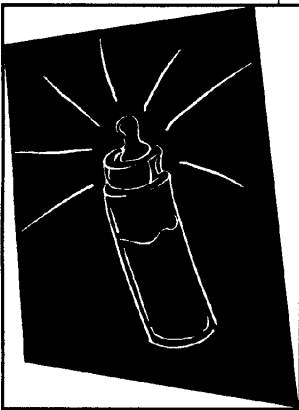

◆Cabarrus Crib Notes◆

2 Week Edition

A publication of Cabarrus Pediatric Clinic

weight _____
length _____
head circumference _____



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 a handout that includes information about nutrition, safety, illnesses, and other parenting issues. We hope these will help you to give your baby the very best care. Please save the handouts to refer back to later.

Nutrition

All that your baby needs to eat at this age is breastmilk or formula!

Breastfed babies typically will nurse every 1-1/2 to every 3 hours at this age. 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 and may destroy vitamins in the formula..

Safety

Be sure to review and follow the recommendations from the “**tipp**” safety sheet you were given. We also recommend sharing the information about choking prevention and first aid with the whole family, grandparents, babysitters etc. Cabarrus Memorial Hospital offers infant CPR courses once a month. Call ASK-FIRST for details (783-1275 or 1-800-575-1275)

Sleep

Sleep deprivation is one of the biggest challenges to new parents. It takes time, but babies do eventually sleep through the night (sometime between 2 and 6 months old). Here are some tips to help your baby 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 you may want to limit them three to four hours. A baby who sleeps all day may not sleep as well at night.

Remember: We recommend that your baby sleep on his side or back. Don’t let your baby sleep on soft surfaces like a water bed or fluffy blanket and avoid over bundling him as well. This has been shown to lower the incidence of SIDS (crib death).

Breast milk is the perfect food for your baby

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

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 is difficult, but a new baby is the best incentive you could ask for!

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 to 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 at this age.

Office policies

Our regular office hours are 8:15-5pm 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 can not wait. You can reach us when the office is closed by calling the regular office # (786-1144). A nurse or doctor will call you back. Except for true emergencies, please do not take your child to the emergency room without first speaking to the doctor on call. 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. All but the 9 month checkup usually involve immunizations. Keeping your baby up to date on checkups and shots is one of the best things you can do for his health.

Other instructions: