

Sanford Pediatrics, PA

**1801 Doctors Drive
Sanford, NC 27330
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1st WELL CHILD VISIT

2-3 weeks

Suggested Diet:

Breast milk or iron fortified formula is all your baby will need for the first four to six months of life in order to grow and develop. Giving solid foods, juices, or regular cow milk too early can lead to allergies, anemia, and/or overweight babies.

Contrary to popular belief, solid foods or cereals do not help most babies sleep through the night. Most babies sleep through the night by age four months, regardless of how they are fed.

Typically, six feedings per 24 hours for formula fed babies and eight feedings per 24 hours for breastfed babies is normal. Often breastfed infants want to feed even more often, such as every 1-2 hours during the first few weeks of life. This is known as “cluster feeding.” Different babies have different appetites, so if your baby does not follow these guidelines, but is happy and growing well, do not worry. A flexible feeding schedule is fine, with baby’s own appetite being the guide once they have re-achieved their birth weight.

Water is NOT necessary and can even harm your newborn. Breast milk or formula will provide all the baby’s fluid needs. City water is fine to give right from the tap, but well water should be boiled. The American Academy of Pediatrics recommends a vitamin D supplement, such as tri-vi-sol or poly-vi-sol once a day for primarily breastfed infants. This is available over the counter.

Development:

You will soon notice that baby can

- Watch and sometimes follow objects. They particularly like faces and bright shiny objects about 18 inches away from their eyes.
- Respond to sounds. You can test this by making a noise or speaking to the baby when the infant’s face is turned away from you, and watch his/her response.
- Lift and turn his/her head from side to side.

Bowel Habits:

Stools may be yellow, green or brown and typically are soft and pasty. Breastfed baby’s stools are often looser and more frequent than those of formula fed babies in the beginning. They

can occur every feeding. As long as the stools are normal consistency, it does not matter how often they occur. It is normal for a baby to have anywhere from one stool with each feeding to one stool a week, as long as they are feeding well. Almost all babies grunt, strain and get red in the face when having a stool. Hard, dry, pellet like stools may be a sign of constipation. Please give us a call should this occur for further advice.

Feeding:

Feeding times is probably the most important time for closeness with your baby. Hold the baby close and talk or sing to him/her while you feed. Seek a position that is comfortable for you and baby. It may take a few days of experimentation to find the right method, but be patient. This is especially true of breast feeding. It normally takes 48-72 hours for normal breast milk to “come in” but your baby is receiving enough in most cases. Never prop the bottle to feed as this can lead to choking. When baby awakens during the night to feed, feed him/her and then return the baby to bed promptly so as to avoid the habit of prolonged nighttime play. These habits are harder to break later on.

Safety:

Accidents kill more infants in the first year of life than any other cause

1. Keep plastic bags, safety pins, and buttons out of crib and out of reach of baby.
2. Crib slats should be no further apart than 2 and 3/8 inches.
3. Even newborns can wiggle around and fall off of elevated surfaces so NEVER leave your baby unattended on a changing table, bed or sofa.
4. NEVER leave baby unattended in a bath, not even a second!
5. Always use a crash-tested infant car seat EVERY time you take a baby for a car ride. The safest place is in the middle of the backseat, rear facing. Per American Academy of Pediatric recommendations, they should remain rear facing until 2 years of age.
6. Around the house, always strap baby into his/her infant chair or carrier. Babies often stretch and lurch their way out of chairs or carriers.
7. Do not tie a pacifier on a string around the infant’s neck. Instead, clip it to the baby’s shirt.
8. Baby should be placed on his/her back when put down for sleep or nap. Latest studies have shown that there is an increased risk of SIDS (Sudden Infant Death Syndrome) when infants are placed on their stomach or side.
9. To avoid scalding accidents, set your water heater thermostat 120 degrees. Always check baby’s bath water before immersing him/her in it.
10. DO NOT SMOKE AROUND THE BABY! Studies have clearly shown that inhaling second hand cigarette smoke leads to increased risk of allergies, asthma, upper respiratory infections and ear infections in infants. All smokers should smoke outdoors and change their clothes before holding the baby.

11. NEVER SHAKE YOUR BABY! Shaking can rupture tiny blood vessels in the brain and cause death!

Bathing:

Little or no soap is needed to keep baby clean, especially during the first month when the baby's skin is very sensitive. Some babies love bath time, while others seem to hate it. Remember to not submerge infant in water until his/her umbilical cord has fallen off.

Sleeping Problems:

During the first few weeks, the baby may have his/her days and nights "mixed up." Try to keep him/her awake as much as possible during the daylight hours and let him/her sleep during the night. Eventually everything will improve. To save energy, try to nap when the baby does. Everyone will sleep more soundly if the infant is in his/her own crib/bassinet and room if possible. We do not recommend "co-sleeping." Some babies develop a "crying time" which is consistent each day. Such babies are often called "colicky" and can create a great deal of stress for the family. If you think your baby has "colic" please call us for more advice.

Immunizations:

Your child may receive a vaccine at this visit if they did not receive his/her Hepatitis B vaccine in the hospital. Please review the information given to you at the visit and feel free to ask questions.

Call the Doctor:

Please call us right way if your baby develops a fever of more than 100.4 degrees rectally as this can be a sign of a life threatening emergency. Do NOT give Tylenol (acetaminophen) or motrin/advil (ibuprofen) without your physician's permission at this age as we do not want to hide a fever. Please also call us if your child is having difficulty breathing, not feeding normally, having vomiting/diarrhea or just not acting "right."

Next Visit:

Typically we will see your child again at 2 months of age.