

Mendon Pediatrics

Newborn Visit

Next Visit: 1 Month

Nutrition

- Breast milk is the most easily digestible milk for babies. Formula also provides complete nutrition for your baby. Both of these are far better for newborns and infants under a year of age than cow's milk. Breast milk has infection-fighting properties not found in formula, and babies fed breast milk may have fewer bouts of diarrhea and fewer ear infections. Breast milk can be supplemented with formula.
- Formula is made with cow's milk protein (Enfamil or Similac) or with a soy bean protein (Prosobee or Isomil). We prefer that you use formula with iron. You can purchase ready-to-feed formula or formula concentrate or powder. You do not need to sterilize bottles or boil water to prepare formula, unless you have water from a well.
- Breast feeding mothers should continue on their prenatal vitamins, maintain a healthy diet with plenty of fluids and get adequate rest and exercise.
- Give your breastfed infant 400 I.U.'s of vitamin D daily (found in store as Polyvisol or Trivisol 1ml dropper).
- Frequency and length of breast feeding may vary. Feed on demand but do not allow your baby to graze. Most infants nurse at least every 3 to 4 hours. Your baby will likely go through brief growth spurts that may make him/her hungrier than usual. Mothers who plan to return to work may want to consider introducing a daily bottle of expressed milk, usually at 3-4 weeks of age.
- Bottle fed infants usually take 3 to 4 ounces per feeding every 3 to 4 hours. Bottle fed infants should be on a formula with iron. All soy formulas contain iron. According to studies of large groups of infants, formulas with iron do not cause more constipation, gas, abdominal pain, or diarrhea than formulas with low iron. Iron deficiency anemia has been implicated in later learning problems, even after the anemia has been corrected. Therefore, low iron formulas should not be used for long term feeding.
- We do not recommend microwave heating. It can cause uneven heating and burn your baby's mouth.
 - To prevent infant botulism do not give your infant honey until his/her first birthday.
 - Do not prop bottles or put infant to bed with a bottle.
 - It is not necessary (and it can be harmful) to give your infant water.

Elimination

- An infant's stool may vary in color, consistency and frequency. Notify us if your baby has fewer than two stools per day in the first few weeks. In the next few weeks your infant's stool pattern may change. (Eventually, a baby may have multiple stools each day or as few as one per week).
- The urine stream of boys should be straight and forceful.
- A child who is feeding well should have four or more wet diapers daily.

Fever / Illness

- Infant noses are often stuffy or congested. To make your baby more comfortable, elevate the head of his/her bed and use a bulb syringe and saline nose drops. A cool mist vaporizer/humidifier may be helpful.
- Before two months of age, if your infant is very fussy, not eating well or seems very hot, take either an axillary (underarm) or rectal temperature with a digital thermometer. If the temperature is greater than **100.5** degrees, please call the office or exchange.
- An ear temperature is not accurate at this age.
- Do **not** give Tylenol unless instructed by your physician.

Sleep

- Put the baby to sleep on his/her back or side (back preferred). Rotate position from night to night to avoid flattening one side of the head.
- Try to place your infant in his/her crib or bassinet while drowsy but awake. You will be helping your child learn how to get him/herself to go to sleep on his/her own.

- Try not to use a pacifier for sleep.
- Try to establish a consistent bedtime routine by 1-2 months of age.

Healthy Habits / Safety

- Use rear-facing infant safety seat in the back seat.
- Never place baby in the front seat.
- Keep home and car smoke-free.
- Learn your baby's temperament. Try to console your baby; crying may peak at 6 weeks.
- Talk, sing and read to your baby as much as you can.
- It is not possible to spoil an infant at this age. Hold him/her as much as you want.

Suggested Reading

Caring for Your Baby: Birth to Age 5, by the American Academy of Pediatrics.

Infants and Mothers, by T. Berry Brazelton.

Touch Points, by T. Berry Brazelton.

Guide to Your Child's Symptoms, by the American Academy of Pediatrics.

Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate with Your Baby, Tracy Hogg

The Breastfeeding Answer Book, Nancy Mohrbacher

The American Academy of Pediatrics New Mother's Guide to Breastfeeding, The American Academy of Pediatrics.

The Breastfeeding Book : Everything You Need to Know About Nursing Your Child from Birth Through Weaning, Martha Sears.

Resource Phone Numbers

Poison center Toll-free 1-800-222-1222.