

Cranky and Fussy?

- Some babies have easy temperaments, others are more challenging.
- Crying for several hours a day is normal.
- A baby may cry if they are hungry, gassy, hot, cold, tired, bored, in pain, have a dirty diaper, or for no apparent reason at all.
- A baby does not cry because you are a bad parent or because they dislike you.
- There will be times when you will not be able to console your baby easily.
- You cannot spoil a baby by picking them up when they cry. Demanding babies will usually cry less if they are carried much of the day.
- Things to try for a fussy baby: feeding, burping, changing the diaper or clothes, inspecting for a source of pain (pinched finger/toe), rocking, stroking, singing, giving a pacifier, walking, swinging, bathing, swaddling, whispering, taking a ride in the stroller.
- If you become overwhelmed, put your baby in a safe place and take a break.
- If you can find no means to console your infant for more than an hour, call the doctor's office; the baby may need to be examined.

Prenatal Visit

At this visit, you will be introduced to the doctor and learn about our practice.

Baby Supplies

- A digital rectal thermometer is best. Call immediately if your newborn develops a rectal temperature of 100.4 degrees Fahrenheit or 38.0 degrees Celsius.
- Use nasal saline and a bulb syringe for suctioning mucus from the baby's nose.
- Use a basin or baby bathtub for sponge bathing. A gentle shampoo or just water may be used.
- Small comb or brush.
- Have plenty of diapers on hand. Fold diapers low in front to avoid irritating the umbilical cord while it remains attached.
- A baby care book is helpful to have, such as, Caring for Your Baby and Young Child: Birth to Age 5, by the AAP.

Let your doctor know today if...

- You have high blood sugar (gestational diabetes) or high blood pressure.
- You have a history of Hepatitis B or other infection.
- You have had any concerning results on prenatal testing, such as blood tests, sonograms, non-stress tests, CVS, or amniocentesis.
- Any relative of yours had a baby who became very ill in the first months of life.
- You are feeling overwhelmed or sad about your expected baby.
- You have questions about breastfeeding or formulas.

At Your Baby's First Visit, the Doctor Will

- Measure your baby's height, weight, and head size.
- Discuss your baby's feeding and stooling patterns.
- Examine your baby.
- Discuss your questions.

Prenatal Visit



Staying Healthy

- Some degree of “baby blues” affects 80-90% of mothers. Fathers may be affected as well. Call the doctor if you believe you have symptoms of postpartum depression.
- Do not allow anyone to smoke in your home. If you smoke, decide to quit.
- Get in the habit of washing your hands frequently. You will need to do so before feedings and after diaper changes.
- Nursing mothers will need to drink plenty of fluids, eat a healthy diet, and continue taking prenatal vitamins.

Safety

- The leading preventable causes of injury for newborns are car accidents and falls.
- Take your baby home in a car seat, even in a taxi. The middle of the back seat, rear facing is safest. Never use a seat with an airbag.
- Never leave your baby alone anywhere they might fall.
- Have window guards installed in all of your windows. They are mandatory in NY.
- Be sure your smoke detector batteries are working.
- Never heat a bottle of milk in a microwave oven.
- Put your baby on their back for sleeping.

When the baby arrives

- Call to notify our office. Doctors on staff in the nurse's office will check your infant. If you have questions about your stay, please call our office.
- Make an appointment for your baby's first office visit. It should be one to two days after hospital discharge.

Vaccines

- Vaccinations constitute the single most important opportunity to prevent serious illness in your child, including brain damage and death. Find vaccine information at healthychildren.org (under the Health Issues tab).
- Hepatitis B vaccine is recommended in the hospital.
- Vaccines administered to parents and caregivers to protect children include, Tdap (tetanus and pertussis booster), COVID vaccine, and the yearly flu vaccine.

Call Immediately if Your Baby:

- Has a rectal temperature of 100.4F (38C) or higher.
- Cries inconsolably for more than an hour or two.
- Is limp or unresponsive.
- Refuses to feed for more than 6 hours.
- Has less than 3-4 wet diapers or no stool in 24 hrs.
- If they turn bright orange or yellow (jaundiced), call for an early morning office visit.

Typical Development

Most babies...

- Grasp your finger when placed in their palm.
- Suck anything put in their mouths.
- Startle to noises sometimes.
- Turn or lift their head a little.
- Look at faces briefly.
- Sleep most of the time.
- Like to be held and cuddled.

Many babies...

- Respond to voices and faces.
- Have unpredictable sleep patterns.
- Some babies...
- Follow with their eyes.
- Turn toward sounds.

Stimulating Development

- Talk and read to your baby, sing, and play music to them even before they are born.
- Plan to make faces at your baby and show them black and white pictures. They will see best at about 12 inches.
- Breastfeeding is preferred if possible. Breastfeeding has been linked to improved visual development and higher IQ, in addition to its other benefits.
- Reference www.zerotothree.org and www.aap.org for more information about infant and child development.

Breastfeeding

- Breast-feeding alone provides the best source of infant nutrition.
- It's natural, convenient, and promotes bonding.
- Many new mothers initially have some difficulty with breast-feeding, but plenty of help is available for you.
- Babies need no other source of nutrition or fluid for four to six months.
- Your partner can participate by giving a bottle of pumped milk. Talk about your breastfeeding plans.

Feeding Tips

- If you give formula, use a formula with iron.
- Water, sugar water, and honey should be avoided.
- Newborns may need 8 – 10 feedings per 24 hours. They should go no longer than 4 hours between feedings.

Normal Elimination

- Initially, stools are “tarry” black, but soon become seedy yellow, green, or brown, and explosive.
- There should be at least three or four wet diapers and maybe a few stools per 24 hours by the time you go home from the hospital.