

❖ Cabarrus Crib Notes ❖

2 Week Edition

A publication of *Cabarrus Pediatrics*

www.cabarruspeds.org

weight _____

length _____

head
circumference

Vitamin D Drops-

(Tri-Vi-Sol or
D-Vi-Sol)

1 milliliter once a
day should be
given to all
breast fed babies
and babies
taking less than
32 ounces of
formula per day.

This helps
prevent a bone
disease known as
rickets.

Congratulations on your new baby!

We feel privileged to be able to help you care for your new baby. At each well visit you will receive handouts like this one that include information that will help you give your baby the very best care.

Nutrition

The only food your baby needs for the first 4-6 months is breast milk or formula! Breastfed babies typically will nurse every 1-1/2 to 3 hours. Try to get your baby to nurse on both sides each time she eats. Take advantage of our doctors, nurses, and the hospital lactation nurses for any breastfeeding questions. Remember, **breast milk is the perfect food for your baby!**

Formula-fed babies typically eat between 1-1/2 to 4 ounces every 2-4 hours. (About 2-1/2 to 3 ounces per pound per day) We generally discourage frequent formula changes. If you think your baby needs to change formulas, please call and discuss it with us. Babies need iron so we do not recommend "low-iron" formulas. Avoid warming bottles in the microwave as this may result in severe burns due to uneven heating.

Safety

Be sure to review and follow the recommendations from the **Safe at Home** sheet you were given. **Free car seat inspections** are available from 10am-2pm each Monday at Fire Station #3 in Concord and the fourth Friday of each month at Fire Station #1 in Kannapolis. CMC-NorthEast offers infant CPR courses periodically. Call ASK-FIRST for details (403-1275 or 1-800-575-1275).

Back to Sleep-Stomach to Play

Your baby should sleep on his back in a crib or bassinet. This has been shown to lower the incidence of SIDS (crib death). Don't let your baby sleep on soft blankets or quilts. Sleep positioners are not recommended. Avoid over-bundling him as well. Place your child on his belly when awake to prevent flattening of the back of the head. Babies who sleep in the bed with parents also have a higher rate of SIDS, so avoid this practice.

It takes time, but babies do eventually sleep through the night. To avoid sleep problems, try to put your baby down when he is drowsy but still awake. By doing this, a baby gradually learns to put himself back to sleep after middle of the night awakenings. It's alright (and enjoyable) to rock your baby, but try to put him down before he's sound asleep. Daytime naps are great for you and your baby but generally shouldn't be longer than two to three hours. A baby who sleeps all day may not sleep as well at night.

Helpful hints!

All parents worry about their new baby getting sick. There are some simple steps that you can take to minimize your baby's chances of becoming ill.

1) Be careful around crowds of people. It's alright to take your baby out briefly at this age. But don't let anyone who is ill hold your baby. Everyone loves to hold a new baby but don't feel guilty for saying no.

2) Wash your hands frequently.

3) Do not let anyone in your home smoke. Exposure to cigarette smoke increases the incidence of colds, ear infections, asthma, and even SIDS (crib death). Smoking outside is only a partial solution. Quitting smoking takes motivation-but a new baby is the best incentive you could ask for! Call 1-800-QUITNOW for help.

Crying

Your baby can be expected to cry frequently during the first 6-8 weeks. Babies may cry when they are hungry or wet but often there is no identifiable cause for crying. You will gradually learn to recognize your baby's cries and how to deal with them. Don't worry about spoiling your baby at this age. Holding, cuddling, strolling, singing, rocking, or an occasional car ride will often soothe baby and parent. If you can, share the responsibility and be sure to have some time for yourself each day. Call our office if crying is associated with fever, poor feeding, recurrent vomiting, lethargy, or other signs of possible illness.

Fever

Be sure that you learn how to take your baby's temperature! Your doctor or nurse will be happy to teach you. Rectal temperatures are most accurate and should be used in this age group. Rectal temperature greater than 100.4 degrees is considered a fever. Fever may be the only sign of a serious illness in a baby less than 3 months old. Call our office immediately for a temperature greater than 100.4.

Office policies

Our regular office hours are 8:00-5pm Monday through Friday. Please call during these hours to schedule appointments or to ask routine questions. Except for true medical emergencies-appointments are necessary. Evening and weekend visits are offered for urgent problems that cannot wait. You can reach us when the office is closed by calling the office phone number (Concord: 704-403-7720; Kannapolis: 704-403-7735). A nurse or doctor will call you back. Except for true emergencies, please do not take your child to the emergency room without calling the office. We can often arrange to see your child or handle problems by phone.

Next checkup: age 2 months

Regular checkups are done at 2, 4, 6, 9, and 12 months. Keeping your baby up to date on checkups and shots is one of the best things you can do for his health.

Other instructions:

Cigarette smoke increases the risk of colds, ear infections, asthma, and even SIDS

*For more information on these and other topics visit our web site at:
www.
cabarruspeds
.org*

Cabarrus Pediatrics

Uncompromising Excellence. Commitment to Care.