

HOLYOKE PEDIATRIC ASSOCIATES, LLP

150 Lower Westfield Road, Holyoke, MA 01040 (413) 536-2393

84 Willimansett Street, So. Hadley, MA 01075 (413) 532-0300

Billing Office: 532-7355

Name: _____

Height _____ Weight _____

Each day a pediatrician from Holyoke Pediatrics will be checking your newborn and will visit you. Your personal pediatrician will be seeing you on regular visits.

This sheet is the first of the Anticipatory Guidance Sheets which you will receive at each checkup. Topics appropriate for the baby's age such as newborn care, introducing solid foods, discipline and toilet training, will be included in the sheets.

1. **Breastfeeding:** There is a special pamphlet available.
2. **Formula:** Similac with iron or Enfamil with iron are available. The hospital has given you a pamphlet describing how to prepare the formula. Follow an "on demand" feeding schedule. This is only ½ to 1 ounce of formula each feeding on the first day then up to 3 ounces each feeding.

3. Feeding Schedule During First 2 Weeks:

Breastfeeding babies should nurse every 2-3 hours and at least once at night.

Formula feeding babies: Daytime feedings are usually every 3-4 hours. Don't let the baby sleep more than 4 hours. If the baby is feeding regularly and appears to be satisfied, you may allow your infant to sleep longer during the night, but not more than 5 hours for the first two weeks. **ALWAYS** hold the bottle when feeding your infant and hold the baby in your arms for feeding.

4. **Bowel movements:** The color and consistency may vary. Notify the doctor if you notice:

*Diarrhea – watery stools more frequent than every feeding (Breast milk stools appear to be very watery but this is normal)

*Constipation – no stools for more than two days or stool are small and hard.

5. **Going out:** It is all right to take your baby out, but avoid crowds if possible and keep sick people away.
6. **Skin care:** Cleanse diaper area and apply ointments (Vaseline, A&D, Desitin, Balmex) after diaper change to prevent rashes. Use gentle soaps like Dove to wash your baby. You do not need to use baby powder.
7. **Genital Area:** This area is normally swollen with some discharge (sometimes bloody) due to hormones crossing the placenta into your daughter. **Always** wipe bowel movements away from vaginal area going from front to back.

8. **Sleep:** Position your baby on her side or back. Do not use a pillow.
9. **Cord Care:** Dab with alcohol up to three times a day while still moist. Keep diaper folded below naval to keep the cord dry. Cord gets mucously and sometimes smelly when it is ready to fall off. Sponge bathe only until cord falls off and any crusty discharge has disappeared. Continue to clean the cord area with alcohol until completely healed.
10. **Jaundice:** This is a yellow coloring of the skin from bilirubin. Slight jaundice is common among infants. Your baby may need a blood test to measure the amount of bilirubin. Frequent feedings will help to clear up jaundice.
11. **Expect:** You should expect some spitting up, fussiness, face and body rash, sneezing and hiccups. Some weight loss is normal the first several days.
12. **Newborn illness:** Please notify us if you note any of the following:
 - Rectal temperature over 100 degrees;
 - Refusing two consecutive nursings or bottle feedings;
 - Vomiting yellow liquid;
 - Consistent rapid breathing;
 - Skin becomes more yellow(jaundice)
13. **References: Your Child's Health: A Pediatric Guide for Parents** by BartonSchmitt, MD, **Baby and Child Care** by B. Spock, MD and M. Rothenburg, MD and other such books are excellent references for everyday problems.
14. **Calling the Office:** The Holyoke office opens for calls from all patients at 7:30 a.m. weekdays and at 8:30 a.m. on the weekend. **For emergencies**, call anytime. The Holyoke office is open on weekday evenings and during the day on the weekend for emergencies and sick children.
PLEASE CALL FIRST. 536-2393
15. **Office Visits:** If your baby goes home the first or second day then we must see the baby when she is four (4) days old to check for jaundice and to weigh her. For baby's first appointment:
 - Date: _____ at the Holyoke Office, 150 Lower Westfield Road, Holyoke.
Call **536-2393** to make an appointment.
 - Date: _____ at the So. Hadley Office, 84 Willimansett Street, So. Hadley.
Call **536-2101** to make an appointment.
 - Date: _____ at the Holyoke Health Center, 230 Maple St., Holyoke.
Call **420-2200** to make an appointment.

If the baby is to be seen on Saturday or Sunday, please call the Holyoke Office for a time to come in **536-2393**.

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