

Feeding

Breast-fed infants usually nurse for 10-40 minutes every 2-3 hours. Bottle-fed infants usually take 1-2 ounces every 2-4 hours. For the first month, even at night, your infant should not go longer than 4-5 hours without feeding. Cereal, baby food, and extra water are not needed at this age. Always call your doctor if you have any concerns about how your baby is feeding or gaining weight.

Sleeping

Babies at this age do not have any sense of day or night. Try to sleep when your baby is sleeping. Always place your baby on his/her back to sleep to lower the risk of SIDS (Sudden Infant Death Syndrome). Do not place pillows, comforters, or stuffed animals in the crib with your baby.

Diaper Changes

After the first 3-4 days of life, your baby should have at least 5-6 wet diapers per day. Infants can stool from every few days up to 10+ times per day. Many babies turn red, grunt, and strain while stooling. This does not mean they are constipated. The most important sign that your baby is constipated is the passing of hard stools. If your child's stool consists of hard balls or is very painful to pass, talk with your doctor.

Umbilical Cord

The umbilical cord will normally fall off in 1-3 weeks. You may see a small amount of blood when the cord falls off. This will normally dry up on its own. Call your doctor if your infant has persistent bleeding or if there is redness surrounding the belly button.

Circumcision Care

The incision is typically red and tender at first. The tenderness should be minimal by the third day. The scab at the incision line comes off in 7 to 10 days. If a Plastibell ring was used, it should fall off by 10-14 days. While it cannot fall off too early, don't pull it off because it could cause bleeding. For Plastibell, gently cleanse the area with water 3 times a day or when soiled. Petroleum jelly or an antibiotic ointment should be applied to the incision and head of the penis after cleansing to keep it soft during healing. Incision type (no plastic ring is present), remove the dressing with warm compresses 24 hours after the circumcision was done. Then care for the area as described for the Plastibell.

Call during office hours if the circumcision looks abnormal to you, the Plastibell ring does not fall off within 14 days, or you have other concerns or questions. Call IMMEDIATELY if the urine comes out in dribbles, the head of the penis turns blue or black, the incision line bleeds more than a few drops, the circumcision looks infected, your baby develops a fever, or your baby is acting sick.

Bathing

Give your baby sponge baths until the umbilical cord falls off. After the cord falls off, a baby may have a normal bath. Infants may bathe every 2-3 days. Never leave an infant alone in water.

Rashes

Newborn infants often have dry, peeling skin. This is normal and will improve after the first 1-2 weeks. You may apply unscented lotion to your baby's skin as needed. Babies can get rashes frequently as their skin is very sensitive. Many of the rashes are harmless but a few may be serious. Call your doctor with any questions or concerns.

Crying

In the first two months, babies often have fussy periods. Colic is when babies have prolonged crying spells and are hard to comfort. The crying spells often happen in the evening but can occur at any time of the day. When your baby is very fussy and hard to comfort, remember to stay calm. This can be a very frustrating period. Try to be patient and definitely ask for help. Here are some ways to help soothe a fussy infant: swinging, swaddling, swaying, shushing, and sucking. If your baby feels warm, always check for fever.

Fever

For infants 2 months of age and younger, a fever is an emergency. A fever is a rectal temperature of 100.4° or higher. If your child has a fever, call your doctor immediately. The most accurate way of taking a baby's temperature is rectally. Try not to expose your newborn infant to people who are sick or large groups of people. Washing hands is a great way to help prevent infections.

Colds / Congestion

Many babies will sound congested for the first few months of life. If your infant has congestion, you may use saline drops/spray and nasal bulb suction to help clear the nose. A cool mist humidifier can be helpful as well. Cold medicines are not safe for babies. If your child is having trouble breathing, is very fussy, lethargic, not drinking well, or has a fever, call us.

Development

It is normal for your newborn infant to spend a significant amount of time sleeping. There are many things you can do to help your infant grow and develop including smiling, talking to them, singing to them, and gently moving or massaging your baby's arms and legs. Babies can hear sounds and see in black and white from birth. Newborn infants focus best on objects that are about 12 inches away from them. They can raise their head when laying on their tummy, follow objects with their eyes, wiggle and kick their arms and legs, and startle to loud noises. If you are concerned about your child's development, always discuss it with your doctor.

It is important to hold, rock, sing and talk to your baby. They like to hear your voice. You should go to them when they cry to see what is wrong. Take your baby with you to the grocery store, your place of worship, or shopping so they can see new people and places. Sing, read, and speak softly to her when you are holding her. You are building a feeling of security into your child that will serve her the rest of her life.

Some things you can do every day to help your baby grow are to smile at her and look into their eyes when you talk to her. Hold her in front of a mirror so she can see herself and you. Tell her what you are

doing when you are taking care of her. “I am changing your diaper”, “Let’s wash your toes”, and “Let’s wash your hands”.

Please a rattle in his hand and see how long he can hold it. At first it will be a very short time. He will be able to hold it longer and longer as he gets older. Remember that the human touch is miraculous. It tells your baby they are loved and safe. Touch stimulates physical growth and brain development.

Safety

When you travel by car, be sure to put your baby in a rear facing infant seat that is properly installed in the back seat. Handle your baby with care. Soft voices and gentle movements, even when your baby is crying, are necessary for your baby to grow into a strong, secure, and alert child. Remember that sudden jolts or jerking movements can harm your baby.

Immunizations

Most infants receive the Hepatitis B vaccine while in the newborn nursery. A second Hepatitis B vaccine is given at the one month visit. Infants do not normally have fever or fussiness with the Hepatitis B vaccine. At 2 months of age, your child will receive vaccines that protect against several serious and possibly deadly illnesses. Your doctor will discuss which vaccines are recommended at which ages and answer any questions you may have.

Appointments and Questions

A well child schedule is provided in this packet. If you have questions or concerns or need an appointment, please call us.

Thank you for allowing us to participate in your family’s healthcare!

Hermitage Office 3901 Central Pike, Suite 251 | Hermitage, TN 37076
Lebanon Office 920 S Hartmann Drive, Suite 200 | Lebanon, TN 37090
Mt. Juliet Office 325 Old Pleasant Grove Road | Mt. Juliet, TN 37122