

SLEEPING

There is a wide range of normal sleep schedules. Newborns may sleep anywhere from 12-20 hours per day. Sleeping through the night may begin anywhere from 1 week to 9 months. Infants should be positioned on their back or side. Some head "flattening" is to be expected and this is only temporary. Your baby should sleep in a sturdy, safety approved crib with a firm mattress. The slats of the crib should be no more than 2 3/8" apart. Pillows, toys, cords, etc., should be kept out of reach of the crib. A single blanket is sufficient for your baby.

PACIFIERS

There is nothing inherently wrong with using pacifiers in infants. It may satisfy sucking needs that cannot be met by feeding alone. As their sucking needs diminish, children can be weaned around 12-24 months.

NASAL CONGESTION IN INFANTS

It is not uncommon for infants to have nasal congestion. Because they have such small nasal passageways, and are unable to blow their noses, this may result in noisy breathing especially while drinking or sleeping. Infants may even transmit rattling noises and vibrations that can be detected in the chest but no actual congestion is present in the lungs. This congestion may last for several months. If your baby is otherwise healthy, here are some suggestions to try:

A vaporizer is a must in all nurseries. No medications are needed, just run it during sleeping times. If congestion is excessive, you may use the bulb syringe by depressing the bulb, inserting it into the nose and releasing the bulb allowing the secretions to be sucked out. You may add saline nose drops (called Ayr) to assist in the clearing process. This may be done as often as necessary.

PHYSICAL CARE

SKIN

Newborn skin may flake and peel. A small amount of oil may be used on the baby's body. Small white "pimples" on the nose or face cause no discomfort and will clear up without treatment. Often infants develop blueness of the hands and feet and around the mouth during the first few days of life. This is called acrocyanosis and is caused by the baby adjusting to the environment outside of the uterus. It is harmless and temporary. A condition resembling flea bites sometimes occurs during the first week. It appears as blotchy red areas with raised centers. This does not represent infection and requires no treatment. Your baby should only have sponge baths until the umbilical cord falls off. The bath may be given in the morning before a feeding or a nap. Use mild soap and only clear water on the face. Try to avoid excessive use of lotions and oils.

SCALP

Some infants will develop scaly patches on their scalp after the first week of life. This is called cradle cap. It may be treated with a small amount of baby oil rubbed into the scalp and gently brushed off with a soft brush. Babies frequently lose hair over the first few weeks. It will grow back.

EYES

The eyelids of newborns may remain puffy for several days. Babies generally cross their eyes for a few weeks as their eye muscle becomes more coordinated. Clean the eyes gently with water and cotton if discharge is noticeable. Secretions may be present for several days due to the drops given at birth. Most babies are born with light blue eyes that may deepen or change in a few months.

NOSE AND EARS

Cleanse the outer areas only. Do not attempt to put anything inside the nose or ears. Do not use Q-Tips.

NAVEL

The umbilical cord usually dries out and falls off within a few days to three weeks. Keep the cord clean and dry. Occasionally, after the cord falls off, there may be some blood. This is of no concern.

PENIS

Use white Vaseline for care of the circumcision. Apply at the diaper change to prevent sticking to the diaper for one week. For the uncircumcised penis, retract the foreskin gently while bathing with soap and water and then return foreskin to its position. Do not be concerned if you cannot retract the foreskin. This is not possible in most infants.

FEMALES

Some whitish or blood-tinged discharge may occur from the vaginal area. This is due to the mother's hormones present in the baby. It is normal. Always wipe young ladies front to back when bathing or cleansing.

BREASTS

At birth, both boy and girl breasts may be enlarged and engorged with fluid due to maternal hormones. No treatment is necessary.

NAILS

To prevent your baby from scratching their face/body, keep the fingernails trimmed. There are special blunt-end baby scissors for this purpose.

DIAPER AREA

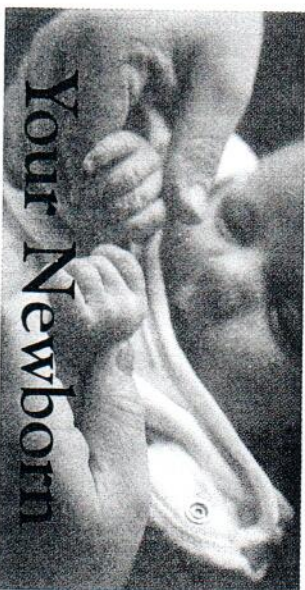
Careful cleansing and frequent diaper changes can usually prevent diaper rash. Urine and stool can be very irritating to the skin. Use plenty of zinc oxide (Desitin).

JAUNDICE

Many infants develop a yellowish discoloration of the skin beginning on the second or third day of life. Breast fed babies may develop this around the first week of life. This is called jaundice of the newborn and usually resolves with no specific therapy. If your baby develops jaundice that requires any treatment, this will be discussed with you.

BABIES FIRST OFFICE VISIT

Your babies' first appointment will be scheduled 7-10 days after birth unless an earlier appointment is needed. Please call the office to pre-register your baby prior to your due date.



Getting Started

Some helpful information about
your new family member

CapitalCare Pediatrics

GUIDERLAND

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Caring for your new arrival



CONGRATULATIONS!

Congratulations on the birth of your new baby!! We realize that many questions will arise as you get to know your baby. Effective communication between you and your baby's doctor will ease the transition into parenthood. This pamphlet is our attempt to address many of the common questions that may arise within the first few months of life.

Your baby is an individual; because no two babies are alike, do not be surprised if your baby does things at a different rate than other babies, including your other children.

Adopt our suggestions and those of friends and family, but trust your instincts as a parent and let common sense be your guide. Our triage nurses are available during office hours M-F and a physician is on call for emergencies 24/7.

NUTRITION

Feeding your baby should be an enjoyable experience for both you and your baby. Whether you are breast or bottle feeding try to avoid a rigid schedule. Generally, infant feedings vary greatly, but average between every 2-4 hours. Within a short time you will learn your babies unique feeding pattern. Remember, your baby will double his or her weight within the first few months of life, so the feeding schedule will change accordingly. Be prepared for your baby to gain a lot of weight in the first few months of life. A 4-5 lb. weight gain can be equivalent to a 60-70 lb. weight gain in an adult. Frequent feedings, spitting up, tummy aches and uncomfortable bowel movements may be noticed.

BREAST FEEDING

Here are a few guidelines to follow:

Breast milk contains all of the nutrients and calories, as well as other beneficial substances, for your baby's needs.

Plan on feeding your baby every 2-4 hours. Your supply will equal demand. The more you nurse, the more milk you will produce. Increase feeding time until your baby seems satisfied, and alternate the breast that you start on with each feeding. A relaxed attitude, free from distractions, will facilitate successful breastfeeding. Usually, a semi-reclining position is the most comfortable. If sitting, prop your

baby up towards you on a pillow. Your back should be straight. With your free hand, gently squeeze the darker area of your breast (the areola) so that your nipple protrudes. Guide your nipple towards your infant and stroke his/her lips with the nipple. Do not push baby's head to the breast.

Your nipples may be cleaned with warm water and allowed to air dry. Do not use soap. After nursing is completed, use a small amount of lanolin to help prevent sore nipples. If your nipples become engorged, express a small quantity of milk before nursing so that your baby can better grasp the nipple. If you still feel engorged after feeding, you may need to express any remaining milk.

You may store freshly pumped breast milk for 48 hours in the refrigerator or you may freeze breast milk for up to 3 months.

A well balanced diet, adequate fluid intake and enough rest are important. (Naps are helpful).

Notify us of any medications to be taken on a regular basis while breastfeeding. We realize problems may arise early in breastfeeding, so feel free to openly communicate any issues to our triage nurses.

BOTTLE FEEDING

There are many different infant formulas on the market today. They come in ready-to-feed, liquid concentrate and powder concentrate. There are generally no differences in these. Do not store prepared formula for more than 48 hours. It is not necessary to sterilize the bottles or nipples. Washing them in hot, sudsy water is sufficient.

WATER

Tap water (2-3 oz) may be offered occasionally, between feedings, especially in warm weather. Municipal water usually does not need to be boiled. The local health department should test well water. If any questions exist, boil the water for a period of 5 minutes. Bottled water may also be used.

SOLID FOOD

Cereal, fruits, and vegetables, etc. are not recommended until the fourth month of life. Your provider will gladly discuss this with you.

VITAMINS

Vitamin supplements, including fluoride, will be discussed at the first office visit. We have a list of municipalities that fluoridate their water supplies.

STOOLING



Every baby develops its own bowel patterns. Some babies may have a bowel movement with every feeding, while others may only stool every 3-4 days. Both are normal. All infants become very involved and may hold their breath, turn red in the face, or pull their knees up during bowel movements. These behaviors are normal.

VOMITING/SPITTING UP

Most babies will spit up some of their feedings. This is normal. Do not become alarmed. This does not mean your baby is allergic to milk. If the vomiting is frequent, please call us.

FRIENDS AND RELATIVES

Well-intentioned friends and relatives may inadvertently transfer germs as well as exhaust both Mom and baby. Please try to limit visitors and keep handling of your baby to a minimum. Anyone handling your baby must wash his or her hands first.

NEWBORN BEHAVIOR

All babies sneeze, yawn, hiccup, pass gas, cough and cry. These are normal physiologic occurrences and they do not necessarily indicate illness. Some babies also sound congested early in life. This is normal. Most babies cry for an hour or more, daily, without being harmful. All infants have periods of fussiness, which vary from a few minutes to a few hours in duration. The key to these frustrating times is to be relaxed. The more relaxed the parents are the more relaxed the baby will be. When these fussy periods occur, parents can either pick the baby up or let the baby fuss. The first approach does not cause spoiling, and the second approach does not cause harm and may even help the baby begin to learn how to wait.

ENVIRONMENT

Temperatures in the nursery should be kept between 66-72°F.

CLOTHING

It is important not to overdress your baby. Dress your infant as you would yourself. Babies sunburn easily so avoid direct sunlight in the summer.

TRAVELLING

Traveling with your baby should be limited for the first few weeks. Always use an approved child restraint in your own car or public transportation.

