



Congratulations on the birth of your newborn! Being a new parent is often an overwhelming experience. Babies are little bundles of energy who seem to have many needs that they do not clearly identify to us. Fortunately, those needs are actually few, and all of us can meet them satisfactorily: feed them, change them, and hold them. If you've done that and the baby is still crying, try touching, stroking, cuddling, and massaging. All are good for calming and for helping your baby to develop.

Breastfeeding

- Continue to take your prenatal vitamins.
- Breast milk provides nourishment and protection from many illnesses.
- Your baby may nurse 8–10 times in 24 hours; the more your baby sucks, the more milk you produce.
- Your baby should have at least 5-6 wet diapers per day. Stools may be very loose to watery and come with nearly every feeding.
- It takes time for both mom and baby to adjust to breast feeding.
- There is no reason to alter your diet, as long as you follow a good, healthy one while you are breast feeding. It is important that you take in extra fluids. Low calorie diets are not a good idea. Fussiness in the baby is not likely to be due to something you ate.

Bottle Feeding

- Follow the mixing instructions on the formula can. Mix with cold tap water obtained after running the water for 30 seconds. You do not need to boil the water if it's city water. There is no difference between ready-to-use formulas and the ones you mix yourself. Warming the formula in the microwave is unnecessary and potentially dangerous.
- Your baby may take 2-3 ounces of formula at each feeding.
- Burping well during feedings can help to decrease spitting up.
- Do not prop the bottle. This can cause ear infections, choking, and future tooth problems.

Feeding Your Baby

During the first few weeks most newborns wake up every 2-4 hours to be fed and have their diapers changed. Expect to be awakened several times a night. Some infants go immediately on eating schedules of every 2 to 4 hours during the day and just once at night. Many babies are not so easily scheduled and may be much more demanding and irregular. Allow your infant to express his or her individual needs, and meet them; things will get better with time. Breast milk or formula with iron is all your baby needs for food for several months.

Date: _____

Weight: _____ %tile _____

Height: _____ %tile _____

Head: _____ %tile _____

Constipation

Constipation does happen in infants because their bowels are new and inexperienced. This condition is more common in formula-fed babies, but rarely does occur in breast-fed babies. Constipated babies are in no danger, but you should call the office if your baby's constipation seems to be a problem. Your baby may be constipated if he or she exhibits the following symptoms:

- In formula-fed infants, firm stools less than once a day.
- Stools that are hard and dry and associated with painful bowel movements.

Babies who breast feed may go up to 7 days without a bowel movement and are not constipated as long as their stools are soft.

Your Growing Child

At birth babies can see, hear, taste, smell, and touch. Your baby can:

- Look at you. Babies see best at about the distance from mother's breast to mother's face.
- Squeeze your finger.
- Startle at the sound of a loud noise.
- Suck on a nipple.



central
PEDIATRICS

Monday to Friday 7:45 a.m. to 5:00 p.m.



priority
PEDIATRICS

Monday to Friday 5:00 p.m. to 10:00 p.m.

Saturday 9:00 a.m. to 5:00 p.m.

Sunday (St. Paul) Noon to 8:00 p.m.

Sunday (Woodbury) 10:00 a.m. to 8:00 p.m.

Walk-ins always welcome!

Postpartum Blues

Initially, moms may feel overwhelmed by all the adjustments and changes that take place with a newborn, including the lack of sleep and the constant care required. Dads may suffer from post partum blues as well. This is normal! Ask for help from friends and relatives, and don't sweat the small stuff. Try to get plenty of rest and take care of yourself and then you will be able to better care for your newborn; everyone needs time to adjust. The "postpartum blues" usually fade away in a few weeks, especially as the baby starts to eat and sleep better, developing routines. However, if these feelings persist you may be experiencing postpartum depression (PPD). Symptoms of PPD include feelings of anxiousness, uncontrollable crying, sadness, depression, irritability, and fear of harming yourself or your baby. If you experience these symptoms, please talk to your health care provider. What you are feeling is treatable and temporary.

Parenting

Babies need patience and love, and lots of it! The first year is when your child develops a sense of trust and security in the world. You help develop that sense when you do the following for your baby:

- Feed when hungry.
- Change when wet.
- Bathe and dress your baby.
- Read, talk, and sing to your baby.
- Comfort when crying.
- Hold your baby securely and often.
- Love your baby for who he or she is.
- Do not shake, hit or spank.

Picking up a crying baby won't spoil him or her – it helps the parents and child to bond. At the same time, don't worry about letting your baby cry for a few moments if you need a break and there is no one else around. Rest when you can, eat a good diet, and call for help when you need it.

Sibling Rivalry

Older brothers and sisters need to attach to the new baby. Give them opportunities to touch and hold the baby, and if they are old enough, to help out with baby care. Older children will often feel rejected and act out because their parents' attention is focused on the baby. They may resume younger behaviors to regain that attention.

Do maintain the older children's boundaries and rules. Try to find "special time" or "alone time" with older children as well. Some of the jealousy may be triggered by relatives and friends bringing gifts for the new baby. Encourage guests to pay special attention to big brother or sisters, and if possible bring a little present for them too. Be patient, for these problems will pass. Most children, in the long run, benefit by having a younger sister or brother.

**YOUR NEXT APPOINTMENT IS FOR A
1 MONTH WELL CHILD EXAM.**

Safety

Fever

- If your infant has a rectal temperature of 100.4° F (38° C) or higher during the first 3 months of life, double check the reading and then call your pediatrician immediately.

Car

- Buckle your baby in an approved infant car seat every time your child rides in a car. It is the law, and car seats save lives. Secure the car seat in the back seat, facing the rear with the car seat buckled tightly in the car so it doesn't move more than one inch when you pull on it.
- Never place an infant seat in the front seat with a passenger side air bag.
- Be sure to read the owners' manual to determine where the handle needs to be stored when the seat is in the car (up or down).
- Car seats do expire, so check the date on the bottom to be sure it's still safe.
- A car seat that was in a car during a collision is no longer safe to use.
- When car seat is placed in shopping cart, be sure seat is secured.
- Keep your car smoke-free.

Sleeping

- For sleeping, place your baby on her back. Placing your baby on her back to sleep decreases her risk of SIDS, or sudden infant death. Use a firm mattress and a single thin blanket if one is needed. Do not place any other objects inside of the crib due to the risk of smothering.

House

- Check that smoke and carbon monoxide detectors in all parts of the house are in working order.
- Turn down the hot water heater to make sure that the hot water coming out of the tap does not exceed 120 degrees Fahrenheit.
- Don't tie a pacifier around your baby's neck or clothing; it could cause strangulation.
- Don't use powders. Dust can be harmful to your baby's lungs.
- Your baby should never be around smoke. Secondhand smoke increases respiratory problems including asthma, ear infections and SIDS.
- Don't leave a baby unattended on high surfaces such as a changing table or a couch. Babies can flip themselves even in the newborn period.

Never Shake Your Baby

Babies can be fussy and cry a lot. Most babies have at least one fussy spell per day. Normal baby fussiness begins by 2-3 weeks of age, peaks around 6-8 weeks, and improves by 3-4 months of age. Swaddling, rocking, swaying, and soft noise may help to calm a fussy baby.

If your baby won't stop crying and you're feeling frustrated:

- Put your baby in a safe place and leave the room for a few minutes.
- Call someone to see if they can relieve you or talk with you until you relax.
- Call your doctor for help.
- Call the Parent Warmline at 612-813-6336.
- Call the Crisis Connection at 612-379-6363.

NEVER, never shake a baby!

Hitting or spanking a baby could severely injure him or her; shaking a baby could cause permanent brain damage or death.