

— PROTECTING YOUR NEWBORN —

when you have a toddler in the house

Hand-washing

- One of the most effective ways to decrease household transmission
- Wash with soap and water, for 20 seconds each time, especially when
 - Arriving home
 - Before/after eating
 - After using the bathroom
 - Before touching newborn
- For kids, make it fun by singing the ABC song, Baby Shark, or even Happy Birthday

Fewer kisses

- The balancing act can be tricky.
 - You don't want to discourage affection from the toddler - or say "no" all the time... but you also want to minimize transmission.
- **The good news is that toddlers have short attention spans and will likely move on quite quickly.**
- Focus kisses on feet, not face/hands.
- Give them other ways to demonstrate affection, eg "reading" the baby books, singing songs (from a distance), helping with diaper changes

Divide & Conquer

- If your toddler gets sick (even with a cold), **and only if it is logistically reasonable**, consider splitting the team.
- Parent A handles the toddler, night-time wakings, giving meds, etc (and risks getting sick), while Parent B handles newborn.
- Not every household can manage this - **and that is ok.**

Other tips

- **Masking:** we do have data that masking in the house can decrease transmission. Obviously not necessarily possible for all toddlers, so consider also trying to spend most of your time in separate rooms.
- **Immunizations:** not every toddler illness is vaccine-preventable, But some are (eg flu). Stay up to date!
- **Embrace the screen time**, esp if it means your toddler is resting and occupied.

Babies are at highest risk in the first 2-3 months of life. The risk then decreases gradually over time, but focus on these guidelines especially for the first few months. Sometimes even with these measures babies get sick. As long as you did your best, **please don't beat yourself up.**