



A NEW BABY!

Important Points to Know

FEVER A fever is a temperature of 100.4°F rectally. This is an emergency in an infant less than three months. Call us immediately. Do not give a baby Tylenol until after two months old.

FEEDINGS Up to one month of age you need to wake your baby up at night at least every 3 hours if breastfed. They may feed every 1½ – 2 ½ hours during the day.

VITAMINS All infants need Vitamin D 400 I.U. a day. Give D-Vi-Sol 1 ml (1 dropper full) once a day with a meal or 1 Drop of Baby D Drops (available at Whole Foods).

SIDS This stands for Sudden Infant Death Syndrome or “crib death.” There are 5 things you can do that will significantly reduce your infant’s risk of SIDS:



- 1) Sleep on back ONLY
- 2) Baby should sleep in own crib/bassinet without pillows or heavy blankets
- 3) Your baby should sleep in your room for the first 6 months
- 4) Introduce a pacifier at 2-4 weeks for sleep times, and
- 5) Avoid second-hand smoke exposure

Be sure that your baby has tummy time while awake at least 5 times a day to prevent your baby from developing a flat head.

NORMALS A pink rash that looks like a flea bite may come up anywhere on your baby’s body between the second day of life and two weeks of age; this is normal. There is no need to put anything on the rash; it will resolve on its own. You may cleanse the face with a soft washcloth and water.

When your breast milk comes in, the baby’s stool may look and sound like diarrhea. A stool with each feeding is normal. Apply a thick layer of diaper cream to prevent diaper rash.

Hiccups occur often (especially after eating and the tummy is full)! Sneezing is common as well and the only way a baby clears his/her nose. There is no need to do anything about either one of them.

SAFETY To prepare your home for the new baby, make sure your hot water heater temperature is turned down to 120°, you have checked your smoke alarm batteries, and you have a carbon monoxide detector. If your crib is old or an antique, make sure that it was not painted with lead based paint and that the slats are not more than three finger widths apart.



CAR SEAT The safest place for your baby in the car is the car seat, facing backward, in the center of the back seat until 2 years of age. Never seat a baby in front of an airbag.

CLEANSERS *DO NOT EVER* USE LIQUID BABY SOAPS ON THE BODY! THEY ARE MADE WITH THE SAME INGREDIENT AS DISHWASHING DETERGENTS AND SHAMPOOS. Use one like Dove or CeraVe Cleanser or Cetaphil Cleanser.

OKAY products for babies:

- DIAPER WIPES
- DIAPER CREAMS (Desitin, Balmex, Dr. Smith's, etc.)
- UNSCENTED LOTIONS (CeraVe, Lubriderm, Eucerin, Aquaphor, Cetaphil)
- SALINE NOSE DROPS-for Nasal Congestion (Ocean, Ayr, Little Noses Normal Saline Nasal Drops)
- SIMETHICONE GAS DROPS (Mylicon, Phazyme, Gerber, dose is 0.3ml by mouth each feed)
- SOAPS: Dove unscented/ CeraVe or Cetaphil gentle cleanser

Not OKAY for babies:

- WATER TO DRINK -Can dilute the blood and cause seizures
- POWDERS-Inhalation risk, yeast infections and can get into little girls reproductive system
- TYLENOL- until two months
- IBUPROFEN- until six months
- COLD MEDICINES- until six years
- HONEY- until a year because of Botulism spores
- GRIPE WATER
- BABY SOAPS (Baby Magic, Johnson & Johnson's Head to Toe, Aveeno, etc.)--USE ONLY AS SHAMPOO – too drying!

BOOKS & WEBSITES For additional reference material we recommend:

www.healthychildren.org www.aap.org *Caring For Your Baby and Young Child*, by the American Academy of Pediatrics *Baby 411*, by Denise Fields, Ari Brown, M.D. *Touchpoints*, by T. Berry Brazelton, M.D