



# Cedar Park Pediatric & Family Medicine

Complete Medical Care for your Family

www.cedarparkdoctors.com - 512-336-2777

345 Cypress Creek Rd. Suite #104

920 N Vista Ridge Blvd. Suite #500

**INTRO TO  
PARENTING**

## Feeding Options for your Newborn

Lee Keegan, MD – Board Certified Pediatric Medicine

### **Breastfeeding**

Initial milk is called **colostrum** and contains more protein, though is lower in volume than later milk. "Milk comes in" for most women between days 2-5 after birth. For first time moms, it is often not until day 4 or 5.

- **Ways to help establish good milk production:**

- Attempt feeding **within 1 hour of birth**
- Breastfeed about **every 3 hours in the hospital**
- Even if baby isn't getting much, attempting feeding is important. When baby latches and sucks, this stimulates release of oxytocin from the pituitary which in turn stimulates milk production.

- **Latching:**

- A good latch will involve most of the areola rather than just the nipple in baby's mouth.
- Different holds work for different people: cross-cradle, cradle, football and side lying

- **How long and how often? How do I know my baby is getting enough?**

- Feed lengths vary. Some babies are far more efficient feeders than others. **Average 10-15 minutes per side initially.**
- Newborns need to feed about **every 3 hours.**
- Early on, you may have to set the feeding schedule, but once your baby is gaining weight, let them lead.
- Babies latch and feed much better when they are hungry, rather than being woken up to feed.
- You know your baby is getting enough when he acts satisfied after feeding, has a good number of wet and dirty diapers and gains weight.
- Initial weight loss up to **10%** is normal. Babies are expected to be back to birth weight by 2 weeks of age.



### **Supplementing:**

Some moms do not make enough milk and require supplementation. We are here to help guide parents through this process, as what is needed can be a little different for everyone. For most, we encourage breastfeeding first, followed by offering a supplement afterward.

### **Bottle feeding:**

Formula provides good nutrition for babies. It isn't the same as breast milk, but is made to approximate the nutritional content.

- First few days, babies will take 1 - 2oz per feeding
- Feed every 3 - 4 hours
- Babies will slowly and naturally increase the amount they take, averaging 2 - 3oz. to 3 - 4 oz. by 2 months of age. Most older babies max out at 6 - 8oz per feeding.

# Caring for your Newborn

Lindsey Moore, MD – Board Certified Pediatric Medicine

## **Bathing**

- 1<sup>st</sup> bath takes place in the hospital about 6 hours after birth.
- At home, sponge bathe 2-3 times a week with dye-free, fragrance free soap until umbilical cord falls off.
- Peeling skin is normal, apply moisturizer only if areas are cracking



## **Cord Care**

- The umbilical cord usually falls off within 2 weeks after birth.
- Wiping with alcohol is not necessary, but can help if there is an odor

## **Nail Care**

- Newborn nails are very hard to clip. At first, use a nail file and mittens to keep baby from scratching herself.
- It is easiest to clip nails by holding your baby facing away from you.
- You may also try clipping nails while baby is sleeping.

## Potty Talk

**Oh, Poop!** Newborn poop is called **meconium** and looks like tar. As baby eats more, this will change.



- **Breastfed** babies usually have loose, yellowish stools, which may occur after every feeding, or only once every few days.
- **Formula fed** babies usually have greener and thicker stools, and tend to poop less often than breastfed babies.
- It is normal for babies to turn red and grunt when pooping.
- **Signs something might be wrong:** no poop in the first 24 hours of life, bloody poop, poop that is hard and long, poop that looks like grape jelly, drastic increase in frequency of poop.

## **Phew, it's just Pee!**

- Normally one wet diaper on Day 1. Two wet diapers on Day 2. Four or more by Day 4.
- *Crystals in the diaper?* Uric acid crystals are red and powdery, and are not cause for concern, but can happen when babies are dehydrated.

## **Diapers for Boys**

- Point penis down in diaper, otherwise, he will pee out the top of his diaper every time.
- If circumcised, place Vaseline on gauze piece and fold gauze around penis like an envelope until healed (about 1 week). Change several times a day and with every dirty diaper.
- If uncircumcised, do not forcibly pull back foreskin to clean the head of the penis. Usually by age 5, the foreskin pulls back naturally and can be cleaned underneath.

## **Diapers for Girls**

- Wipe front to back and in every crease.

# Will We Ever Sleep Through the Night Again?

Betzi Mathew, MD – Board Certified Pediatric Medicine

## **Newborn Sleep Cycles**

- Newborns sleep on average 16-17 hours a day, usually in 1-3 hour spurts.
- Day/Night Reversal is common, but typically resolves within the first few weeks.
- Most babies will not sleep through the night (6-7hr) until 3-4 months of age.
- The newborn sleep cycle is shorter than adults and lasts 50-60min. Their sleep is composed of “active sleep” in which they appear to be restless, and “quiet sleep.” Babies will often move and make sounds during active sleep, but if left alone can proceed to quiet sleep.



## **SIDS Prevention**

- The baby should be placed on his back in a crib with a firm mattress.
- Remove fluffy blankets, stuffed animals, or pillow-like bumpers from the crib.
- Overheating increases SIDS risk, dress in lightweight sleep clothing and consider a wearable blanket or swaddle.
- No smoking!

## **Healthy Sleep Habits**

- Recognize when your baby is getting sleepy
- Establish a nighttime routine
- Put baby down drowsy, but not asleep. Try not to nurse to sleep.
- Pacifiers can be offered when falling asleep after breast feeding is well established.

# Why is My Baby Acting Fussy?

Brent Cardwell, MD – Board Certified Pediatric Medicine



***In the first 3 months of life, crying is a baby's primary form of communication.*** Babies cry when something is wrong or when they are wet or hungry. Sometimes, however, crying is just a means of identifying a need. As adults, when our nose itches, we scratch it, but when a baby's nose itches, he/she cries. When our clothes are too tight, we loosen them but when a baby's clothes are too tight, he/she cries. It is important to view crying as a baby's most primary means of communication, rather than always signifying a problem.

## ***How many hours a day does a baby cry?***

- The average infant cries over 2-4 hours every day during the first two months.
- First-born children tend to cry more than others because we, as parents, are not as proficient in interpreting the reason for crying and often respond in ways that are out of sync with the baby's needs.

## ***At what age do fussy periods begin?***

- As early as **2 to 3 weeks of age**, you may notice your infant has a “fussy period,” which is typically in late afternoons and evenings. During these times, your baby may not be as consolable as other times.
- The period of most intense crying tends to peak by 6 weeks, and remains stable until about 8 weeks, and disappears between 10-12 weeks.

### ***What causes fussiness in babies?***

- No one really knows for sure. Most experts believe that it is because babies have an immature nervous system, which easily becomes over stimulated.

### ***What about food intolerance or gas?***

- In our society, fussiness in infants is most often attributed to food intolerance and gas. However, studies show that **fewer than 5% of fussy periods** can be attributed to food intolerance. For some children, no matter what they eat or no matter what their breastfeeding mothers eat, there will still be a level of fussiness.
- As for gas, there is no evidence that infants produce more gas than older children. Moreover, the normal crying positions for babies include knees pulled to the chest and tightened stomach muscles, so this is not a good indicator of gas. And since the theory behind fussiness relates to an over stimulated nervous system, it makes no sense for gas medicines to work. In multiple studies, so-called gas medications such as mylicon and phazyme have been shown to function only as placebos (in other words, no better than sugar water).

***Is there such a thing as colic?*** We don't like using the term 'colic' because it turns what is really a normal condition into a disease. And then rather than confronting the issue and problem solving, we, as parents, tend to look for a medicine to deal with the disease.

### ***Does my baby have a temperature?***

- Get a digital **rectal** thermometer
- Our temps vary- normally coolest in the morning (as low as 97.6) and highest in evening (up to 100)
- Fever is rectal temp of 100.4 or higher, if under 2 months, temp **above 100.4** warrants immediate evaluation, usually by the ER
- **No Tylenol below 2 months** so that fever isn't masked.



## *So, What Can You Do If You Have a Fussy Baby?*

Every child is different, and different techniques may work better at different times. Look through the following suggestions and try various combinations (i.e. changing position, adding motion and increasing non-nutritive sucking) to help your new baby. Try a selected pattern **for 15 minutes** before trying another. Rapid switching can also over stimulate baby and lead to more crying.

### **Positioning**

- Lay your baby face down over your forearm or seat your baby on your hand or arm, with the back to your chest, and lean forward on the other forearm.
- Try to place your baby high on your shoulder.
- Cradle your baby in your arms, across your stomach.

### **Motion**

- Keep motion gentle and rhythmic. Do not ever shake your baby.
- Walk slowly, with or without deep knee bends
- Sway gently back and forth or sit in a rocking chair or glider
- Use an infant swing with a battery or crank- swings do not cause Shaken Baby Syndrome

**Massage** - Gently, but firmly, massage the torso, arms, and legs. Try rhythmic patting of the back and bottom.

### **Warmth**

- Always check that items are not too hot – your child should be comfortably warm.
- Swaddling baby tightly in a blanket is often the best approach, especially in combination with a swing.



- Cuddle baby against your body. If you find yourself tensing because of the crying, this approach often makes it worse. In this case, it is helpful to pass the baby to another parent or use a swing.

### **Non-Nutritive Sucking**

- Try introducing the pacifier after a feeding; your child is more likely to accept it when calm. Don't worry; we'll help you eliminate the pacifier later in life when it's no longer physiologically necessary.
- Some children will not take a pacifier. Try swaddling tightly and putting the fleshy part of your finger on the roof of the palate to stimulate a sucking reflex.

### **Sounds**

- Speak in a low gentle voice, hum or sing softly or use whispering sounds
- Try the dishwasher, vacuum, fan, clothes washer or dryer as background noise
- Try music – classical, soft jazz, new age or devices that play natural sounds (rain, oceans, birds, heartbeats)

**Car Ride** - It combines motion and gentle sounds as well as the secure feeling of the car seat!

**Do things for yourself** - Most importantly, parents must take care of themselves first. If a mother is not relaxed, well hydrated, well rested, and well nourished, she's not best equipped to care for baby.

- Try to nap when your child is napping; turn off the phone and make sure that you get some sleep.
- If the crying becomes overwhelming, get help! Babies know when you are upset. Leave your baby with someone you trust and take a break. Not all crying can be easily fixed, and it is not a reflection of your parenting ability!



**Freshly Expressed Breastmilk Storage Guidelines**  
*(For Healthy Term Babies)*

<b>Room Temperature</b>	<b>Cooler with 3 Frozen Ice Packs</b>	<b>Refrigerator</b>	<b>Freezer</b>
4–6 hours at 66–78 °F (19–26 °C)	24 hours at 59 °F (15 °C)	3–8 days at 39 °F or lower (4 °C)	6–12 months 0–4 °F (-18–-20 °C)

For more information, or to find a lactation consultant near you, call our Breastfeeding National Network (BNN) at **1-800-TELL YOU** or visit **[www.medela.com](http://www.medela.com)**



References: [www.BreastmilkGuidelines.com](http://www.BreastmilkGuidelines.com)

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