



For Breast-Fed Infants

We recommend starting Tri-Vi-Sol or D-Vi-Sol Vitamins immediately (1 dropperful/day) to increase the amount of Vitamin D in their diet.

Date: _____ **Height:** _____ **Weight:** _____ **OFC:** _____

The following comments are designed to help you enjoy your new baby and develop confidence in yourself as a parent. Remember; no two babies have exactly the same makeup or the same needs. Your baby is an individual with him/her own special growth pattern. Comparing your infant's growth and development with other children is not a good idea and usually causes needless worry. Never hesitate to ask for guidance concerning specific problems. This is the reason for regular well-baby checkups!

PARENTING AND BEHAVIORAL

- Hold, cuddle, talk to, sing to, and rock your baby as much as you can. Your infant's development depends greatly on him/her interaction with you. Every touch stimulates the baby's brain.
- Recognize the fact that parents cannot always console their baby. Expect this. Of course, always check your baby when he/she seems uncomfortable, to make sure he/she is not too hot, too cold, hungry, wet, or needing to burp. Give your child the benefit of the doubt and do not worry about "spoiling."
- Try to spend time nurturing your baby when he/she is quiet, happy and alert, instead of waiting for him/her to cry and fuss for attention.
- Parents should make sure they get adequate rest. Take the phone off the hook and nap when the baby naps. Encourage other family members to help care for the infant. Keep in contact with friends and relatives. Go for a daily walk with the baby for fresh air.

DEVELOPMENT

- Begins to recognize family voices and makes small "throaty" noises.
- Recognizes sounds by blinking, crying or showing the startle reflex (arms and legs move away, from the body equally).
- Blinks at bright light and may begin to follow, but eyes often do not focus together.
- Watch for the first smile ... truly a milestone. It is the earliest sign of mental growth ... the first thing your baby can do on her own! (Usually seen at about 2 months).
- Lifts head briefly when lying on his stomach—be sure to give your baby regular "tummy time" while he is awake to encourage development of neck, arm, and upper body muscles.

FEEDING

- Make feeding a pleasant time for the entire family. Remember, your baby's first love for you as a parent arises partly from the bonding obtained during feeding time. The affection and touching the baby gets during the feeding period are important parts of the diet.
- Babies need only breast milk or iron-fortified formula at this time. Do not give extra water.
- Your baby's feeding habits will vary from day to day just like yours. This is just another way your baby is letting you know he/she is a unique individual. Breast-fed babies should be started on a vitamin D supplement called Tri-Vi-Sol or D-Vi-Sol. This is available over-the-counter at pharmacies. Your baby will take this once a day until he/she is weaned to whole

milk or until he/she is being supplemented with at least 17oz/day of formula.

- Do not use a microwave oven to heat breast milk or formula.
- Delay the introduction of solid foods until they are suggested by your infant's doctor. Despite what your parents or grandparents may tell you, giving your baby cereal at night will not make him sleep longer.
- Do not put your baby to bed with a bottle propped in his/her mouth.
- Never give an infant honey as it can cause infant botulism.
- Hiccups are normal and will gradually decrease in frequency as your baby gets older.
- Spitting up is normal as long as your baby is gaining appropriate weight.

SLEEP

- Always put your baby to sleep on his/her back. This is the safest position to decrease the risk of Sudden Infant Death Syndrome (SIDS) or "crib death". Sleep positioners are not recommended. Your baby's mattress should be firm and there should be no pillows, stuffed animals, or fluffy blankets in the bed.
- Infants sleep most of the day, but sleep patterns vary from baby to baby. It is not unusual for a baby to have a "fussy" period during the late afternoon or early evening. This is how the infant's immature nervous system handles all of the day's stimuli so ... prepare yourself for it.
- Most babies will sleep through the night by 6 months old. "Lucky" parents get a good night sleep sooner. To achieve this, many babies need encouragement. Put the infant to bed when he is drowsy, but awake. Avoid rocking your baby to sleep or holding him/her until he/she falls asleep. Your baby needs to learn to fall asleep on him/her own. Try to ignore the baby if he/she is just squirming or whimpering. He/she may go back to sleep on his/her own!

IMMUNIZATIONS

- Your baby should have received his/her first hepatitis B vaccine in the newborn nursery. If not, please notify your physician.
- If your baby was born before 35 weeks gestation, has chronic lung disease, or has a congenital heart defect, please discuss with your heart physician whether the baby might qualify for the RSV vaccine, Synagis.
- During the flu season, flu vaccine is recommended for all household members and caregivers of babies and children under 5 years of age. This is to help protect the baby from influenza infection.

SAFETY

- Always use a rear-facing infant car seat placed in the center of the back seat.
- Never leave a baby alone with a young sibling or a pet.
- Never leave your baby alone in a tub or on a high place, such as a changing table, bed or sofa.
- Set hot water thermostat at less than 120 degrees F to decrease risk of burns.
- Insist on a tobacco-free environment for your baby. If there is a smoker in the family, do not permit any smoking in the house or in the car. Smoke exposure increases the risk of SIDS, asthma, allergies, colds, and ear infections.
- Make sure smoke detectors are in place and working. Review your family's fire escape plan now that there is new household member.
- If your home uses gas appliances, install and maintain carbon monoxide detectors.
- Never shake a baby! Doing so can cause permanent neurological damage and/or death.
- Avoid sun exposure to baby's tender skin.
- Parents and other caregivers should be trained in infant CPR. Contact your local health department, American Red Cross, or local hospital for information on CPR courses.

ELIMINATIONS

- Every baby has his/her own unique pattern to the frequency of bowel movements. Some go after every feeding, some once a day, and others every two or three days.

- Most babies strain, grunt and fuss even when they have a loose bowel movement. This is normal and does not indicate constipation.
- Stool color varies from yellow in breast-fed babies to brown and green in formula-fed babies. Consistency can be anywhere from thin to a thick paste.

WHEN TO CALL THE DOCTOR

- Not gaining weight.
- Excessive vomiting, especially if it is forceful and goes across the room.
- Uninterested in eating.
- Irritability or lethargy.
- Unusual skin rashes.
- Anything that bothers you is important to your child's pediatrician. That's our job!
- Fever (over 100.3 degrees F rectally) in a baby under 3 months of age is a potential emergency and our office should be notified immediately. If your baby develops a fever, do not give Tylenol.
- In regards to thermometers, a rectal temperature is the "gold standard" at this age, and all temperatures reported to our office should be taken rectally. Read the thermometer directly, and do not add or subtract degrees.



AFTER HOURS

Emergencies after 5:00 p.m. should be directed to our answering service by dialing 859-276-2594. A highly trained nurse will return your call and address your problems or concerns. If the situation is warranted, the physician on call will be contacted. Non-emergency questions should wait until the following morning. Please check our website FAQs for answers before calling after-hours: www.paalex.com.

RESOURCES

- Poison Control 1-800-222-1222
- American Academy of Pediatrics: www.aap.org
- www.kidsgrowth.com
- www.paalex.com

This information is for educational purposes only and it should be used only as a guide.