

# Keeping Your New Baby Safe

## In the Time of COVID-19

These are difficult times for everyone, especially new parents. Your well-being is as critical as your new baby's. You may have lots of questions and the resources offered here may help answer the following:

- ❖ Why is my baby crying so much?
- ❖ Should I worry that my baby cries for two hours?
- ❖ How will having a new baby change my relationships?
- ❖ What if I need help? Who can I ask for help?
- ❖ What is the safest sleep position and space for my baby?
- ❖ How can I take a break from my baby when there is no one else to help?



**NOTE:** We are all encouraged to cover our nose and mouth during the COVID-19 crisis, but you should NEVER put a mask on your baby or cover their nose or mouth. It is DANGEROUS! Your baby will not be able to breathe and could suffocate.

### Tips for New Parents

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



**Comfort your baby.** Crying babies want to be soothed. You may need to try a few things before they calm. Try holding them, feeding them, **swaddling** them, gently rocking them, and singing to them. Visit [www.healthychildren.org/English/ages-stages/baby/diapers-clothing/Pages/Swaddling-Is-it-Safe.aspx](http://www.healthychildren.org/English/ages-stages/baby/diapers-clothing/Pages/Swaddling-Is-it-Safe.aspx).

**If these strategies don't work, put the baby down and take a break.**

Be sure your baby is in a safe environment. Visit [www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx](http://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx).

**While some babies cry for a long time,** many parents are surprised at how quickly a baby will soothe themselves and go back to sleep. If your baby continues to cry for more than 10 minutes, repeat the comfort techniques above.

**Pay attention to your own needs.** The challenges of new parents can be overwhelming. Rest as much as you can—try sleeping when the baby does.

**Connect with others.** **Social distancing** can be isolating. Try video chats or social media to stay in touch. If you're a friend or relative on the receiving end of these calls, listen first before offering suggestions.

Visit [www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Social-Distancing-Why-Keeping-Your-Distance-Helps-Keep-Others-Safe.aspx](http://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Social-Distancing-Why-Keeping-Your-Distance-Helps-Keep-Others-Safe.aspx).



# Keeping Your New Baby Safe (continued)

## In the Time of COVID-19

### Take Care of Yourself

#### Remember NEST-S

- ❖ Nutrition
- ❖ Exercise
- ❖ Sleep
- ❖ Time for yourself
- ❖ Support



### Babies Cry

([allbabiescry.com](http://allbabiescry.com))



Some babies can cry two or more hours a day. Create a self-care plan for when crying is too much.

**Never Shake Your Baby** – Take a break when you need time (listen to music, take deep breaths, call a friend, or find online support).

### Safe Sleep

([safetosleep.nichd.nih.gov](http://safetosleep.nichd.nih.gov))



#### back to sleep for safety

always put baby on their back when sleeping



#### clear baby's crib

remove blankets and soft objects



#### always close, never together

sleep separately from your baby to keep them safe



# Connecticut Resources

## Basic Needs Support

**Food/Housing/Crisis Support:** The 2-1-1 Infoline has many resources (housing, utility assistance, food assistance, and crisis support). Visit [www.211ct.org](http://www.211ct.org) or call 2-1-1.

**Diapers:** The Diaper Bank of Connecticut ([www.thediaperbank.org](http://www.thediaperbank.org)) has a list of distribution sites throughout Connecticut, as does the Connecticut Mutual Aid ([ctmutualaid.com/en/home](http://ctmutualaid.com/en/home)).

**Special Supplemental Nutrition Program for Women, Infants and Children:** (WIC Program) provides nutrition assessment and education, breastfeeding promotion and support access to supplemental foods and referrals to health care. WIC is for low-income pregnant, breastfeeding and non-breastfeeding postpartum women, infants, and children up to age five: <https://portal.ct.gov/DPH/WIC/WIC>.

**CT Women's Education and Legal Fund (CWEALF):** Use the CWEALF Know Your Rights in the Workplace: COVID-19 Guide in English ([www.cwealf.org/media/1688/326-know-your-rights-in-the-workplace\\_covid-19.pdf](http://www.cwealf.org/media/1688/326-know-your-rights-in-the-workplace_covid-19.pdf)) and Spanish ([www.cwealf.org/media/1694/conozca-sus-derechos-en-el-lugar-de-trabajo-covid-19.pdf](http://www.cwealf.org/media/1694/conozca-sus-derechos-en-el-lugar-de-trabajo-covid-19.pdf)) as a resource to understand unemployment insurance, paid sick leave, FMLA, and federal bills.

**Breastfeeding It's Worth It:** highlighting the important steps to encourage and help Connecticut families meet their breastfeeding goals. Parents can look under the Community Support tab for CT resources that are available for breastfeeding support. <https://www.itsworthitct.org/>

**COVID-19 OEC Resources:** For information on essential guidance, data, and updates for families and businesses, visit [www.ctoec.org/covid-19/](http://www.ctoec.org/covid-19/).

## Connect with Others

**Child Development Infoline 2-1-1:** (CDI) supports children's healthy development starting from pregnancy with information, support, and referrals to CT programs and services for children and their families. Call 1-800-505-7000 or visit their website at <https://cdi.211ct.org>.

**Postpartum Support International, Connecticut Chapter:** PSI lists perinatal support groups in CT, including virtual support, at [www.psictchapter.com](http://www.psictchapter.com).

**Online Bulletin Board:** This site offers postpartum support, short videos, and helpful tips for new parents at <https://padlet.com/jvendetti/MindoverMood>.

**CT Department of Public Health and the Carolina Global Breastfeeding Institute:** (CBGI) developed the Ready, Set, Baby webpage as a resource for families to plan for a successful breastfeeding plan and first months home with baby. [www.readysetbabyonline.com](http://www.readysetbabyonline.com).

**Parent-Child Supports:** Office of Early Childhood Home Visiting Programs support new parents and their child by answering questions, providing information on early childhood development, and connecting families to resources. You can connect to home visiting virtually during the COVID-19 crisis by calling 800-505-7000.

**Medical Questions:** Most primary care providers offer virtual visits. Call your primary care provider or the baby's pediatrician for specific questions/concerns

# Connecticut Resources (continued)

## Connect with Others

**Help Me Grow:** Get connected to community services and resources related to child health, behavior, development, and learning. Visit <https://cdi.211ct.org/program/help-me-grow/>.

**CT Children's Medical Center:** Visit the coronavirus tip page and support line at [www.connecticutchildrens.org/coronavirus/](http://www.connecticutchildrens.org/coronavirus/).

**Yale Child Study Center-Scholastic Resource:** The Yale Child Study Center's Scholastic Resource page for parents can be found here: <https://medicine.yale.edu/childstudy/scholasticcollab/resources-covid/>.

## Emotional Support

**Talk Line for Parent Support:** The "CT When it Builds Up, Talk it Out" talk line is for any parent who needs support. Call 833-258-5011 to speak to a trained professional or visit [www.talkitoutct.com](http://www.talkitoutct.com).

**Child First:** Helps to heal and protect children and families from the effects of chronic stress and trauma by fostering strong, nurturing, caregiver-child relationships, promoting adult capacity and connecting families with needed services and supports <https://www.childfirst.org/our-network/state-affiliates/connecticut>

**Abuse in Your Relationship/Unsafe at Home:** Bilingual advocates are available at CT Safe Connect for safety planning, counseling, online restraining orders, and a safe connection to local domestic violence organizations for ongoing support, 24/7. Services are confidential, safe, free, and voluntary. Visit <https://ctsafeconnect.com> or call 888-774-2900.

**Mental Health and Substance:** Use Support Call the access line 24/7 at 800-563-4086 or visit <https://portal.ct.gov/DMHAS/Programs-and-Services/Finding-Services/Finding-Services>.

**Warm Line:** The Warm Line is a mix of self-directed, empowering support and education that includes resources from Beacon Health Options. Call toll-free at 877-552-8247.

# National Resources

**Postpartum Support International:** Call the PSI Helpline at 800-944-4773 for help in either English or Spanish; text 503-894-9453 for English or 971-420-0294 for Español; or visit [www.postpartum.net](http://www.postpartum.net).

**All Babies Cry:** For tips and suggestions for parents of newborns, including practical videos, visit [childrenstrustma.org/our-programs/all-babies-cry](http://childrenstrustma.org/our-programs/all-babies-cry) or <https://allbabiescry.com>.

**Prevent Child Abuse America:** For child abuse prevention tips and resources for parents, children, and others, visit <https://preventchildabuse.org>.

**March of Dimes:** Access services, resources, advice, and support for expecting and new mothers at no cost through March of Dimes. Visit [www.marchofdimes.org/news/march-of-dimes-announces-free-support-services-for-expecting-and-new-moms-during-covid-19-pandemic.aspx](http://www.marchofdimes.org/news/march-of-dimes-announces-free-support-services-for-expecting-and-new-moms-during-covid-19-pandemic.aspx).

**Connect with Parents:** Online support groups offer a place to vent, get or give advice, or simply know you're not in this alone. Visit [www.parents.com/news/supports-for-parents-during-covid-19-pandemic](http://www.parents.com/news/supports-for-parents-during-covid-19-pandemic).

**Center for Disease Control and Prevention** Learn more about the safety of medications, vaccinations, and other substances (tobacco, marijuana, and alcohol) while breastfeeding. Visit [www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/vaccinations-medications-drugs/index.html](http://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/vaccinations-medications-drugs/index.html).

## COVID-19 Specific Resources

**Self-Care During COVID:** For tips and resources on self-care for parents during this time, visit [www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care](http://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care).

**Facebook COVID-19 Baby/Parent Public Group:** Expectant and new parents from all over the world come together in this Facebook group. Visit [www.facebook.com/groups/COVID19Babies/](http://www.facebook.com/groups/COVID19Babies/).

**For COVID specific information from the U.S. Department of Health & Human Services:** visit: [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding).