good example for your family and wear your seatbelt too.

## Smoking

Do not let anyone smoke near your baby. Ask people to smoke outside of your home. Babies are sensitive to smoke and can get sick from breathing in smoke.

- Cigarette smoke gets into clothes, hair, furniture and cars. All of these things need to stay smoke-free to help your baby stay healthy.
- Ask anyone that smokes to remove or change their shirt or jacket before coming back into the house.
- Your baby can get sick from being around people who have smoked recently. Some illnesses include:
  - Asthma
  - Breathing problems
  - Colds and sinus infections
  - Ear infections

## Shaking

**NEVER** shake your baby or let anyone else shake your baby. Shaking can cause blindness and brain damage. These things cannot be fixed.

- Call your baby's doctor **right away** if you are ever worried that you may want to shake or hurt your baby. Talk with the doctor about your feelings. They can help.
- Call 911 **right away** if you think your baby is in danger of being shaken or hurt by someone.
- Call 911 **right away** if your baby has already been shaken or hurt.

## Medicine safety

To help keep your baby safe when giving medicines:

- Only give your baby medicines their doctor knows about.
- Read all medicine labels 3 times before giving it to your baby.
- Make sure you know how much medicine to give. You should also know how to give it and how often to give it.
- **Use the dropper that comes with the medicine.** Do not use a dropper from one medicine to give another medicine.
- Do not give children younger than 6 years of age any over-the-counter cough or cold medicines unless their doctor tells you to.
- Keep all medicines out of the reach of babies and children.

To give your baby liquid medicines by mouth:

- Shake the medicine well.
- Measure the correct amount of medicine in a marked dropper, syringe or child medicine spoon. You can buy these at your local drug store. DO NOT use kitchen spoons because they are not accurate.
- After you measure the medicine, give it in one of these ways.
  - If using a dropper or oral syringe – point the tip towards their cheek and give it slowly.
  - If using an oral syringe that has a cap on the tip – be sure to take the cap off the tip before putting it in their mouth.
  - If using a nipple – put the medicine in the nipple and let your baby suck on it.
  - If putting the medicine into their bottle – only use a small amount of breast milk or formula to mix with the medicine. If your baby does not drink the whole bottle, you will not know how much medicine they got.

## **Fall safety**

To help keep your baby safe from falls:

- Never leave your baby alone. Even if your baby is sleeping in their crib, stay nearby so you can hear them.
- Never let your baby sleep on couches or regular beds. Your baby could roll off and fall.
- Always buckle your baby into their car or infant seat. You should do this even if your baby is not in the car.
- Never set your baby in their car seat or infant seat on a high surface.
- Always keep one hand on your baby while they are on the changing table. Use the strap on the table for added safety.
- Keep stairs clear and use a handrail when carrying your baby on the steps.
- Do not allow young children to carry your baby.
- Never throw your baby up in the air and catch them as you play with them.

## **Strangulation, suffocation and choking**

Babies need to be protected from accidental strangulation, suffocation and choking. They cannot protect themselves when they are young and need you to watch for these things.

Strangulation means to have something press on or constrict the breathing tube. Strangulation stops air supply to the lungs. To help prevent strangulation:

- Never put pacifiers on a ribbon or cord around your baby's neck.
- Never put a necklace on your baby.
- Never put any type of cord around your baby's neck.
- Make sure there are no window blind cords near your baby's crib.
- Never hang stringed objects in your baby's crib.
- Take off bibs before putting your baby in the crib.

Suffocation means to have something cover the nose and mouth. This stops air supply to the lungs. To keep your baby safe from suffocation:

- Check the nipples on your bottles. Throw them away if they have any holes or tears.
- Do not use pillows, blankets, crib bumpers, stuffed toys or other soft products in their bed.
- Keep your baby away from plastic bags.
- Do not give your baby balloons or have balloons near your baby.

Choking happens when small things get stuck in the breathing tube. This stops air supply to the lungs. To keep your baby safe from choking:

- Keep your baby away from small objects that could get caught in the throat.
- Be sure there are no small objects like coins or buttons in your baby's crib.
- Do not give your baby food until they are about 6 months old or until the doctor says it is okay.

## Fire and burn safety

To help protect your baby from burns and fires:

- Never hold your baby when you are cooking or carrying hot liquids.
- Keep your water heater set at or below 120°F.
- Have working smoke detectors in your home.
  - Test the batteries often and change them at least 2 times each year.
  - A good time to do this is when the time changes in the spring and in the fall.
- Do not let people smoke in your home. Make sure no one smokes in bed.
- Keep hot items out of your baby's reach. This includes things like irons and toasters.
- Keep all electric cords up and where your baby cannot reach them. This includes things like your cell phone and tablet charger.
- Have a fire escape plan for your family. Practice it often to make sure everyone knows what to do.

## CPR

It is a good idea to take a baby CPR (cardiopulmonary resuscitation) course if you have never had one.

To find a class in your area:

- Call the American Heart Association, the American Red Cross or your local hospital for information about classes for parents.
- You can also visit [cpranytime.org](http://cpranytime.org) to buy kits that can help you and your family learn CPR at home.

# Visits to the Doctor

Your baby needs regular check-ups to be sure they are healthy and growing.

- A doctor will see your baby while they are still in the hospital.
- Your baby should be seen within one week after they go home from the hospital.
- Call your baby's pediatrician (primary care doctor) while you are still in the hospital or right after you get home to schedule your baby's first check-up. The doctor's office will schedule your baby for future check-ups.

Call the doctor anytime you are worried about your baby. Call the doctor's office to talk with a nurse before you make an appointment to make sure the doctor thinks your baby needs to be seen.

Visit [choa.org/medical-services/primary-care](http://choa.org/medical-services/primary-care) to select a pediatrician from the Children's medical staff if your baby does not already have one.

## What kinds of things can the doctor do for my baby?

The doctor can make sure your baby:

- Has all of their newborn blood tests.
- Is healthy and growing well.
- Gets all of their vaccines (shots).

You can also ask the doctor any questions you have about your baby.

## What can I expect during well-baby visits?

Guidelines for well-baby visits are outlined in the tables below.

Newborn	3 to 5 days	By 1 month	2 months	4 months	6 months
History Measurements Screenings Physical exam Blood tests Vaccines	History Measurements Screenings Physical exam Blood tests Vaccines	History Measurements Screenings Physical exam Blood tests Vaccines	History Measurements Screenings Physical exam Blood tests Vaccines	History Measurements Screenings Physical exam Vaccines	History Measurements Screenings Physical exam Vaccines

9 months	12 months
History Measurements Screenings Physical exam Vaccines	History Measurements Screenings Physical exam Vaccines

### **Does my baby need vaccines?**

Yes. All babies need to have vaccines (shots) to stay healthy.

- Vaccines protect your baby from certain diseases.
- Some vaccines can make your baby cranky or cause a slight fever for a short time. Call the doctor if your baby has a fever.
- Talk with the doctor if you have questions about vaccines for your baby.

To learn more about vaccines, visit [immunize.org/vis/](https://immunize.org/vis/).

### **When should I call the doctor?**

Call your baby's doctor anytime you have a concern about how your baby looks or feels. You can also call their doctor if you have questions about how to take care of your baby. Call anytime your baby:

- Has a fever that your doctor does not know about. A fever is a temperature of 100.4°F or higher.
- Has a change in behavior.
- Does not wake up easily.
- Does not feed well.
- Cannot be comforted with feeding, changing, burping, holding or rocking after about 1 hour.
- Vomits (throws up) more than 2 times in 1 hour.
- Has less than 1 wet diaper every 4 to 6 hours or less than 6 to 8 diapers in 24 hours.
- Has blood in their urine or bowel movement.
- Falls or gets burned.

When you call the doctor about a problem they will ask for:

- Your baby's name
- Your baby's date of birth
- Your address
- Your phone number
- Your baby's allergies
- What kind of problem your baby is having
- Any medicines you gave your baby
- Your baby's temperature

### **Call 911 if your baby:**

- Is so weak and tired that they hardly respond to you.
- Is working **very** hard to breathe or can hardly take a breath.
- Grunts when they breathe.
- Has chest retractions. This is when their skin is pulling in around their ribs and chest when breathing.
- Has a blue or dark purple color to their nails, lips or gums.
- Stops breathing for more than 10 seconds.
- Cannot feed while trying to breathe.
- Has any problems that need care **right away**.

# Developmental Milestones:

## Newborn to 2 Months

Your baby's doctor will ask you about their milestones. These are skills that your baby should be able to do by certain ages. They include things like sitting, crawling, speaking and behaving. Milestones are signs of typical development in most children. Every child develops differently. Remember that these are not deadlines for your child to meet. They happen within age ranges as your child grows.

Guidelines for the first 2 months are outlined in the table below.

Age	Your baby may:
1 to 2 weeks	<ul style="list-style-type: none"><li>• Sleep 12 to 18 hours a day.</li><li>• Squeeze your finger with their fist for a short time.</li><li>• Enjoy looking at your face. Look right into your baby's eyes with your face about 8 inches from theirs.</li><li>• Enjoy music and gentle voices. Read, talk and sing to your baby. Repeat the sounds your baby makes to you.</li></ul>
2 months	<ul style="list-style-type: none"><li>• Lift their head for short times during tummy time.</li><li>• Reach for toys and hold them for short periods of time.</li><li>• Enjoy looking at your face. Look right into your baby's eyes with your face about 8 inches from theirs.</li><li>• Enjoy music and gentle voices. Read, talk and sing to your baby. Repeat the sounds your baby makes to you.</li><li>• Like taking a walk outside in the stroller.</li></ul>

# Resources

## MYchart

MYchart is an online tool designed to help you streamline your child's care. You can access it using a computer, smartphone or tablet. With MYchart, you can securely connect with the healthcare team and access your child's medical information.

If you have urgent issues, please contact your child's doctor right away. Do not use MYchart for urgent issues or concerns

To sign up for MYchart:

- Visit [mychart.choa.org](http://mychart.choa.org).
- Click "Sign Up Now" to request an account. Account activation does not happen right away. It may take 2 to 4 business days.

Please call 404-785-7844 if you have problems accessing MYchart or you have questions about MYchart.

## Books

**Caring for Your Baby and Young Child, Revised Edition: Birth to Age 5** (available in English and Spanish)

By the American Academy of Pediatrics

**The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two**

By William and Martha Sears

**The Mother of All Baby Books: The Ultimate Guide to Your Baby's First Year**

By Ann Douglas

**What to Do When Your Child Gets Sick** (available in English and Spanish)

By Gloria Mayer and Ann Kuklierus

**What to Expect the First Year** (available in English and Spanish)

By Heidi Murkoff, Sandee Hathaway and Arlene Eisenberg

**Your Baby's First Year** (available in English and Spanish)

By the American Academy of Pediatrics

## **Your Newborn: Head to Toe: Everything You Want to Know About Your Baby's Health Through The First Year**

By Cara Familian Natterson

### **Helpful websites**

#### **Children's Healthcare of Atlanta**

[choa.org](http://choa.org)

#### **American Academy of Pediatrics**

##### **Bright Futures**

[brightfutures.aap.org](http://brightfutures.aap.org)

#### **American Academy of Pediatrics**

##### **Healthychildren.org**

[healthychildren.org/English/Pages/default.aspx](http://healthychildren.org/English/Pages/default.aspx)

#### **American Heart Association**

##### **CPR and Education**

[cpranytime.org](http://cpranytime.org)

#### **Centers for Disease Control and Prevention (CDC)**

##### **Vaccines and Immunizations**

[CDC.gov/vaccines](http://CDC.gov/vaccines)

#### **KidsHealth**

##### **Parent education**

[kidshealth.org](http://kidshealth.org)

#### **Safe Kids Worldwide**

##### **Car Seat Safety Tips**

[safekids.org/car-seat](http://safekids.org/car-seat)

*Children's Healthcare of Atlanta has not reviewed all of the sites listed as resources and does not make any representations regarding their content or accuracy. Children's Healthcare of Atlanta does not recommend or endorse any particular products, services or the content or use of any third party websites, or make any determination that such products, services or websites are necessary or appropriate for you or for the use in rendering care to patients. Children's Healthcare of Atlanta is not responsible for the content of any of the above-referenced sites or any sites linked to these Sites. Use of the links provided on this or other sites is at your sole risk.*

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

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**Children's**<sup>SM</sup>  
Healthcare of Atlanta

# Children's Healthcare of Atlanta

## Nondiscrimination Statement

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Discrimination is against the law. Children's complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Children's does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

### Children's Healthcare of Atlanta:

Provides people with disabilities reasonable modifications and free appropriate auxiliary aids and services to communicate effectively with us, such as:

- Qualified sign language interpreters.
- Written information in other formats (large print, audio, accessible electronic formats).

Provides free language assistance services to people whose primary language is not English, including:

- Qualified interpreters.
- Information written in other languages.

If you need any of these services, contact Children's Civil Rights Coordinator at **404-785-4545**.

If you believe that Children's has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

**Children's Civil Rights Coordinator**  
**1575 Northeast Expressway NE**  
**Atlanta, GA 30329**  
**404-785-4545**  
**[section1557coordinator@choa.org](mailto:section1557coordinator@choa.org)**

If you need help filing a grievance, Children's Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights electronically through the Office for Civil Rights complaint portal, available at **[ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf)**, or by mail or phone at:

**U.S. Department of Health and Human Services**  
**200 Independence Ave. SW**  
**Room 509F, HHH Building**  
**Washington, DC 20201**  
**800-368-1019**  
**800-537-7697 (TDD)**

Complaint forms are available at:

**<http://www.hhs.gov/ocr/office/file/index.html>**

This notice is available at **[choa.org](http://choa.org)**.

## Language Assistance Services and Auxiliary Aid Services

### English

ATTENTION: If you speak English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 404-785-4545 or speak to your provider.

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### Spanish

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 404-785-4545 o hable con su proveedor.

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### Vietnamese

LƯU Ý: Nếu quý vị nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các dịch vụ và phương tiện hỗ trợ phù hợp để cung cấp thông tin theo các định dạng dễ sử dụng cũng được cung cấp miễn phí. Vui lòng gọi theo số 404-785-4545 hoặc trao đổi với người cung cấp dịch vụ của quý vị.

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### Korean

주의: 한국어를 사용하시는 경우 무료 언어 지원 서비스를 이용하실 수 있습니다. 이용 가능한 방식으로 정보를 제공하는 적절한 보조 기구 및 서비스도 무료로 제공됩니다. 404-785-4545 번으로 전화하거나 서비스 제공업체에 문의하십시오.

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### Chinese

注意：如果您说[中文]，我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务，以无障碍格式提供信息。请致电 404-785-4545 或咨询您的服务提供商。

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### Gujarati

ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો મફત ભાષાકીય સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. સુલભ ફોર્મેટમાં માહિતી પૂરી પાડવા માટે યોગ્ય સહાયક સાધનો અને સેવાઓ પણ વિના મૂલ્યે ઉપલબ્ધ છે. 404-785-4545 પર કોલ કરો અથવા તમારા પ્રદાતા સાથે વાત કરો.

## Language Assistance Services and Auxiliary Aid Services

### French

ATTENTION : Si vous parlez français, des services d'assistance linguistique gratuits sont à votre disposition. Des aides et des services auxiliaires appropriés pour fournir des informations dans des formats accessibles sont également disponibles gratuitement. Appelez le 404-785-4545 ou parlez à votre fournisseur de services.

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### Amharic

ማሳሰቢያ፡- አማርኛ የሚናገሩ ከሆነ፣ የቋንቋ ድጋፍ አገልግሎት በነፃ ይቀርብልዎታል። መረጃን በተደራሽ ቅርጽ ለማቅረብ ተገቢ የሆኑ ተጨማሪ እዝዎች እና አገልግሎቶች እንዲሁ በነፃ ይገኛሉ። በስልክ ቁጥር 404-785-4545 ይደውሉ ወይም አገልግሎት አቅራቢዎን ያናግሩ።

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### Hindi

ध्यान दें: यदि आप हिंदी बोलते हैं, तो आपके लिए निःशुल्क भाषा सहायता सेवाएँ उपलब्ध हैं। सुलभ प्रारूपों में जानकारी प्रदान करने के लिए उपयुक्त सहायक साधन और सेवाएँ भी निःशुल्क उपलब्ध हैं। 404-785-4545 पर कॉल करें या अपने प्रदाता से बात करें।

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### Haitian

ATANSYON: Si'w pale Kreyòl, sèvis assistans lang ou disponib pou ou gratis. Èd ak sèvis oksilyè apwopriye pou bay enfòmasyon nan fòm akse sib yo disponib gratis tou. Rele nan 404-785-4545 oswa pale avèk founisè ou.

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### Russian

ВНИМАНИЕ: Если вы говорите на русском, вам предоставляются бесплатные услуги языковой поддержки. Также бесплатно предоставляются соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах. Позвоните по телефону 404-785-4545 или обратитесь к своему поставщику услуг.

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### Arabic

تنبيه: إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات المساعدة اللغوية المجانية. كما تتوفر وسائل مساعدة وخدمات مناسبة لتوفير المعلومات بتنسيقات يمكن الوصول إليها مجانًا. اتصل على الرقم 404-785-4545 أو تحدث إلى مقدم الخدمة.

## Language Assistance Services and Auxiliary Aid Services

### Brazilian Portuguese

ATENÇÃO: Se você fala português do Brasil, serviços gratuitos de assistência linguística estão disponíveis para você. Auxílios e serviços auxiliares, apropriados para fornecer informações em formatos acessíveis, também estão disponíveis gratuitamente. Ligue para 404-785-4545 ou fale com o seu provedor.

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### Telugu

గమనించండి: మీరు తెలుగు మాట్లాడితే, మీకు ఉచిత భాషా సహాయ సేవలు అందుబాటులో ఉంటాయి. యాక్సెస్ చేయగల ఫార్మాట్‌లలో సమాచారాన్ని అందించడానికి తగిన సహాయక చర్యలు మరియు సేవలు కూడా ఉచితంగా అందుబాటులో ఉంటాయి. 404-785-4545 కి కాల్ చేయండి లేదా మీ ప్రొవైడర్‌తో మాట్లాడండి.

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### German

ACHTUNG: Sie haben Anspruch auf kostenlose Sprachdienste, wenn Sie Englisch sprechen können. Kostenlose Dienstleistungen und Hilfsmittel, die geeignet sind, Informationen in zugänglicher Form zu vermitteln, werden ebenfalls angeboten. Sprechen Sie mit Ihrem Anbieter oder rufen Sie die Nummer 404-785-4545 an.

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### Tamil

கவனிக்க: நீங்கள் ஆங்கிலம் பேசுபவராக இருப்பின், இலவச மொழி உதவி சேவைகள் உங்களுக்கு வழங்கப்படும். எளிதில் அணுகக்கூடிய வகையில் தகவல்களை வழங்குவதற்கான பொருத்தமான துணை உதவிகளும் சேவைகளும் இலவசமாகக் கிடைக்கின்றன. இந்த சேவையை பெற 404-785-4545 என்ற எண்ணிற்கு அழைக்கவும் அல்லது உங்கள் வழங்குநரிடம் கலந்துரையாடவும்.