

Newborn Visit

You did it! A healthy baby and a healthy mom: the goal of all pregnancies! Now begins the “terrifyingly exciting” first month. Sleep deprived and worried, you shouldn’t hesitate to call us with questions or concerns.

Development

1. Your baby has fairly poor eyesight, so talk to her right in her face so she can see you better.
2. Your baby already recognizes your face, your voice, and your smell. You can’t hold your baby too much or spoil your baby right now.
3. Most infants sleep 16-20 hours per day, but rarely sleep more than 3-4 hours at a time. By 1 month of age, many will sleep 4-5 hours at night without awakening. From time to time, it’s good to start laying your baby down while sleepy rather than asleep.

Injury Prevention

1. Always use a rear facing car seat. The back seat in the middle is the safest location for the car seat but certainly not the most convenient. Never should a car seat be placed in front of an air bag. Follow your manufacturer’s instructions for securing it into your car and have its placement inspected. There are many locations and agencies that can inspect your seat.
2. Placing your infant to sleep on his back (NOT the tummy OR the side) reduces the risk of Sudden Infant Death Syndrome or SIDS
3. Avoid smoking and second hand smoke, which has been proven to increase the risk of Sudden Infant Death Syndrome or SIDS
4. Read the handout about Heatstroke so you never forget about your baby in the back of your car.

Nutrition

1. Feed on demand until breast milk comes in. This is a grueling task, requiring around-the-clock effort, but the exhaustion and stress will begin to improve once your baby begins to gain weight within 1 week.
2. All babies loose weight the first week of life, but that quickly changes. Once your baby begins to gain weight, continue to feed on demand during the day, but encourage longer time between feeds at night.

Illnesses

Oftentimes the symptoms of an illness are subtle in a newborn. When ill, your infant may sleep more or less than usual, develop a poor appetite, cry for unusual amounts of time, or develop a fever. A temperature of 100.5 or greater rectally is considered a fever for infants less than 2 months old. Contact our office immediately for any fever at this age. Do not give acetaminophen (Tylenol) unless instructed by the physician to do so.

Perspective

The first month is exhausting, physically, mentally, and emotionally. There are three main reasons why this is so:

1. You are getting to know a delightful new “stranger” in your home. You know nothing about your beautiful baby but will learn very quickly
2. You are living “hour to hour.” Never in your life have you lived this way. Most of us live “day to day” or “week to week.” You will have glorious hours and terrible hours. The terrible ones have a tendency to drag on.
3. You are running a “marathon.” A marathon where the days and especially the nights will feel like they last forever. That’s what you are doing right now. In fact, you are just at the beginning.

Next Visit

We will see you in one week to make sure your baby is gaining weight and again at your baby’s One Month Well Check where we will plot him on his growth chart for the first time to see how healthy he is!



Heatstroke Safety Tips

Everything you need to know to keep your kids safe from heatstroke.

Babies and young kids can sometimes sleep so peacefully that we forget they are even there. It can also be tempting to leave a baby alone in a car while we quickly run into the store. The problem is that leaving a child alone in a car can lead to serious injury or death from heatstroke. Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's. These tragedies are completely preventable. Here's how we can all work together to keep kids safe from heatstroke.

Reduce the Number of Deaths from Heatstroke by Remembering to ACT

- **A:** Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you're not in it so kids don't get in on their own.
- **C:** Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.
- **T:** Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.



Teach Kids Not to Play in Cars

- Make sure to lock your vehicle, including doors and trunk, when you're not using it. Keep keys and remote entry devices away from children.
- Teach kids that trunks are for transporting cargo and are not safe places to play.
- If your child is missing, get help and check swimming pools, vehicles and trunks. If your children are locked in a car, get them out as quickly as possible and dial 911 immediately. Emergency personnel are trained to evaluate and check for signs of heatstroke.

Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. On average, every 10 days a child dies from heatstroke in a vehicle.



Go a Step Further: Create Extra Reminders and Communicate with Daycare

- Create a calendar reminder for your electronic devices to make sure you dropped your child off at daycare.
- Develop a plan with your daycare so that if your child is late, you'll be called within a few minutes. Be especially careful if you change your routine for dropping off children at daycare.