

**GIVE THE BABY WATER**



**How to Take Care of  
Babies**

**DURING HOT WEATHER.**



**No other milk, no other food, not even a  
wet nurse, can take the place of milk  
from the child's own mother.**



**Rochester Health Bureau.**

## **Rochester Health Bureau.**

### **TO KEEP A BABY WELL**

#### **Beware of the House Fly**

**It may bring disease and Death to your  
Baby**

1. Give it pure air day and night.
2. Give it no food but mother's milk, milk from the bottle, or food directed by physician.
3. Whenever it cries or is fretful, do not offer it food, but give it water.
4. Be sure that it gets enough sleep, two naps during the day, at least. **Don't wake the baby, to feed it.**
5. Do not put too much clothing on it.
6. Bathe it in a tub every day.
7. Don't handle it; let it alone.

#### **How to Take Care of Babies During Hot Weather**

To care for babies and to prevent diarrhoea, sickness, and death, the Health Bureau recommends the following rules:

#### **AIR**

**A baby needs fresh air** when awake, when asleep, both day and night. Therefore, do not keep a baby in a room that smells close. Take the child out-doors in the early morning, when the air is free from dust. **Do not allow the baby to remain in a close room, or in a room where you are washing or cooking.** Much heat makes the child weak.

Keep your house clean and well aired. In very hot weather keep the doors and windows open at night. **Always keep a window open in the baby's sleeping room.** Night air is the only air at night, therefore always keep the windows open at night. Keep the baby out of doors on hot nights. Do not allow slops or soiled diapers to remain in the room. Such things are bad for babies. If your sink or cellar smells badly, **don't use disinfectants but clean the sink, and air the cellar.** If this does not make them sweet, report the nuisance to the Health Bureau.

---

## FOOD AND WATER

### Over-Nursing: Diarrhoea

The first duty of a mother is to her baby. **The best Food for a baby under one year of age is mother's milk.** Nearly every mother can nurse her child if she is only instructed what to do before her child is born. Exercise, freedom from excessive worry and massage of the breast and nipples before the child is born will in nearly every instance insure the child being nursed. Every mother should nurse her child.

One of the chief causes of sickness in babies comes from **over-feeding.** Over-feeding very often causes diarrhoea, long sickness, and death. This diarrhoea does not come from teething; but from too much food, too frequent feeding, too little water, too little sleep, too much handling.

### Nurse Regularly

The way to avoid diarrhoea and sickness is to feed the baby at the breast and to **feed it regularly.** Feed it by the clock. From birth to three months old, the child may be fed every two, to two and one-half hours; from three to six months, every two and one-half to three hours; from six months to a year, every three hours.

These feedings are to be during the day only, from six in the morning to six in the evening. The child should be fed not more than twice during the night.

When the child takes the breast, let it have its fill. When it stops nursing, take it away from the breast and have it wait until the next feeding time. Don't keep your child at the breast between nursing. If it cries or frets, offer it pure, cool water without anything in it.

### Weaning

Never wean a child in the beginning of Summer. Wean the child by giving it cow's milk; first, one feeding daily, then others, until wholly weaned.

### Bottle Children: Cow's Milk

The best food for "bottle children" is clean, fresh milk that has not been skimmed, from cows that have been tuberculin tested, prepared according to the direction given by the physician, or the direction given in this pamphlet.

Cow's milk without water in it should never be fed to very young babies, because it contains more cheesy matter and less fat than mother's milk. The cheesy matter in cow's milk, when in the child's stomach, forms large curds, which are harder to digest than the smaller curds in mother's milk. Therefore, in feeding "bottle children," it is necessary to put water in the cow's milk, both to lessen the amount of cheesy matter and to break up the curd into smaller particles so that the child may digest the milk more easily. Remember, baby has one stomach to digest the little curds of its mother's milk, a calf has four stomachs to digest the big curds of cow's milk. When cow's milk is diluted, a quantity of cream and sugar which it naturally contains is lessened, and therefore an amount of cream and sugar should be added to make up this deficiency.

### **Keep the Milk Sweet**

The reason for diluting cow's milk having been explained, it is now necessary to show, (1st) how food should be prepared, (2d) how it shall be fed, and (3d) how the milk, bottles, and nipples shall be kept clean, so that the child shall have a pure, clean, easily digestible food suited to its wants and its particular age.

To keep milk sweet, get it from a milkman whose cart, cans, and horse look clean. If you know where his cows are kept, look at the cows and look at his stable, and see if they are clean. Or apply to the Health Bureau for information concerning your milkman. Look at the bottom and sides of the milk bottle to see if they are clean. See if there is any dirt in the bottom of the milk bottle.

Always keep milk covered up. Keep the milk in a cool place, or it will grow sour and make the child sick. If you have no ice, wrap a cloth wrung out of cold water around the bottle. The water, as it evaporates will keep the milk cool, but if you possibly can, keep your milk directly on ice or in ice water.

### **Scald the Milk**

Unless the milk you use comes from Tuberculin tested cows, see that it has been properly pasteurized before giving it to the baby. Then cool it and keep it cool.

### **How to Feed from the Bottle**

There are two ways in which to feed a baby. First and best, to feed according to the child's weight in pounds; and second, the commoner way, to feed according to the age of the child. The reason the first way is the best is because it has been found there is a relation between the weight of the baby and the size of its stomach. If the baby is a little baby it has a little stomach and does not need so much food; if it is a big baby, it has a bigger stomach and needs more food. If the baby is weighed every week, and fed according to its weight, the following table will show how much and what kind of food it should be fed.

### Feeding according to Baby's Weight, or by age

Child's Weight in Pounds for age in Mos.	Total Am't for 24 hours			At each Feeding			How often	In 24 Hours	From 6 A. M. to 6 P. M.	From 6 P. M. to 6 A. M.
	Milk	Water	Teaspoon- fuls Sugar	Milk	Water	Teaspoon- fuls Sugar				
6, 7 and 8, up to 2 mos.	8 oz.	16 oz.	5	1 oz.	2 oz.	$\frac{1}{2}$	1 bottle every 2 hours	8 bottles	6 bottles	2 bottles
9 and 10 2-3 Mos.	12 oz.	20 oz.	5	1½ oz.	2½ oz.	$\frac{1}{2}$	1 bottle every 2 hours	8 bottles	6 bottles	2 bottles
11, 12, 12 & 14 3-6 Mos.	18 oz.	18 oz.	6	2½ oz.	2½ oz.	$\frac{3}{4}$	1 bottle every 2½ hours	7 bottles	5 bottles	2 bottles
15 and 16 6-8 Mos.	24 oz.	18 oz.	7	3½ oz.	2½ oz.	1	1 bottle every 2½ hours	7 bottles	5 bottles	2 bottles
17 and 18 8-10 Mos.	30 oz.	12 oz.	6	5 oz.	2 oz.	1	1 bottle every 3 hours	6 bottles	5 bottles	1 bottle
19 and 20 10-12 Mos.	48 oz.			8 oz.	0	1½	1 bottle every 3 hours	6 bottles	5 bottles	1 bottle

Two Tablespoonfuls make one Ounce

### **To Prepare Food**

Have two one-quart bottles and two rubber corks, one for use every other day or a covered pail or sauce pan. Wash the bottle to be used in sal soda water—a teaspoonful of sal soda dissolved in water—with a long-handled brush, and rinse well in hot water two or three times.

Milk, water, and sugar, with the addition of cream when advised by physician or nurse, should be put into the milk pail, or sauce pan brought just to a boil, put into the clean, rinsed quart bottle, or if the pail has a cover, leave in the covered pail; allow to cool, corked with a rubber cork and set away in a cool place, or the milk may be put into the nursing bottles and these put directly on ice. **This food should be prepared fresh every day.** Any food left over should be thrown away.

### **To Clean Bottles**

To feed babies from a bottle, have at least two bottles. It is better to have enough bottles to make all feedings for 24 hours. Use round bottles with round bottoms, they are more easily cleaned. To clean the bottles, get a wire brush, first rinse the bottles well with cold water, then put in the bottles a little washing soda and hot water, scrub well, and rinse with water several times; then put the bottles in a pan with hot water and boil for 5 minutes; then fill the bottle with water, add a little piece of washing soda the size of a pea, and let this water stand in the bottle until ready to use the bottle for feeding. **Never let the bottle stand with milk in it. Never use a bottle with a long rubber tube.**

### **Nipples**

Have at least two nipples. When the child is done feeding, and when the bottle is being washed, turn the nipple inside out, wash it in soda water, boil it and keep it in a cup of soda water until ready for use.

Be sure the baby does not get the food too fast, if it does it will make it vomit.

## **SLEEP**

### **Bed**

Never put a baby to sleep upon a feather pillow, and never put it to sleep upon any kind of bed with a rubber cloth or oil-cloth upon the bed. Such a bed makes both the baby's back and head hot. When the baby is taken up from such a bed its clothes are wet with sweat, and the baby is very apt to take cold. Therefore, such beds are not good beds upon which to put babies.

The best kind of a bed for a baby is a bed made of excelsior covered with cheese-cloth. This excelsior may be obtained at any furniture store or factory and the cheese-cloth may be found at any dry goods store.

Such a bed is always clean, cool and comfortable. It tends to make the child strong and well, and to keep it free from colds and coughs. With such a bed, whenever it is soiled, the shavings may be dumped out, the cover washed, and another cover stuffed with shavings upon which the child may lie.

For sick children in the summer months, this bed is highly recommended.

### **No Rocking: Naps**

Get the baby in the habit of going to sleep early without rocking. Be sure it has a morning nap and an afternoon nap. Such nap should be taken without keeping the child at the breast or bottle. When a child is asleep, never awaken it for anything.

### **Crying**

Children often cry when put down to sleep. If they are let alone and not handled or talked to, they will soon stop crying and go to sleep. Crying is one way in which children learn to develop their lungs. If children were let alone and allowed to have their cry out, instead of being tossed and petted and hushed, they would be far better for it. Don't fear the crying child will rupture itself.

sio  
e

o el  
ssi  
e

e lat  
e e  
r1

hand. It is better to put the child in the bath-tub or wash tub. If the water is neither too cold nor too warm, the child will always enjoy its bath. The reason why children sometimes do not like a bath is because they have been put into it when the water is too hot or too cold. Children's skins are very sensitive. In warm weather a bath may be given in the evening as well as in the morning.

---

### **RULES FOR SICK CHILDREN**

If a child becomes sick in hot weather, take off all its clothes except the diaper, and put on a night-dress. If its skin is hot, wipe it all over with cool water several times and do not wipe it dry; let the water evaporate and thus carry off some of the fever. Give it all the cool water it will drink.

If it vomits, and this it usually does, do not give it any food; give it water. Do not give it any medicine, but put some lime-water in a glass and give it a teaspoonful every hour until the physician comes. If it should have a convulsion, put it in a warm bath and pour cool water on its head; but do not do this if it should have a convulsion directly after a meal. Nothing but harm can be done by giving the child cordials or teas, or anything to stop it from vomiting or to stop its diarrhoea. A child vomits and has diarrhoea because something, either some sour or dirty milk, or some food that it cannot digest, has got into its stomach, and it vomits and has diarrhoea because it is trying to get rid of the food that is making it sick.

**Don't feed bananas, candy, pop-corn, sugar, or anything else but milk, unless told to do so by your physician.**