



Dedicated
to
All Mothers
and
Babies



Our Baby's First Seven Years®

Published under the auspices of
Mothers' Aid of Chicago Lying-in Hospital
University of Chicago Medical Center

A record book which will prove of value to parents, doctors
and schools as the child grows to maturity

Illustrated by Liza Brown



Maternity research conducted at Chicago Lying-in Hospital, The University of Chicago, benefits mothers and babies all over the world. This research is supported by proceeds from the sale of *Our Baby's First Seven Years*® Record Book, and other fundraising activities of the Mothers' Aid.

The original edition of *Our Baby's First Seven Years*, inspired by Dr. Joseph Bolivar DeLee and compiled by Mrs. Hermien D. Nusbaum, was published in 1928. Completely new editions involving new design, art, text, and typeface were published in 1941, 1958, 1969, 1982, and 1989. This seventh edition includes the latest medical knowledge related to maternal and child health and the philosophy of child care. Members of the Board of Directors of Mothers' Aid continue to serve in an editorial capacity, and we are grateful to them as well as to the following medical professionals for their contribution of scientific and medical data in their special fields.

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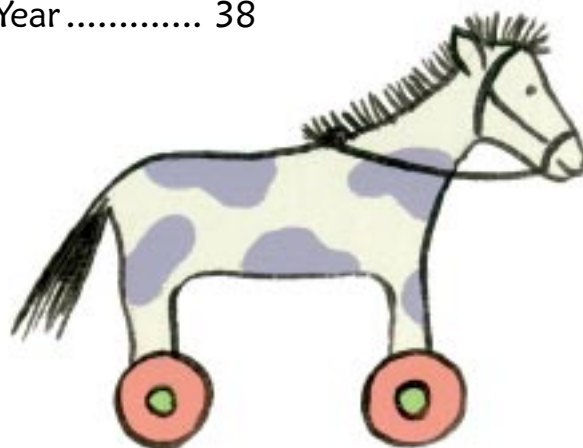
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Introduction

This superb and famous book provides a comprehensive and extremely well-oriented record of the many changes that occur during a child's first seven years.

Initially published in 1928, *Our Baby's First Seven Years* is the leader of books that provide parents with a means to record and save the important details of their child's early years and development. Editorial consultation from professionals in the fields of obstetrics, pediatrics and child development make this book unique. There is useful advice to the parents as well as excellent coverage of the important information that forms a valuable record for the child's future health history.

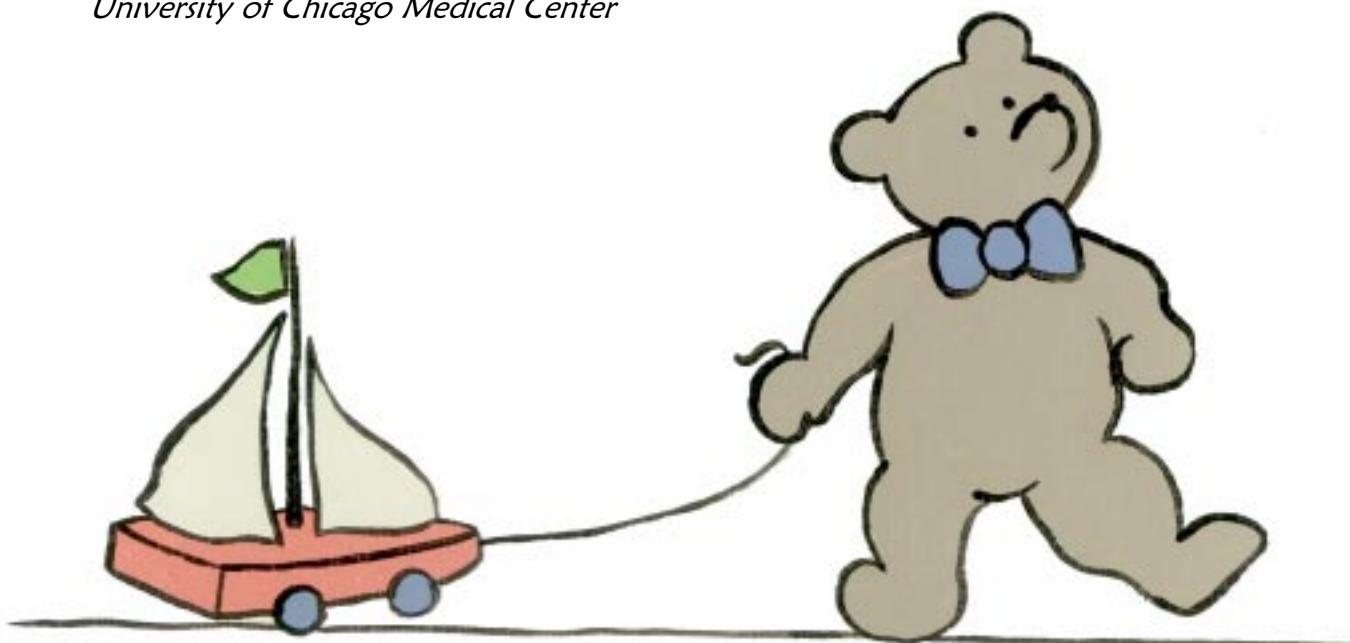
This new edition, in keeping with its role as a leader in its field, is designed to reflect the interests and concerns of parents in the beginning of the new millennium. There is a discussion of caregivers and nursery school; baby's nest egg and saving for college education. The latest medical knowledge is represented and there is ample space for parents to preserve mementos and photos that will be of deep personal interest to the child in the future.

It is hoped that this book will be both helpful and enjoyable. It is detailed and each parent will decide how much information is to be included. *Our Baby's First Seven Years* is adaptable to each family's interests.

As this book contributes to the happiness and fulfillment of millions of parents and their babies, so too does it contribute to the well-being of future families. Proceeds from *Our Baby's First Seven Years* aid in research in obstetrics and gynecology at the Chicago Lying-in Hospital at the University of Chicago. In this way, it contributes to a better future for all.

Arthur L. Herbst, M.D.

*Joseph Bolivar DeLee Distinguished Service Professor
and Chairman of the Department of Obstetrics and Gynecology,
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Dr. Joseph Bolivar DeLee: His Legacy

Born in 1869 at a time when the maternal and fetal mortality were extremely high, my uncle Joseph Bolivar DeLee expressed a fierce determination to correct conditions he felt were unacceptable. A medical school graduate at age 20 and a full professor by 26, he was the youngest professor Northwestern University had ever had. He gave his whole being and all his thoughts to saving the lives of mothers and infants. Never marrying, he explained to those who wondered about his private life that he was wedded to his profession.

Dr. Joe wrote many articles and books to promote proper medical care for women and babies, including the world-famous textbooks "The Principles and Practice of Obstetrics" and "Obstetrics for Nurses." He was a prized guest speaker, known internationally for his innovations in the medical field. He made training films which were used in medical schools for decades.

Dr. Joe observed carefully and proved to be very inventive. His operating and delivery rooms were designed to reduce infections. The meticulous cleanliness practiced by Dr. DeLee was almost painful to those around him, but he never lowered his standards. The "DeLee Fetal-scope" was standard obstetrical equipment until ultrasound took its place in recent years. The "DeLee Forceps" made difficult births easier for the physician and less traumatic for the mother, and are still in use today. He developed the transverse incision at the lower end of the uterus for cesarean sections, a method which is still preferred. Almost every obstetrical facility today "DeLee's" an infant, which means to clear its passages using the suction device he invented.

Dr. DeLee built three hospitals and a maternity center which did home births. These are a few of his accomplishments which made him known as "The Father of Modern Obstetrics." Dr. Joseph Bolivar DeLee made this world a safer place for mothers and babies.

Sol T. DeLee
Obstetrician & Gynecologist
Nephew of Dr. Joseph Bolivar DeLee

My uncle Joseph Bolivar DeLee was a genius who revolutionized the practice of obstetrics. He worked tirelessly on behalf of women and babies around the world for over half a century, and saved countless thousands of lives.

These accomplishments were not done alone. He had a very devoted and close family who made many sacrifices in support of his goals. Joseph's brothers used thousands of dollars of their own savings to put him through medical school and his subsequent training in Europe, and to assist in the construction of the hospitals. Dr. Joe's sisters sewed bandages and kept house for him, and even served as nurses for many of his early patients. The entire DeLee family worked to raise funds for the hospitals from private donors and city officials. One of his sisters began the Mothers' Aid organization, which published, under Dr. Joe's direction, *Our Baby's First Seven Years* record book. Members of the DeLee family are still active in Mothers' Aid.

Dr. Joe was devoted to his family, and they were devoted to him. Many family members shared his home over the years, myself included. When I set out as a young man to 'seek my fortune,' he gave me some good advice that I have never forgotten. In a letter he wrote in February 1937, he said, "Naturally I can't tell you how to get business as I told you all I know before you went into it. Be sure to pay your bills promptly and don't contract for more than you can promptly pay (during the 1907 panic when the banks were loaning money even on collateral to very few, -- I got \$20,000 without collateral to send to Brother in New York.) A good credit is worth more than money etc. . . . Sol must not forget he is a member of the greatest profession on earth and Morris is to establish as good a reputation in business."

When he died in 1942 the world lost a great visionary.

Morris DeLee
Nephew of Dr. Joseph Bolivar DeLee

Baby is on the Way

Pregnancy confirmed (date): _____

Mother's Vital Data

Mother's health care provider: _____

Address: _____

Date of first prenatal examination: _____

Age: _____ Weight: _____ Height: _____

Blood type: _____ Rh factor: _____

Physical conditions that need special consideration: _____

Hereditary characteristics or tendencies: _____

Father's Vital Data

Age: _____ Weight: _____ Height: _____

Blood type: _____ Rh factor: _____

Hereditary characteristics or tendencies: _____



Prenatal Testing

Sometimes tests are performed that give you and your health care provider information about your unborn baby. For example, amniocentesis might be done when the mother is over 35 years of age. This test can tell whether the fetus has certain genetic conditions. An ultrasound examination, or sonogram, uses sound waves to examine the fetus.

Was amniocentesis performed? _____ Date: _____

Was an ultrasound done? _____ Date: _____

Other tests: _____

Results: _____

Preparation For Childbirth

Many community organizations and hospitals offer childbirth preparation classes. Ask your health care provider.

Classes attended: _____

Location: _____

Instructor: _____

Person who accompanied you to classes and served as a childbirth coach: _____

Baby's Very First Photos



Place ultrasound pictures here

Place photo of Mother's tummy here



Safe Shopping

Baby will need many, many things to keep him or her healthy and comfortable. You may choose cloth or disposable diapers, frilly dresses or jeans, T-shirts or “onesies” -- you will decide what is best for you and your Baby. The safety of Baby’s equipment is extremely important. Below are some factors you should be aware of before you make your purchases.

Crib

Crib bars should be no more than 2 3/8 inches apart. If the bars are further apart, Baby could wedge his or her head between the bars. The mattress must fit tightly into the crib; allow no more than a two-finger space between the mattress and crib frame. The crib and all baby furniture must be painted with lead-free paint. Metal cribs and cribs with fold-down railings or cribs with attached dressers are a major safety hazard.

Car Seat

All states require that a car seat must be used for infants, who should always ride in the back seat. Baby should ride backward until his or her weight is 20 pounds, then Baby can face forward. Be sure that the car seat is available to bring Baby home from the place of birth. Each car seat is different and you must follow the manufacturer’s directions carefully.

High Chair

Baby’s chair must have a wide base of support to prevent tipping, a “pinch resistant” tray, and straps that go around the hips and between the legs to prevent Baby from standing up or sliding beneath the tray.

Changing Table

The best changing tables have a restraining strap and guard rail. *Never leave Baby unattended even for a moment.* Combination dresser/changing tables are more practical than changing tables alone. To protect Baby’s fingers, drawers should open from the bottom and not with pulls.

Stroller

Strollers are available in many styles and price ranges. Look for the Juvenile Products Manufacturers Association Certification. Information is available by calling (609) 231-8500 or on the Internet at www.jpma.org. Jogging strollers should not be used during Baby’s first year, as the bouncing can cause neck injuries.

Do Not Use a Walker ! Babies in walkers tend to walk into brain-damaging obstacles or slide down stairs.

