



Bright Futures Parent Handout 2 to 5 Day (First Week) Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

PARENTAL WELL-BEING

How You Are Feeling

- Call us for help if you feel sad, blue, or overwhelmed for more than a few days.
- Try to sleep or rest when your baby sleeps.
- Take help from family and friends.
- Give your other children small, safe ways to help you with the baby.
- Spend special time alone with each child.
- Keep up family routines.
- If you are offered advice that you do not want or do not agree with, smile, say thanks, and change the subject.

NUTRITIONAL ADEQUACY

Feeding Your Baby

- Feed only breast milk or iron-fortified formula, no water, in the first 6 months.
- Feed when your baby is hungry.
 - Puts hand to mouth
 - Sucks or roots
 - Fussing
- End feeding when you see your baby is full.
 - Turns away
 - Closes mouth
 - Relaxes hands

If Breastfeeding

- Breastfeed 8–12 times per day.
- Make sure your baby has 6–8 wet diapers a day.
- Avoid foods you are allergic to.
- Wait until your baby is 4–6 weeks old before using a pacifier.
- A breastfeeding specialist can give you information and support on how to position your baby to make you more comfortable.
- WIC has nursing supplies for mothers who breastfeed.

If Formula Feeding

- Offer your baby 2 oz every 2–3 hours, more if still hungry.

NUTRITION

- Hold your baby so you can look at each other while feeding
- Do not prop the bottle.
- Give your baby a pacifier when sleeping.

Baby Care

- Use a rectal thermometer, not an ear thermometer.
- Check for fever, which is a rectal temperature of 100.4°F/38.0°C or higher.
- In babies 3 months and younger, fevers are serious. Call us if your baby has a temperature of 100.4°F/38.0°C or higher.
- Take a first aid and infant CPR class.
- Have a list of phone numbers for emergencies.
- Have everyone who touches the baby wash their hands first.
- Wash your hands often.
- Avoid crowds.
- Keep your baby out of the sun; use sunscreen only if there is no shade.
- Know that babies get many rashes from 4–8 weeks of age. Call us if you are worried.

NEWBORN CARE

Getting Used to Your Baby

- Comfort your baby.
 - Gently touch baby's head.
 - Rocking baby.
- Start routines for bathing, feeding, sleeping, and playing daily.
- Help wake your baby for feedings by
 - Patting
 - Changing diaper
 - Undressing
- Put your baby to sleep on his or her back.
 - In a crib, in your room, not in your bed.
 - In a crib that meets current safety standards, with no drop-side rail and

NEWBORN TRANSITION

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slats no more than 2³/₈ inches apart. Find more information on the Consumer Product Safety Commission Web site at www.cpsc.gov.

- If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.

Safety

- The car safety seat should be rear-facing in the back seat in all vehicles.
- Your baby should never be in a seat with a passenger air bag.
- Keep your car and home smoke free.
- Keep your baby safe from hot water and hot drinks.
- Do not drink hot liquids while holding your baby.
- Make sure your water heater is set at lower than 120°F.
- Test your baby's bathwater with your wrist.
- Always wear a seat belt and never drink and drive.

SAFETY

What to Expect at Your Baby's 1 Month Visit

We will talk about

- Any concerns you have about your baby
- Feeding your baby and watching him or her grow
- How your baby is doing with your whole family
- Your health and recovery
- Your plans to go back to school or work
- Caring for and protecting your baby
- Safety at home and in the car



American Academy of Pediatrics



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Newborn Insurance

We would like to remind you to please add your child to your medical insurance as soon as possible. Typically, your newborn will be covered under the mother's health insurance for the first 30 days. This is not always the case, though. Please contact your employer's Human Resources Department or your insurance company directly to make sure your infant has been added to your policy in a timely manner. **If your infant does not have active insurance coverage after the first thirty days, the balance on their account will become your responsibility.** Please contact our billing department with any questions.



Newborn Tips

Safety:

- Babies should sleep on their backs, in their own crib or bassinette. No loose blankets, bumpers, or stuffed animals in the crib.
- Car seats should be rear-facing until 2 years old. Have the car seat installed **well before** the baby is due.
- Never leave a baby alone on a raised surface, such as a changing table or a bed.
- **NEVER** shake a baby. This can cause serious, lifelong brain damage, as well as death.

Illness: Newborns have very immature immune systems. Friends and relatives who have a cold or fever should visit at another time when they are well. Wash your hands frequently, and have all those who are around the baby wash their hands as well. All those who care for the baby should have yearly flu shots and updated pertussis (whooping cough) shots. Call your pediatrician immediately if your newborn baby has a rectal temperature of 100.4 or above, as this is considered an emergency.

Feeding: Breast is best. Babies usually want to nurse every 1-3 hours in the first few weeks. Don't let more than 4 hours elapse between feedings for about the first month of life (you may need to wake your baby to feed if they are very sleepy.)

Vitamin D: All newborn babies (breast and bottle fed) need one mL dropper-full per day of a vitamin D supplement (d-vi-sol, tri-vi-sol, or poly-vi-sol.) This can be purchased at most grocery stores or pharmacies.

Elimination: Baby should have at least 5-7 wet diapers per day in the first few days of life. Stools will initially be black and tarry in appearance, and gradually turn yellow, thin, and seedy looking.

Umbilical cord care: Keep the umbilical cord dry. No submersion bath until the cord has fallen off and is healed.



Circumcision care: Keep the newly circumcised penis dressed with petroleum jelly or A&D ointment to keep it from sticking to the diaper. The circumcision should heal up nicely within 5-7 days.

Dry skin and rashes: All babies have dry appearing skin, and most babies have newborn rashes. You can use petroleum jelly to moisturize very dry areas if desired.

Hepatitis B vaccine: This will be offered in the newborn nursery. We recommend giving all newborns the first vaccine at that time.

Crying: All babies cry! They may be wet, hungry, hot, cold, sleepy, gassy, or in need of attention. Many healthy babies can cry for up to 4 hours per day. Call us if you are concerned or you think the crying is excessive.

Usual schedule of Doctor's visits:

- Within 1-2 days of discharge from the nursery (call our office at 770-814-1160 after the baby is born to schedule this appointment)
- 2 weeks old
- Optional 1 month weight check
- 2 months old – vaccines given at this appointment

In case of after-hours emergency: If you have an after-hours emergency that cannot wait until the next day, please call the main office number (770-814-1160.) The answering service will give you the option of speaking with a Doctor from our practice or a nurse from the Children's Healthcare of Atlanta nurse line. One of our physicians is on call 24 hours a day, every day of the year.

What to bring to your baby's first appointment:

- Paperwork from the hospital
- Your insurance card and photo ID
- List of any questions or concerns you may have
- You can download or complete online our first visit paperwork from our website (www.johnscreekpediatrics.net) to facilitate your first visit.