



central
PEDIATRICS

Feeding

Breast milk or formula with iron is all your baby needs for food right now.

When To Feed Your Baby:

Feed your baby when he is hungry. Signs of hunger may include putting hands to his mouth, sucking, rooting or fussing. Crying is a late sign of hunger. It is easier to get the baby to latch on and feed when she is showing the early signs of rooting or lip smacking.

Baby will likely need to eat every 2-3 hours (sometimes more often if she is showing signs of hunger) for a total of 8-12 times a day. Establishing a pattern of feedings does not mean setting a rigid timetable and insisting that your baby breast feed for a set amount of time or eat on a schedule. It's much more important to pay attention to your baby's signals and work around her needs. If she is bottle-fed, she probably will cry at the end of her feeding if she is not getting enough. On the other hand, if she is getting an adequate amount in the first ten minutes, she may stop and fall asleep. It's important that your baby is fed when he is hungry. When you observe signs of your baby feeling full, end the feeding. Signs such as turning away, closing his mouth and relaxed arms and hands may all signal that baby is full.

Burping Your Baby:

Young babies naturally fuss and get cranky when they swallow air during feedings. Although this occurs in both breast-fed and bottle-fed infants, it's seen more often with the bottle. When it happens, it may be helpful to stop the feeding rather than letting your infant fuss and nurse at the same time. This continued fussing will cause her to swallow even more air, which will only increase her discomfort and may make her spit up more.

A much better strategy is to burp her frequently, even if she shows no discomfort. The pause and the change of position alone will slow her gulping and reduce the amount of air she takes in. If she's bottle-feeding, burp her after every 2 to 3 ounces. If she's nursing, burp her when she switches breasts. Some breast-fed babies don't swallow very much air, and therefore they may not need to burp as frequently.

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 white 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.

Date: _____

Weight: _____ %tile _____

Height: _____ %tile _____

Head: _____ %tile _____

Breast Feeding:

- As your baby's stomach grows, so will his ability to sleep for many hours at a stretch. Your baby will need 8-12 feedings in a 24 hour period. Your baby should have at least 4 to 6 wet diapers per day.
- Some babies have a lot of bowel movements and some only have one every few days. These can be loose or watery.
- Practice using your breast pump. You can do this between feedings or pump one breast while baby is nursing on the other. Make a plan for storing breast milk, especially if you plan to return to work. The American Academy of Pediatrics has some helpful information on milk storage guidelines at healthychildren.org. As always, be sure to let us know if you have questions or need help with this.
- Continue to take your prenatal vitamins and give your baby vitamin D drops.
- When breastfeeding is well established (usually around 4-6 weeks) you can offer your baby a bottle of pumped breast milk or pacifier.

Bottle Feeding:

- Feed your baby 2 ounces every 2-3 hours (8-12 times in a 24 hour period). If your baby is still hungry, feed her more.
- Never prop your baby's bottle for feedings. This may cause ear infections, choking, and later, tooth decay. Additionally, the cuddle time while you hold your baby during a feeding is also very important! Hold your baby in a way that she is able to look at you while eating.
- Be sure to follow the instructions for the ratio of water to formula powder exactly. Using too much or too little powder could harm your baby.
- Always check the temperature of your baby's bottle before feeding. Do not microwave the formula.
- Infrequent, soft stools can be normal. Hard bowel movements may mean your baby is constipated.

Safety

Car

- Use 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.
- 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 the seat is secured. Keep your car smoke-free.
- Never leave an infant or child in a parked vehicle - even with the windows open.

Sleeping:

- Your baby should continue to sleep on her back (not in your bed) until age 4 or 5 months when she will choose the most comfortable sleeping position on her own.
- Avoid using a pillow, water bed, crib bumper pads, sheepskin, or large stuffed toys; they could cause suffocation.

Stop swaddling before baby starts to roll over.

House:

- Do not leave your baby unattended on any high surface, even in an infant seat, because babies can easily and suddenly roll off.
- Inspect all toys for small parts and sharp edges; your baby will soon begin to put everything within reach into his mouth.
- Do not hold your baby while you are drinking hot liquids or cooking by a hot stove. Never smoke around your baby. You not only risk burning your child, but second-hand smoke from tobacco increases respiratory problems including asthma, ear infections and SIDS.
- Never leave your baby alone in bath water, even in a bath seat or ring.

Your Growing Child

In the next few months you may notice that your baby can:

Movement Milestones

- Brings hands within range of eyes and mouth.
- Moves head from side to side while lying on stomach.

Visual & Hearing

- Focus 8-12 inches away.
- Eyes wander and occasionally cross.
- Prefer the human face to all other patterns.
- May turn toward familiar sounds and voices.
- Recognizes some sounds.

How You Are Feeling

- Taking care of yourself is important and gives you the energy to care for your baby. If you feel sad, blue or extremely tired, anxious, or extremely worried for more than a few days be sure to call for help.
- Know that returning to work or school after having a baby is hard for many parents. Find safe, loving child care for your baby.

Getting To Know Your Baby

- Hold and cuddle with your baby often. Babies thrive when touched lovingly and talked to. Read to your baby, sing to your baby and play with your baby! This is an important part of their development.
- Place your baby on her tummy 2-3 times a day for "tummy time." Always be sure you are supervising tummy time, as babies this age should not be placed on their tummy for sleep or while alone. This will help her with muscle development. Tummy time prepares babies for the time when they will be able to slide on their bellies and crawl. As babies grow older and stronger they will need more time on their tummies to build their own strength. Some babies may not like the tummy time position at first. Place yourself or a toy in reach for her to play with. Eventually your baby will enjoy tummy time and begin to enjoy play in this position.
- When your baby cries, comfort him by swaddling, talking, patting, stroking, walking around the room or rocking. White noise is often helpful, as is the sound of your heartbeat. Combining some of the above may be the most effective yet, such as rocking your swaddled baby with white noise or your heartbeat to listen to.

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



central
PEDIATRICS

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



priority
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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!