



Children & Teens MEDICAL CENTER

TWO WEEKS



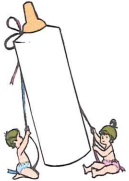
Normal Development

The first couple of weeks home with a new baby can be extremely demanding for most families. It is normal to feel overwhelmed by the enormous responsibilities of parenting. Be good to yourselves and ask for help when you can use it. If your baby seems ill or if baby has a fever of 100.4 rectally, call the office. Newborns do not get sick as often as older babies (because they have protective antibodies from their mothers), but they do not handle illness as easily. Sneezing, however, is perfectly normal in young babies, and you probably are hearing normal nasal stuffiness. Spitting up and hiccoughs are also normal. Babies will often fall asleep while hiccoughing; you do not need to do anything about it. Your baby has some automatic reflex movements (such as turning towards a nipple and reaching out when startled) that will fade away by 4 to 6 months of age. Ask about any behavior or physical characteristic that concerns you. People say that babies have beautiful skin, but this is not true for most newborns. They have sensitive skin that breaks out easily. Many one-month-olds have actual acne – no treatment is usually necessary.

Crying

Babies have individual personality styles right from the beginning. Many mothers comment on differences in their babies' activity level **before** birth, and newborns certainly respond in various ways to their first check-up. Some babies are calm, easy-going with a regular schedule; their lucky parents will naturally feel more relaxed than parents of a sensitive, intense, easily upset and irregular infant. The good news is that all babies become calmer and happier as they get to be 3 or 4 months old. Unfortunately, many infants go through unexplained crying spells and are impossible to comfort. This crying can go on for hours, usually in the evenings, and is most severe at about six weeks of age. People call this behavior "colic". Although the babies often seem to be in pain, there is nothing physically wrong with them, and they do not benefit from medicine or feeding changes. Comfort your baby as best you can, and when nothing works take a break: a shower, a cup of tea and a phone call to a friend, a backrub, an hour away from the baby. If you can relax that can only help your baby. For more information, *search colic*.

Do not be afraid of holding your baby too much at this age. Babies who are held a lot in the early weeks actually cry **less** as they get older. Try using a cloth baby carrier to carry your baby with you **before** he starts crying. The stimulation of your touch, your face, and your voice is highly educational. Your baby is starting to learn language, and, even more important, how to have close trusting relationships with others. Night waking for feedings is completely normal at this age; however, if your baby sleeps longer in the afternoon than at night, of course wake him/her up during the day. Young babies come close to waking, or become fully awake every hour and they dream more than we do! Remember, a baby in your bedroom can be very noisy.



Feeding

Feeding recommendations have changed a lot in the last generation. We now advise a simple, complete and easily digested diet to ensure good nutrition and lower the chances of food reactions. Babies grow beautifully on nothing but breast milk or an iron-fortified formula. Breastfeeding mothers should continue taking prenatal vitamins with iron. Cereal, etc., is not helpful at this age. It will not make your baby sleep through the night (this has been tested by scientists). Adding juice or food might cause a reaction that would not happen to an older baby. Water is fine in small amounts, but is not needed by most babies. For more information *search feeding*.

Elimination

Breast-fed babies will have seedy, mustard-colored stools nearly every feeding. By 3 to 6 weeks of age, some breast-fed babies have only one bowel movement a week since breast milk is such an efficient fuel. As long as the stool is soft and your baby is feeding and growing well, do not worry. Bottle-fed babies will have tan or yellow stools that are firmer and less frequent than breast-fed babies. Babies may go from once a day to once every three days. It is normal for your baby to grunt, strain and become “red” in the face while stooling. Call us if your baby seems to be in pain or goes more than three days without a bowel movement.



The number one safety measure, is a *car safety* seat, appropriate for your baby’s size, and installed according to the manufacture’s instructions. Be sure to use it properly and faithfully. This is a state law and has made a tremendous difference in injuries and deaths of infants. Insist that grandparents and baby-sitters keep the baby in the seat.

Be sure not to prop the bottle. Babies often choke during a feeding: you lean them forward, pat them on the back, and they are fine. A baby lying on a couch with a bottle leaning into his or her mouth is much more likely to breathe in the milk, and might suffocate. If you find yourself with too many things to do (the phone’s ringing, the toddler’s in the garbage, company’s coming, you’re still in your bathrobe, and the baby’s hungry!) you need to plan to do less. Trying to do too many things at once (like cooking and comforting the baby at the same time) is a set-up for accidents. Try to rest when the baby is resting.

Also, remember that your baby can squirm from the middle of a king-sized bed or off the changing table with no help at all. You need to protect your baby from insects, animals- including family pets, colds, coughs, wheezing and bronchiolitis. Avoid unnecessary exposure to people with contagious illnesses. As your baby develops new skills, there will be more risks of accidents. We will let you know what to expect.

Please don’t smoke around your baby, and ask that caregivers do the same.

- Never shake a baby – this can cause severe injury or death. (*shaken baby syndrome*)
- We do not recommend baby powders, as babies can inhale them and cough
- Make sure smoke detectors are installed throughout the house and that batteries are working (change every 6 mo)
- See that hot water heater does not heat water > 120. Check H2O temp with giving baby a bath.
- Have baby sleep on side or back / never on stomach – this measure has greatly reduced Sudden Infant Death Syndrome
- Watch siblings around your baby
- Good hand washing: whole family
- Don’t add honey to bottles (no honey until > age 2)

The “Baby Blues” or postpartum Depression occur in about 70-80% of women after childbirth.

Search Postpartum Depression.

If you have need to call us after hours please review your Emergency call sheet. It will help you be prepared for calling us on-call physician and has much useful information such as 24-hour phone numbers of pharmacies.

If you do not have a copy you can get one on our web site at www.childrenandteens.com