

Nutrition

- Breast milk or formula should be your child's primary source of nutrition for the first twelve months. Your infant should gain at least 0.5 oz to 1 oz per day by 3-5 days of age through the first three months of life.
- Most breastfed infants should feed **at least 8-12 times in a 24 hour period** at this age. In general, feedings should last 10-20 minutes per side. Your baby may go through a "feeding frenzy" at about 3-4 days of life as he/she makes up for weight loss from birth. Your baby may want to eat every 1-2 hours during this time period; but, as your milk comes in, you will be able to supply enough to satisfy your baby.
- **Iron-fortified formula** is recommended for infants who are not breastfeeding. Most formula-fed infants will average 1-2 ounces (30-60 ml) every 2-3 hours for the first three weeks. If your infant still seems hungry, you may feed your baby more volume or more frequently until the infant indicates that he/she is full.
- Look for your baby's subtle clues that he/she is hungry. These signs include putting hand to mouth, sucking, rooting, pre-cry facial grimaces, and fussing. Crying is a late sign of hunger and can make feeding more difficult.
- **No solids or water** until 5-6 months of age.
- The American Academy of Pediatrics recommends 400 IU of **Vitamin D3** every day for exclusively breastfed infants. Alternatively, mothers may supplement themselves with 6400 IU of Vitamin D daily (generally the equivalent of taking a prenatal vitamin plus an additional 6000 IU of Vitamin D each day). Mothers should consult their healthcare providers prior to starting any supplementation.
- **Omega 3 fatty acids (DHA/EPA)** may help brain growth and development. Most infant formulas now have DHA/EPA. Formula fed infants should get a least 150mg DHA/EPA per day supplemented in their formula. Nordic Naturals makes an infant product with a dosing schedule on their site based on the infant's weight.
- **DHA** is passed from mother to infant in breastmilk. **Breastfeeding mothers** may take an over-the-counter DHA/EPA supplement, or increase omega 3 fatty acids in her diet. Always check with your healthcare provider prior to starting supplementation. Dietary sources of omega 3 fatty acids include: fresh or frozen wild salmon (goal 12 oz per week), canned sockeye, sardines, black cod, herring, algae products, walnuts, freshly ground flax and hemp seeds, omega-3 enriched eggs. Alternatively, check to see if your prenatal vitamin already includes DHA/EPA. To check the safety profile of omega-3 in your prenatal vitamin: www.consumerlab.com/results/omega3.asp
- If bottle feeding, **consider using glass bottles** to avoid possible leaching of BPA (and other chemicals commonly found in plastics) into the formula or breast milk.

Development

Birth to 2 weeks:

- **Motor skills:** raise head slightly from stomach position
- **Sensory skills:** blinks in reaction to bright light, focuses and may follow briefly with eyes, responds to sound either by quieting or turning toward the source

Fever and medication

- **FEVER = 100.4° F or higher rectally. Call our office IMMEDIATELY for any temperature of 100.4° F or higher rectally in the first 2 months of age.**
- **No Tylenol** (Acetaminophen) until 2 months old.
- **No Advil or Motrin** (Ibuprofen) until 6 months old.
- **No Aspirin** until 18 years old.
- Minimize your infant's exposure to infections by washing hands often, avoiding public areas, and reducing the number of people who hold your infant

Sleep

- Newborns often have day/night reversal. Consistent sleep place as well as regular feeding and sleeping schedules will help encourage more sleep at night.
- Infants should **sleep on their back** to reduce risk of Sudden Infant Death Syndrome (SIDS).
- Cribs slats should be no more than 2 ¼ inches apart so your infant's head cannot become trapped between them. Keep the side rails up whenever your infant is in the crib to prevent falls. The crib mattress should be firm and snug-fitting.
- Avoid loose, soft bedding such as pillows, blankets, and comforters as well as soft toys in your baby's crib.
- Infants should have **tummy time** every day while supervised (this can be a good time for skin-to-skin time with both mom and dad) but **not while sleeping**.

Routine baby care

- **Sneezing, congestion, snorting, and hiccups** are all common. Nasal saline drops and bulb suction may help with congestion but frequent, vigorous use of the bulb suction may make congestion worse. If your baby seems to have difficulty feeding or breathing from congestion, please call our office.
- Your baby's **umbilical cord** will generally fall off by about 2-3 weeks of life. Keep the area clean and dry by keeping the diaper below the cord. There is no need to clean it with alcohol or anything else. Please call our office for redness, bad smell, or fluid from the cord area. A few drops of blood are normal when the cord separates.
- Wait to submerge your infant for a **bath** after the umbilical cord falls off and dries completely. Most infants only need baths 1-2 times per week to avoid drying out the skin, and encourage a healthy skin microbiome. Minimize soap exposure to avoid excessive drying. **Babies have sensitive skin.** Fragrance-free soaps and lotions for bathing and fragrance-free detergents for laundry are recommended. Diaper rash creams and ointments are okay to use should your baby develop a diaper rash. To **check the safety of your newborn skin care products**, visit <https://www.ewg.org/skindeep/>

Jaundice

- Jaundice refers to the yellow color that is very common in a newborn's skin. Jaundice is caused by bilirubin, a byproduct of the breakdown of red blood cells. Newborns have immature livers and are unable to efficiently excrete bilirubin.
- Jaundice will progress from head to chest and abdomen and last to arms and legs.
- Frequent feedings help but extra water is not necessary.
- Please call our office if your baby seems to be bright yellow, is very sleepy, is not feeding well, or is not having at least 5-6 wet diapers in a 24 hour period by 5-7 days of life.

Car Seat

- **A car seat** must be used every time your infant is in the car and must be facing the rear seat. The center, rear seat is the best place for the car seat. **Never** place a rear facing car seat in a front seat with an airbag.
- Please see <http://www.carseatscolorado.com/> to find a car seat fitting station near you.

Safety

- Install a smoke detector and carbon monoxide detector. Replace batteries once a year on your child's birthday.
- Maintain the hot water temperature in your house less than 120° F
- Do not walk with your infant while carrying hot drinks that could scald him/her.
- Do not use strings, necklaces, ribbons, or anything else around your infant's neck.
- Your infant should be supervised around pets at all times.
- Avoid exposing your child to the sun for prolonged period of time. Keep your infant covered.
- Avoid **all** tobacco smoke around your infant. Infants who are exposed to smoke have more respiratory and ear infections. Also, exposure to secondhand smoke increases risk of SIDS.

"Baby Blues" and fussy babies

- "Baby blues" are very common after delivery. If you feel overwhelmed by sadness or anxiety or feel like you are not bonding with your baby, please talk to us or your physician.
- Babies cry! It is okay to put a crying baby down in another room and walk away. **Never** shake a baby.

Your infant's next well check should be at 2 weeks and 2 months.