

8 months	prevnar2
12 months	MMR1, varicella
15 months	DTaP3, IPV3, hepatitis B3, prevnar3
18 months	HIB3
2 years	growth and development screening
3 years	optional urinalysis
4 years	optional hemoglobin
5 years	DaPT5, IPV4, MMR2, vision

Other shots as influenza are also available, and may be given as needed. State-supplied vaccines may be available (for an administration fee only) in our office if your insurance does not cover those costs or if you are uninsured. Speak to our receptionists regarding availability and administration fees. The county health department also supplies these shots (on a slightly different schedule) for an administration fee.

A NIGHT OUT

In the excitement of the new addition to your family, remember the loving bond that brought about your new bundle of joy. Despite all of your new demands, it is essential that you renew the union with your spouse. Talk to other parents, share your new struggles, and find a SITTER!

NOTES/QUESTIONS

your baby's tender skin from excess sun exposure. It's wise to wash all new clothing and sheets before using. We suggest Ivory Snow or Dreft.

Babies are quite prone to allergies. This is part of the reason solid foods are withheld till 4-6 months. Anything that is irritating to you may be even more irritating to your baby, particularly pet dander and smoke.

GETTING SICK

Being social creatures, we are bound to share illnesses with one another. Protecting a baby in the first few weeks is natural. Ask people to wash their hands prior to holding or touching your baby to reduce the likelihood of spreading illness. We are not complete in our ability to fight infection till adulthood, but we are most vulnerable in the first 6 weeks of life. Call us if your baby develops a fever over 101 F within 6 weeks of life.

A simple cold will block up your baby's nose and make breathing, especially while feeding, difficult. Nose drops (Ocean Mist or Salinex) dripped into the nostrils will help open up clogged secretions, or stimulate a sneeze. A bulb syringe can also help. Put a cool or warm mist vaporizer in the bedroom. Raising the head of the baby's bed may help; though babies usually slide down...some people will have the baby sleep in the car seat!

Tylenol may give comfort for unspoken pains. We don't advise the use of any other over-the-counter medications for infants less than 6 months of age. We need you to call if there is decreased urination, fever over 101.5° F rectally, greatly diminished feeding, drainage from an ear, or if your child just doesn't seem right.

PKU

The PKU test is a panel of screening tests designed to detect hypothyroidism and rare metabolic disorders. Although the instance of these disorders is less than 1 in 10,000, early treatment is so lifesaving, that the state mandates all these tests. It will be done by the hospital prior to discharge. The results take a few weeks, and if abnormal, quite a few phone calls will be made to insure that a follow-up test is taken.

VACCINATIONS

The vaccination schedule keeps changing as newer vaccines are approved. Vaccines prevent the horrors that previous generations lived with when the diseases affected tens of thousands annually in the United States alone. These vaccines are given all around the globe.

At the following health supervision visits an exam is executed with assessment of growth and development as well as the following shots or tests (as of 2004):
[Different doctors may alter the schedule slightly- this is the "easy on your baby" schedule- only one or two shots are needed per visit!]

2 months DTaP₁, IPV₁, hepatitis B₁, prevnar₁

4 months DTaP₂, IPV₂, hepatitis B₂, HIB₁

6 months DTaP₃, HIB₂

the face, as it will dry out the skin. The skin on the face is very sensitive. The most common cause of reddened cheeks is food allergy.

HORMONES

Hormones from mother sometimes cause breast engorgement in infants of both sexes where milk can be expressed. The same hormones can cause vaginal spotting or male erections. This goes away gradually as mother's hormones clear out of the baby's bloodstream.

SKIN CONDITIONS

Cradle cap is very common. It is not harmful, but can be unsightly. Some advise loosening the thick scales with mineral oil, then removing with a soft toothbrush. Selsel Blue used on the scalp twice a week may help. Keep nails short and clean. They are sharp, so be careful. Some people cut nails while the baby is asleep so that there is no struggle.

Prickly heat, infant acne, and milia are harmless and go away on their own with no particular. Milia are small whiteheads that can surround the nose, infant acne is a smaller version of the adult form, and prickly heat looks like little red dots.

Do not stick Q-tips into the ear canal. They can be used on the outside, and a few drops of peroxide may be dripped into a healthy ear canal to help remove earwax. Beware of perfumes in lotions and diapers to which your baby may be allergic. Many don't like the use of powders because when inhaled it may cause allergies later.

CRYING

The first communication device a baby has is a series of cries. Your baby will try to get you to respond differently to different cries. A hunger cry is different from a wet diaper cry. It takes time to make the communication two-way. You will be the expert on your baby.

Initially respond to all cries. See that the baby is not wet or in pain, or hungry. You may find that your baby cries at the end of a busy day, or just after friends have held your angelic baby. As parent, you are blessed with your baby's neediest moments. Be honored that your baby is so comfortable with you that s/he is willing to share these cries with you. Your ability to be calm in the midst of your baby's distress will have a soothing effect on him/her.

If you find yourself freaking out or getting angry, call a friend or your spouse. Have someone give you a short break, and talk about how you feel. This is an opportune time for many to deal with old memories, perhaps ones you didn't know you had. Please discuss this with this office if you are having a hard time.

CLOTHING

Most infants are overdressed! Dress your baby the way you would dress, with extra attention to covering the head. Check the temperature of your baby's lower back; if sweaty: s/he's overdressed. Fresh air will not harm your infant. Just protect

from time to time. Realize with the plastibell that a rim of dead skin will be present and in about two weeks the skin and plastibell fall off.

If your son is not circumcised, no specific care is required. The foreskin does not normally retract until 4-5 years of age. To force it sooner is painful and unnecessary.

DIAPER RASH

Prevention is the best medicine. Adequate cleaning with each diaper change followed by drying is essential. Try to pat dry as excess rubbing may irritate the tender skin. We don't buy into the powder-averse paranoia: baby powder is a nice way to insure that the diaper area is dry, just use a tiny bit, or put it in your hand first.

If you notice a rash, try drying the bottom with a blow dryer on a low or no-heat setting. If that isn't working, get Burow's (Domeboro) powder or tabs, and mix it up in one quart of water. Then get a washcloth sloppy-wet with this solution and put it on the bottom for a few minutes to pull out the irritants from the skin. Rinse with fresh water then dry the skin. If the rash persists, we may need to see it.

EYE DISCHARGE

The newborn's eye discharge is caused by excessive wetness from tears that aren't yet draining properly through the nasolacrimal duct. This opens up usually by 9 months. In the meantime, the eye looks unsightly. An old folk cure works better and is safer than the antibiotic drops. Simply take a little milk, formula or breast milk, and after cleaning the eye, dab a little milk right over the eye (or let a drop fall in). A cotton ball works well for this. We need to see your baby if redness develops around the eye, or if the secretions are too much or too dark.

THRUSH

Every baby gets thrush at some time in their life. It is a white coating on the inside of the mouth and tongue caused by Candida. It lasts about 10 days and causes no harm. It is not painful to most babies. The two reasons we rarely prescribe medicine for this is that firstly, the body needs to build up immunity against Candida, and secondly, the medicine has nasty side effects in lots of infants. So let the body fight this on its own.

JAUNDICE

Every newborn gets a yellowish hue to their skin called jaundice. Too much can cause brain damage. Fortunately this is rarely seen with preventative measures (Rhogam) and careful monitoring. However, with earlier hospital discharges, the problem may not be detected in a timely fashion. If you think your baby is too yellow, call the office. We will call in an order for the closest lab to do a bilirubin level. This will tell us if we need to intervene with phototherapy.

BATHING

Don't immerse your baby in water until the umbilical cord falls off. A mild soap such as Dove, Neutrogena or Basis can be used on the body, but try to keep soap off of

Fluffy pillows can cause suffocation. Well-meaning parents have fallen asleep with the baby in bed with them and rolled onto them. Until your baby can roll over, have them sleep alone on their back or side (not on their stomach).

SNEEZE/BURP/SPIT UP

Babies that sneeze and hiccough are not necessarily sick. Sneezing helps your baby clear his/her nose. Hiccoughing can be enjoyable to some babies. A lot of times babies will spit up an hour after feeds. This doesn't hurt your baby. It also doesn't taste too sour because a baby's stomach has less acid than adults.

Babies need to be burped because they take air into the stomach with feeds. Even bottles with bags in them don't help much because air gets in around the nipple. Burp your baby after every ounce (every 10 minutes if nursing).

BOWEL MOVEMENTS

Bowel movements are initially very frequent and loose. Mustard-like in consistency, they look like they have seeds in them. Later on when stools harden up we get called about constipation. Babies do not need any help moving their bowels. They may grunt and strain and turn red in the face...that's okay!! Breast fed babies are notorious for going as long as 14 days before stooling.

Stooling is the only difficult task your baby does all day. It is important that you not be emotionally involved in this struggle. As soon as you get involved by giving sugar water or a suppository you interfere with your baby's learning process. Miserable for the last three days of a stool withholding marathon your infant will learn to move his/her bowels more quickly next time.

Unless your baby's stools are rock-hard, leave your baby alone. If stools are consistently too hard, add supplemental water feedings between formula or nursing. If the stomach is much distended and all feeds are vomited up, seek medical attention. A small amount of red blood around the stool is not uncommon, but a larger amount in the consistency of jelly may be cause for concern.

UMBILICAL CORD

The umbilical cord will fall off in about 2-6 weeks. In the meantime it is important to clean it every time you change a diaper. It is not possible to go too far and poke into the abdomen.

Take a Q-tip and some peroxide and really get in there! Most people are timid about digging around the cord. A little bleeding is expected. Finish up by using a dry Q-tip. Call the office if redness surrounds the cord, or a foul smell or discharge is present.

PENILE CARE

If your son was circumcised with the clamp technique, the hospital nurses will instruct you in application of gauze and Vaseline. After about 5 days, the penis will look less red and simply washing with soap and water and letting it dry will suffice. With the plastibell technique no special care is required other than lifting the bell free

The amount of formula your baby takes in 20-30 minutes may vary from one to four ounces. When you warm up some formula, whatever is not eaten must be thrown out, or it will spoil. Don't worry about the size of each feeding if your baby is making 4-6 wet diapers daily. The time between feeds may vary from one to six hours.

WATER/FLUORIDE

Babies need no extra water during the first few months, except maybe in the summer months when it's really hot. With modern sanitation standards, it is not necessary to boil the water first. If you give water, make sure it has fluoride in it (all city water has adequate fluoride). If you have your own well, get a testing kit to find out if your water has enough fluoride from the county health department.

Formulas do not contain fluoride unless you mix them up with fluoridated water. Nursery water can be bought in gallon jugs that have fluoride in them. An alternative to using fluoridated water is to give a vitamin supplement (that tastes pretty bad) to your child daily.

WEIGHT LOSS

Most babies lose some weight in the first days of life. If you are concerned about baby's weight, come weigh him/her on our scale.

JUICES/SOLIDS

It is not now considered wise to add juices or solid foods until 4-6 months. The newborn may develop an allergy to foods begun too early. Practically speaking, when your baby gets to a 4 month size: that is the time to add rice cereal, then other solids, and fruit juices.

VITAMINS

Vitamins C & D are found in formulas. If you take enough vitamin C your breast milk will have plenty of Vitamin C. Vitamin D is made in your skin even with minimal sunshine exposure, so getting some fresh air regularly will provide adequate Vitamin D. Vitamin supplements are not necessary unless you are using water with inadequate amounts of fluoride for you (if nursing) or your baby.

SLEEPING

Babies are noisy sleepers! They also initially have a funny pattern, where they breathe like they're panting for a while and then pause for up to 3 seconds, resuming breathing with a big sigh. Babies are as different in sleep patterns as they are with feeding patterns!

Initially most babies sleep 16-20 hours daily. As the daytime hours become more interesting to your baby, longer sleep intervals should emerge at night. Minimizing light, stimulation, and attention during night feeds will help your baby fall back asleep. If that isn't working, ask for our Sleeping through the night handout.

The breast produces only colostrum the first few days. It will take several days for the milk to start flowing well and several days for your newborn to get comfortable with nursing, so relax and be easy on yourself. Don't be afraid to give formula prior to the milk coming in, the Avent Isis Breast pump puts the milk directly into the bottle and the nipples are beautifully engineered to avoid nipple confusion.

If you want to pump, an electric breast pump may be easier to use than the manual variety. Refrigerate or freeze the milk immediately and it will last for a few days (fridge) or a few weeks in the freezer. The fat in stored breast milk will separate, coming to the top.

Although sucking is a natural thing for your baby to do, your baby may need help latching on. Brush your baby's cheek and s/he will turn to that direction. Let your baby practice sucking on a freshly washed finger (no nails!) See that the position of your breast allows your baby to get an adequate hold on the nipple. If you are having difficulties, our nurses are trained to help, so please call!

Some babies fall asleep as soon as they start nursing. Stimulate them by undressing them or turning up the lights or music. Don't let your baby get in the habit of using you as a pacifier. Fifteen-twenty minutes on each side is plenty of time to nurse. Most of the milk is gotten in the first few minutes anyway, with milk at the end of the feed higher in fat (making the baby more content with the feed).

Your baby is familiar with foods you ate while you were pregnant. S/He will suck more vigorously with familiar tastes secreted into your milk. It is not necessary to drink milk to make milk. Just eat a healthy balanced diet. The water you drink should be fluoridated.

Is your breast milk sufficient? Yes, yes and YES. It is extremely rare to have an inadequate supply of breast milk. Usually problems relate to difficulty latching on, anxiety preventing milk let-down, and too short a time actively sucking. Again, if you are having problems, call us before you give up on nursing.

FORMULA FEEDING

Many formula companies have tried to imitate breast milk. The formulas are very similar in composition, but will never be identical to breast milk. Supplemental feeds can be given without turning your baby away from mother's milk.

We recommend Similac, but all formulas are nearly identical. The regular iron formula is advised even though the baby could do well on the low iron formula till 3 months of age. The soy-based formulas were created for babies who don't handle cow's milk very well. Some babies have a preference for formula from concentrate or powder. Find one formula your baby likes and stick with it. Tap water is just fine for mixing up formula if it contains fluoride.

Clean bottles and nipples with hot soapy water and let them get completely dry prior to reuse. It is not necessary to sterilize them in boiling water. The danger in using a microwave is that the feeding may heat unequally. Always test the formula on your arm first. The formula will drip slowly (15-30 drops a minute), out of the proper sized nipple when the bottle is held upside-down.

NEWBORN CARE

CARING FAMILY, S.C.

Todd S Giese, MD

Racquel N. Ramirez, MD

George B. Gancayco, M.D.

Kevin M. Cronin, M.D.

781 McHenry Avenue

Crystal Lake, Illinois 60014

815-459-2200

www.caringfamilysc.com



GOING HOME

Always use the car seat, even if you are just going around the block! If you have airbags in the passenger seat in front, the baby must be placed in the back seat, facing the rear. Car seats have improved in recent years. Try moving the seat when it is “tethered in.” It should be quite firm. If not, use a different seat or have reinforcing straps installed.

FEEDING

Whether formula or breast feeding, the time spent feeding should be peaceful. If you enjoy music, turn on some music. In a relaxed environment your baby feels safe and secure, and ready to eat.

Babies vary greatly in personality and temperament. Some feed vigorously every 3 hours, others snack every hour. Some feed frequently throughout the night, and others will sleep 6 hours. It is generally not necessary to wake a sleeping infant for a feeding.

Working out a mutually agreeable schedule involves give and take from mother and child. Such a schedule usually emerges within 3 weeks or so. Before that time, life may seem rather disorganized. One good remedy for a frustrated pair is to have baby spend time without feeding on mom's (or dad's!) bare chest to just get cozy and enjoy some intimate time together without the pressure to perform.

BREAST FEEDING

We encourage all mothers to try nursing, even if you plan on returning to work soon. It is possible to wean your baby within a week's time. Some moms have continued to nurse just once before work and once in the evening.