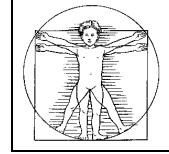


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TIPS FOR PARENTS

2 WEEKS OLD OR LESS

CRYING AND FEEDING

Now that you have had a chance to be at home with your child for few nights, there are some common feeding mistakes that some parents make in the first few days/weeks of life. This handout is intended to help the first time parents (or refresh the memory of our "seasoned" parents).

Remember that there are two strong "reflexes" that newborns have: crying and sucking. As you know, **ALL CHILDREN CRY**. The problem with crying at this age is that parents want to "DO SOMETHING" when the newborn cries. Most babies will become quiet when picked up. Newborns will suck a finger or pacifier if placed in their mouth. All crying babies will also suckle from a bottle or breast to stop their crying. Since it is **IMPOSSIBLE** to cry out **AND** suck in breast milk or formula at the same time, babies tend to become quiet during a feeding. Many parents feed children every time they cry. This turns breast-feeding moms into a human pacifier and bottle-feeding moms into constant providers of formula. We know that this can lead to overfeeding, obesity and reflux.

Babies who are overfed are given more fluid than their stomach can hold. Overfeeding may cause the child to reflux (vomit back up into the esophagus--the swallowing tube). When a child refluxes or vomits up breast milk or formula, the feeding mixes with stomach acid and the child gets the adult equivalent of heartburn. What do these children do? **CRY!** What do the parents do? **FEED!** The reason the child was crying in the first place was due to reflux because of overfeeding. These parents many times never get a peaceful night but they will if they decrease the feeds.

Therefore, don't feed every time your baby cries. Instead, look for any hunger cues your baby will demonstrate, such as rooting, sucking on the hand, and fussiness. Start to learn your baby's hunger cues. Before automatically feeding when

the baby cries, try other methods to console your infant like burping the baby, rocking, singing, walking or swaddling. You should not need to feed more often than every 2-3 hours once breast-feeding is well established. Formula fed babies may be fed every 3-4 hours. However, don't wait *more than* 4 hours to feed your newborn, even at night. Infants need to be fed this way at this age to maintain the sugar level in their blood. Do not let your child sleep throughout the night until we see your newborn at 2 months of age. Please purchase POLY VI SOL vitamin drops and give 1 cc (ml) per day to your infant, whether you are breast or bottle-feeding.

BREASTFEEDING BABIES

Breast-feeding moms will want to get their breast-feeding schedule in-sync with the child's hunger schedule. We suggest for the first week or two of life that breast-feeding mothers feed their children often and for as long as they can. Prolactin, a hormone produced by breast-feeding mothers, allows the milk to "let-down." Without prolactin, breast milk is produced but will not be expressed from the breast. In the first few days of life, prolactin levels are low. The breast-feeding mother may not feel as if she is getting much breast milk out. Don't worry. With persistence, breast milk will appear. At this point, you are merely trying to establish the flow of milk and increase your prolactin level. It is not until you have a good prolactin surge (every three to four hours) that you will leak and have good breast milk flow. Allow yourself 10 days to get this surge. At that time, your breast milk should be in. Once you feel the surge of breast milk, you will get onto a schedule of feeding every 2-4 hours at the time that you feel the let down of your milk.

FORMULA FED BABIES

Some parents measure their success by the amount of formula their child drinks--the more ounces consumed by the child, the better the parent. Do not fall into this rut. Formula over-feeding frequently promotes some unwanted problems. First, you'll find yourself constantly feeding your child because he/she will expect you to feed them whenever they cry. Your child will take in more calories than they need and they may start down the road to becoming obese. The child may NOT lose this weight when they get older--even if you or your spouse were overweight as a child and are now thin. We know that GRANDMOTHERS LOVE FAT BABIES! Overfeeding the child just because "your mother did and YOU turned out all right" has been found to lead to obesity in childhood and later life. In the first few days of life, formula fed babies can start with 1 $\frac{1}{2}$ to 2 ounces of formula per feeding, about every 2-3 hours, and slowly add more ounces at a time as tolerated. Look for signs the baby is full,

such as refusing the nipple, spitting, and closed mouth. A general rule: for formula intake, total ounces consumed per 24 hours should equal to about twice the baby's weight in pounds (e.g. a 9 pound baby should take roughly 18 ounces in 24 hours).

Prepare formula following the directions on the box or can. You can use tap water or bottled water to make formula. You only need to wash the bottles, rings and nipples in the dishwasher or with warm water and soap each time before feeding the baby. You can store prepared formula in the refrigerator for up to 24 hours, but do not give to baby after more than 30 minutes if stored at room temperature.

SLEEPING

We can safely assume this IS now a foreign word in your home. It just doesn't seem fair!! Your child sleeps all the time while you are awake. And if that wasn't enough, it seems they want to party at night. A few sleepless nights with you hovering over the crib worrying about SIDS will soon deprive you of sleep and convince you that your healthy child will live through the night. Children will not automatically sleep during the night and stay up in the day. In the beginning, they may sleep up to 20 hours in a 24-hour day. They tend to sleep after a feed. They will slowly get into the "normal" schedule-just not right now.

Please do not let your baby sleep in the same bed with you. The American Academy of Pediatrics and we at Pediatric Affiliates recommend having your child sleep in a crib or bassinet in the same room with you until age 4-6 months. This arrangement has been shown to reduce the risk of SIDS and allows for convenient feeding and monitoring. ALWAYS place your child to sleep on their back on a firm surface-not on their side or their stomach. If you are concerned about flattening of the back of the skull, turn your baby's head to one side while sleeping, and provide "tummy time" while your baby is awake and supervised. Have your child wear a sleeper or use a swaddle to keep warm. Do not use blankets, quilts, crib bumpers, or pillows. Do not allow the child to be over bundled or overheated, and avoid using a waterbed. A pacifier given during sleep has been shown to decrease the risk if SIDS.

IMMUNIZATIONS/LABORATORY TESTS

If your child has not had the first HBV (Hepatitis B Virus) Vaccine, we will give that shot today. We will ask you to read information on this shot before we give it to your child in their thigh. If you have any questions, please ask the Doctor or Nurse PRIOR to the administration of the vaccination.

We will check the results of the Newborn Metabolic Screening Test ("the PKU Test"). If the baby has jaundice (yellow skin color), he/she may need to have a

bilirubin test, which is done by taking blood from the heel.

If your infant is less than 10 days old, the Doctor may ask you to bring the baby back in another week or two to make sure your child's weight is normal and that there are no other medical problems. If you are being seen today for the 2-week visit, the receptionist will make an appointment for the child's 2-month visit. At that time your child will get the first series of vaccinations.

SAFETY

Always remember to place your infant in an infant car seat located in the middle of the back seat facing the rear of the car. If you are using a seat belt with a shoulder strap, use the metal locking clip that comes with the car seat. This will ensure that the car seat stays secure at all times. Every time you put your baby in the car seat, check that the seat belt is securely fastened to the infant car seat.

Please call us immediately if your newborn has difficulty breathing, blueness to lips or extremities, forceful vomiting or an increased rectal temperature of 100.4 or higher. Please do not give your infant any medications without discussing it with our office first.

Become familiar with our website www.doc4kids.com which has useful information for newborn parents and has tips on parenting from birth through 21 years of age.

BOOKS AND OTHER RESOURCES

From the American Academy of Pediatrics:

www.aap.org and www.healthychildren.org

Formula preparation from the Mayo Clinic:

www.mayoclinic.com/health/infant-formula/MY00193/NSECTIONGROUP=2

"New Mother's Guide to Breastfeeding." American Academy of Pediatrics; Joan Younger Meek, M.D., M.S., R.D., F.A.A.P., I.B.C.L.C., Editor in Chief.

"Heading Home With Your Newborn: From Birth to Reality." By Laura A. Jana, MD, FAAP, and Jennifer Shu, M.D., F.A.A.P.

Enjoy Your Baby And Good Luck!!

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