

# The Carithers Pediatric Group

## Newborn Visit

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Name: \_\_\_\_\_ Date: \_\_\_\_\_ Weight: \_\_\_\_\_

### **Diet**

**Breast Feeding:** goal is 15 minutes per breast, every 2-3 hours, as your baby demands. Do not supplement with formula unless instructed by the doctor or if your child is showing signs of hunger following breast feeds.

**Bottle Feeding:** if your baby is drinking formula or expressed breast milk your baby should drink 2-4 oz around every 2-3 hours. Do not mix formula with well water.

Crying or sucking behaviors do not always represent hunger.

### **Sleep**

Place your baby on the back to sleep to minimize the risk of SIDS (Sudden Infant Death Syndrome or “crib death”). Pacifier use has also been shown to lower that risk. Encourage your baby to fall asleep from the awake or drowsy state for better long term sleeping habits. We do not recommend co-sleeping with your baby.

### **Normal Behaviors**

Hiccups, sneezing and mild spitting are normal. Burping your baby 1/3 of the way through the feed, 2/3s of the way through the feed and after the feed often helps to minimize spitting.

### **Bowel Movements**

Normal stools can be yellow, green, pasty, loose, watery, seedy or strained. They can vary in frequency and consistency. Call us if the stools have blood in them, are hard or are consistently white.

### **Bathing and Navel (“Belly Button”)**

You can bathe your baby up to one time a day with unscented Dove® soap or mild baby soap. We recommend hypoallergenic baby laundry detergent such as Dreft® for the baby’s clothes. Clean in and around the crevices of the umbilical cord with alcohol approximately 3 times a day. Sponge bathe your baby, avoiding the umbilical cord, until it falls off and the belly button area is dry. After that time you can stop the alcohol and do a full bath.

### **Diaper Area**

You may use barrier ointments such as Balmex®, Desitin® or A&D® ointment to treat or prevent rash.

### **Fever**

Fever under 2 months of age can be serious. Call us immediately if your infant’s rectal temperature is greater than or equal to 100.5 and do not give Tylenol®. You only need to check the temperature if you think there is a fever.

### **Safety**

Parental smoking is associated with ear infections, colds, asthma, respiratory illness and crib death. **Please do not smoke!** Your child’s car seat should be placed in the back seat facing backwards and in the middle of the back seat if your car has side airbags. Install smoke alarms in your home. **Poison Control Center: 1-800-222-1222.**

### **What to avoid**

Please avoid exposing your baby to anyone that is ill. Avoid crowded places until 8 weeks of age. Everyone should wash their hands with soap and water or use hand sanitizer before handling your baby. By all means, it is healthy for you and your baby to get out and enjoy a stroller ride. It is not the weather that causes illness but rather exposure to sick people.

**Resource:** Book: Caring for your Baby or Young Child-Birth to Age Five by the American Academy of Pediatrics (Bantram Books). Websites: aap.org or cdc.gov.

**\*\*Next Visit** Please schedule your next appointment at 2 weeks of age.