

# Advanced Pediatrics

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## NEWBORN VISIT

### GENERAL ISSUES

#### 1) **Call immediately for Lethargy or for Fever of 100.<sup>4</sup> Rectal Temp**

This may indicate a serious infection.

The following techniques should be used to help prevent infections:

- Wash your hands frequently, especially after coming in from outside and before handling your baby.
- Do not bring the baby to crowded places.
- Limit who touches the baby and ensure they wash their hands prior to contact. Tell friends and relatives to avoid kissing the baby on the face.
- Do not allow people to hold the baby if they have a cold or cold sores.

#### 2) **Vitamin D Supplementation**

Breast fed infants should receive 400 iu of vitamin D daily.

### SAFETY ISSUES

#### 1) **Back to Sleep**

The following will help prevent Sudden Infant Death Syndrome (SIDS).

- Keep your infant on his or her back during sleep.
- Do not put stuffed animals or blankets near the face.
- Do not overdress your newborn.
- Do not smoke cigarettes in the house or near your baby.

You may give “Tummy Time” when you and your baby are awake.

#### 2) **Do Not Sleep With Your Baby**

Sharing your bed with your newborn may facilitate breastfeeding and help the baby sleep better. **However, this practice leads to increased death from suffocation.**

#### 3) **Never Leave Your Baby Unattended**

To prevent severe head injuries, never leave an infant on a table, bed or sofa without keeping a hand on them, even for a second. Infants can easily fall off of surfaces onto the floor.

#### 4) **Never Shake Your Baby**

Infants’ brains are very sensitive to shaking. Even a brief shake can cause **brain damage**. If you feel you are getting frustrated with your baby’s crying, call a friend or relative immediately to relieve you.

#### 5) **Infant Car Seat**

The car seat must be installed **backwards** to protect the infant’s head until the baby is least one year of age and at least 20 pounds.

## FEEDING ISSUES

1) **Breast Milk or Formula only**

Infants less than four months old lack the coordination to eat with a spoon and can choke on baby food. **NO Honey** until after their first birthday.

2) **Do Not Change Formula**

If you think there is a problem with the formula, ask us first before changing it.

3) **Do Not Overfeed**

Babies require 2½ ounces of formula per pound per day. Overfeeding may increase spitting up.

The suggested schedule below may help decrease spitting up.

1 <sup>st</sup> Week of Life	1 – 1½ Ounces	8 bottles per day
2 Weeks Old	2 – 2½ Ounces	8 bottles per day
1 Month Old	3 – 3½ Ounces	7 bottles per day
2 Months Old	4½ – 5 Ounces	6 – 7 bottles per day
3 Months and Older	6 – 8 Ounces	5 – 6 bottles per day

The best guide to nutrition is the growth and weight of your baby. If you are concerned about weight gain or are experiencing feeding problems, make an appointment so we can monitor your baby's growth.