



## WE'RE HERE FOR EVERY CONCERN

Your journey into parenthood is supported at every step with **Camarena Health**. Let's navigate this adventure together.

For any concerns, big or small, **Camarena Health** is just a call away. Keep these numbers close for easy access to our clinic and emergency support.

**Camarena Health Pediatrics**  
559-664-4000

**Poison Control**  
800-222-1222

**Camarena Kids**  
441 E. Yosemite Ave.  
Madera, CA 93638

[camarenahealth.org/first-steps](https://camarenahealth.org/first-steps)



## WELCOME TO FIRST STEPS

WITH CAMARENA HEALTH:



## SUPPORT BEYOND MEDICAL CARE

**First Steps with Camarena Health** is here for more than just medical advice. If you're facing challenges with living conditions or nutrition, speak with us. We can connect you with helpful programs like WIC and SNAP and guide you in establishing new family routines that include restful breaks for you and support from loved ones.

## CARING FOR YOUR BABY'S NEEDS



Engage with your baby through singing, reading, and soothing techniques.



Record your baby's temperature accurately and keep important contacts handy.



Protect your baby by ensuring proper hygiene, limited exposure to crowds, and safe sun practices.

## NOURISHING YOUR NEWBORN



Breast milk or iron-fortified formula is the cornerstone of nutrition until 4-6 months old.



Recognize hunger cues and fullness signals to ensure your baby is well-fed and content.



For breastfeeding mothers, Vitamin D drops and lactation support are available.



If formula feeding, adjust quantities to your baby's hunger, starting with 2 oz every 2-3 hours.



## ENSURING YOUR BABY'S SAFETY



Always use a rear-facing car seat and avoid leaving your baby alone in the vehicle.



Adhere to safe sleep practices and crib safety standards. Remember the **ABC's of safe infant sleep**: Alone, on their Back, in a Crib.



Understand when swaddling is appropriate and prevent accidental scalds or burns.

### Recognizing When to Seek Help

Be vigilant for any signs of distress or illness, such as unusual breathing, fever, or changes in feeding behavior, and reach out to your pediatrician promptly.