



Steuben County Public Health would like to welcome your new baby with a home visit to provide education on the following topics. Ask the hospital to send us a referral, or call us when you get home from the hospital. There is no charge to you for this service.  
Call 607-664-2438 or 1-800-724-0471

## TOPICS

- **Infant feeding**
  - Formula
    - Wash hands/bottles/nipples
    - Do not dilute formula/mix correctly
  - Breastfeeding
    - Feed on both breasts, if possible
    - Positioning
    - Observe signs of infection
    - Storing/freezing of breastmilk/labeling
    - Other
  - Tolerating Feedings
- **Infant Care / Common Ailments**
  - Jaundice
  - Thrush
  - Circumcision care
  - Elimination
  - Cord care
  - Skin
  - Sleep
  - Bathing
  - Thermoregulation/Taking a temp
- **Well Baby Care**
  - Growth and Development
  - Immunizations
- **Pediatrician appt.** \_\_\_\_\_
- **Infant Safety**
  - Poison Control Prevention
  - SIDS (sleep on back)
  - Shaken Baby Syndrome (don't)
  - Lead poisoning prevention
  - Tobacco/2nd Hand Smoke
  - Rear facing car seat
  - Prevent falls
  - Outlet covers
  - Animals in the home
  - CPR for infants
- **Post Partum Care**
  - Breast care/engorgement
  - Self Breast Exam
  - Incision/epis
  - Appetite/diet/nutrition
  - Elimination
  - Lochia/clots
  - Medications
  - Sleep
  - Maternal bonding
  - Adequate support system
  - Post partum depression
  - Birth Control/Family Planning
- **Post Partum MD Appt.** \_\_\_\_\_