



## NEWBORN VISIT ANTICIPATORY GUIDANCE

**Congratulations!** Your first and second visit to our office is often a blur with a lot of important information that is given. In case you forgot, here is a summary of important information regarding the care of your newborn.

**FEVER:** We consider a fever to be a rectal temperature of 100.4 degrees Fahrenheit or higher. We take fevers very seriously at this age, and you should call us immediately if a baby 8 weeks or younger develops a fever. Do not give Tylenol or other fever reducer - PLEASE call us first!

**FEEDING:** Feeding your baby should be a pleasurable experience, whether feed with breast or bottle. Babies need to eat often, at least 8-12 times in 24hrs. Nursing frequently also helps to establish a good milk supply for breastfeeding moms. Watch for early hunger cues, such as a baby bringing their hands to their mouth, "smacking" motion of the lips, and sticking out of the tongue. Milk supply is determined by how frequently you nurse your baby. The more you nurse the more milk you will make (supply & demand). Continue taking your prenatal vitamins to make the best quality milk you can produce while you nurse. Drink plenty of water each day. We recommend that you wait until your milk supply is fully established and the baby is breastfeeding comfortably before supplementing with a bottle or pumping usually 10-14 days. Babies are best fed whether by bottle or breast in a more upright position. Bottle-fed babies typically eat every 3-4 hours and breastfed babies typically eat every 2hrs. Watch your baby, not the clock for cues. We do want you to wake your baby if they have slept longer than 4-5hrs until 30 days of age so that their glucose does not drop too low and they have a hard time waking.

**BOWEL MOVEMENTS:** After the thick tar-like poops the stools transition to a looser yellow stool or "yellow seedy" stools. It may take some time to become more greenish or brownish. Babies can also be quite gassy the first few months. This is normal and usually requires no treatment. Most babies fuss and make a big deal of pooping and this can be normal as their abdominal muscles are not quite developed, they are pooping on their back against a diaper - pretty hard if you ask me! Look at the end result - if it is hard like pellets then we consider this constipation. If the end result is soft then really no concerns. Check out our gassy / fussy baby handout for some very useful suggestions located on the homepage of our website at [RainbowPediatricCenter.com](http://RainbowPediatricCenter.com).

**CORD CARE:** We recommend keeping the cord dry until it falls off anywhere from several days of age to 3 weeks. Until the cord has fallen off, only sponge bathe your infant. When the cord separates, there may be a small amount of bleeding. Call us if you notice any foul smelling, discolored drainage, redness around the base of the cord or tenderness when you touch the area. Infection is usually very uncommon, but it can happen - so please call if you have concerns.

**CIRCUMCISION CARE:** apply white petroleum jelly or Vaseline with every diaper change until completely healed - usually 5-7 days.

**SLEEP:** We support the American Academy of Pediatrics recommendation that babies sleep on their backs to help reduce the risk of SIDS (sudden infant death syndrome). Babies should sleep next to the parent's bed to lessen the risk of suffocation. No extra stuffed animals, blankets, bumper pads. For the

first 30 days we ask that you do not let your baby sleep longer than 4-5hrs as they need to feed. Although some studies have shown that pacifiers may help reduce the risk of SIDS, they also *may* cause some breastfeeding difficulties with some infants. Babies have a natural reflex to suck and most of the time they suck a few times for comfort to help them drift off to sleep.

**CLOTHING:** It is important not to overdress your baby. Clothing should be loose-fitting with no binders. As a good rule of thumb keep the temperature what you typically do in the home that is comfortable and add one more layer of clothing to your baby.

**HOT WATER:** to minimize the risk of scalding, we recommend your hot water heater be set no higher than 120 degrees F.

**DIAPER POWDER:** We do not recommend powders for diaper care. Babies can breathe this in and can irritate their lungs. Diaper creams, ointments and lotions are safer.

**SAFETY:** Houses should have at least one smoke detector on each level. A carbon monoxide detector is also recommended. Be sure to check the batteries at least twice per year. Establish a family fire escape plan. We caution against passive smoke exposure of any kind. Our recommendation for the health of your baby is to avoid exposing your infant as the more smoke your child is exposed to, the higher their chance of developing more colds, lung infections, ear infections, allergies, asthma and cancer. If you must smoke, smoke outside the home, never inside a car, remove your outer clothing when you come back inside and make sure to wash your hands.

**CAR SEATS:** Newborns and all children until the age of 2 years should be rear-facing. NEVER ride with your baby in your lap.

CALL US at 904.223.9100 IF...

1. Your baby has a rectal temperature of 100.5 degrees or higher
2. Your baby is vomiting (not just spitting up) repeatedly or refuses food several times in a row.
3. Your baby is excessively crying or irritable without an obvious cause.
4. Your baby is listless
5. Your baby has a persistent cough or change in their normal breathing pattern

We will see your baby back in our office for the first routine well visit at 2 weeks of age. Of course, if you have concerns sooner you may call and schedule an appointment to address those concerns. The next immunization will be given at the 1 month Well Child Exam. Your child will then receive their 2nd Hepatitis B vaccine (or at least 30 days from the 1<sup>st</sup> Hepatitis B vaccine).

Make sure to call your insurance and add your baby to your plan as this is not automatically done.

Don't forget to take care of yourself and try to get some rest. Allow family or friends to help. You can do this! Remember to try and enjoy this time. The stress and sleepless nights will fade and soon will be a distant memory.