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[www.holyokepediatrics.com](http://www.holyokepediatrics.com)

Child's Name: \_\_\_\_\_ Length: \_\_\_\_\_ Weight: \_\_\_\_\_

Each day a pediatrician from Holyoke Pediatrics will be checking your newborn and will visit you in the hospital. Once home, your primary care provider 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:** At HPA we have certified lactation consultants who provide education, counseling and support so that breastfeeding can be a rewarding experience for both moms and babies. Any nursing mother, especially first-time moms, can book an outpatient lactation consult by calling our office.
2. **Formula:** Various formulas 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  $\frac{1}{2}$  to 1 ounce of formula for each feeding on the first day then up to 3 ounces each feeding.
3. **Feeding Schedule During First 2 Weeks:**
  - a. **Breast fed** babies should nurse every 2-3 hours.
  - b. **Formula fed** 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. **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:
  - a. Diarrhea – watery stools more frequent than every feeding (Breast milk stools appear to be very watery but this is normal.).
  - b. Constipation – Stools are small and hard and difficult to pass.
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 dry well. Use gentle soaps like Dove to wash your baby. You do not need to use baby powder.
7. **Genital Area:**
  - a. **For Girls:** 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.
  - b. **For Boys: Circumcision:** If you have questions about the need for a circumcision, please discuss it with the pediatrician or nurse practitioner. The obstetrician will do this procedure. If a circumcision is performed, use A&D ointment or Vaseline on the penis until the redness is gone. Plastibell procedure requires no special care. With no circumcision, no special care is required. Do not push the foreskin back.

8. **Cord Care:** Keep diaper folded below naval to keep the cord dry. Cord gets mucousy and sometimes smelly when it is ready to fall off. Sponge bathe only until cord falls off and any crusty discharge has disappeared.
9. **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.
10. **Expect:** You should expect some spitting up, fussiness, face and body rash, sneezing and hiccups. Some weight loss is normal the first several days.
11. **Newborn illness:** Please notify us if you note any of the following:
  - a. Rectal temperature over 100.4 degrees;
  - b. Refusing two consecutive nursings or bottle feedings;
  - c. Vomiting yellow liquid;
  - d. Consistent rapid breathing;
  - e. Skin becomes more yellow (jaundice)
12. **Recommended References:**
  - a. **Your Child's Health: A Pediatric Guide for Parents** by BartonSchmitt, MD
  - b. **Baby and Child Care** by B. Spock, MD and M. Rothenburg, MD
  - c. **Caring for Your Baby and Young Child, Birth to Age 5** by the American Academy of Pediatrics
13. **Calling the Office:** We have nursing staff available to our patients 24 hours a day, 365 days a year. Call our Holyoke office, 413-536-2393 and follow the prompts to be connected. Our normal business hours are Monday through Friday 7:30am – 5:00pm at both the Holyoke and South Hadley offices. Our Holyoke location also has extended sick visit hours from 5:00pm – 7:00pm, Monday through Thursday, and 8:30am – 12:30pm on the weekends and most holidays.
14. **Office Visits:** We want to see your newborn in the office within 1-2 days of discharge from the hospital. The pediatrician taking care of your baby in the hospital will let you know when to book this first appointment. Please call our office @ 413-536-2393 to schedule appointments at either of our locations.
15. More helpful information can be found on our website: [www.holyokepediatrics.com](http://www.holyokepediatrics.com)

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