

# The Wellness Times – Four Seasons Pediatrics



1<sup>st</sup> Visit

Today's Weight:      lbs      oz Height:      inches

## Welcome!

We enjoy giving information to add to your regular visits. Our hope is that this will give you information about guidance between each visit. Bring the handouts home and ask your spouse to read it also.

## Injury Prevention



You can reduce the chance of an injury by following these safety tips:

- Keep your baby in the car seat in the **back** of the car
- Keep a wash cloth at the bottom of the bath to prevent slipping
- Don't leave your child on any surface unattended, at any time.
- Don't leave your baby **alone** in the car or un-attended with other children or pets.
- Do not use a long cord to attach the **pacifier, toy or other object** on the babies neck or crib.
- To reduce the chance of **SIDS** (or crib death), put your baby to sleep on his back **ONLY!**
- To reduce the chance of **burns**, reduce water temperature below 120 degrees F.

- **Crib** slats should be less than 2 and 3/8" apart to prevent your babies head from becoming caught.

## Nutrition

Breast milk or formula is the total nutrition until 6 months of age. We recommend (as does the American Academy of Pediatrics) waiting to start solids, as this decreases your child's chance of allergies, asthma etc. Studies have shown that starting earlier does not cause your baby to **sleep longer**. If using formula, make sure to use an **Iron** fortified formula. Unlike adults, iron does not cause constipation in babies and a lack of iron can lead to inattention at school age.

## Stool Patterns

Your baby will set up his own pattern for stools. Most babies (especially breast-fed) will go with each feeding. Others will go as seldom as every 5-7 days. It is normal for babies to strain with bowel movements. **Constipation** is not how often (or rarely) your child goes, but rather is defined as dry and painful movements.

## Crying

Crying may increase in the first 6-8 weeks. At times it will be easy to recognize crying as a sign of messages such as "change me", "feed me", "hold me etc. There may be times when there may be no identifiable reason for crying. There is usually a fussy period late in the

evening for most babies. Some babies cry more due to temperament, not to anything you are doing wrong.

## Crying Stats:

Newborn: 1-3 hours per day

By 6 weeks: 2-4 hours per day

By 10 weeks: many babies learn to communicate in other ways and crying begins to decrease

## Miscellaneous

We encourage you to cuddle and talk to your baby in a comfortable setting, or while diapering, feeding, bathing or rocking your baby.

- To enjoy your baby the most, spend an hour a week, if possible, for yourself. It is very important not to isolate yourself. This way you may find that you enjoy your baby more when you return. This is most easily accomplished when others offer to take your baby for short periods.
- If you have other children, they have an increased need for attention. Take some special time to show them how important they are in a way that is different from the baby. They may be in more need of attention than the baby!
- This may be a good time to consider family planning for future pregnancies.
- Thermometers – Ear temperatures are not accurate. We don't recommend them until after 6 months of age (temperature accuracy not so critical). A rectal temperature is the most reliable. A **fever** is defined as a temperature of 100.4 degrees F. Add one degree

to temperatures taken under the arm. If above 99.4, take a rectal temperature.

## Recommended Reading

**Y**our Child's Health by Barton Schmitt, MD. There are many excellent books on children. This one is terrific because it gives parents excellent advice about when to call if there is a problem. There are excellent sections on fever, feeding, colic, sleeping concerns, etc. It will pay for itself many times over.

## Snooze Stats

| Age    | Hours | When    |
|--------|-------|---------|
| 1 Week | 12-20 | Anytime |

1 Month 13-18 Anytime  
3 Months 15 10-night; 5 day  
(3 naps)

## Sleeping Position & Head Shape

With the new sleeping position (on the back), there have been changes seen in the shape of infant heads. As a result of this, we recommend placing your child on his stomach for periods while awake. We also recommend not leaving him in the car seat for prolonged periods, as this can contribute to flattening of the back of the head also.

## Next Visit

**Y**our next health visit will be the 1 month well child visit. Unlike most offices we usually run our appointments on time.

If you arrive late this will not allow us to give you the time you deserve and you may be asked to wait or reschedule. Please notify us as soon as possible (no later than 24 hours prior to your appointment) if you cannot make an appointment.

## Our website!



[fourseasonspediatrics.com](http://fourseasonspediatrics.com)

## 1<sup>st</sup> Year Immunizations



## Signs of Illness in Newborns

### Will my child show signs of illness?

Many infants do not show signs of illness. They cannot tell us if they are sick or not feeling well. It thus becomes important to look for those signs that are more subtle in predicting an illness.

### What type of thermometer should I use?

A rectal thermometer is the best type to use. Although ear and temporal forehead thermometers are convenient, that will not be of help because they lack the accuracy necessary to determine whether a real fever exists.

### What are symptoms that might indicate an infection exists?

- Fever over 100.4 degrees F
- Excessive or forceful vomiting (not normal spit-up)
- Diarrhea that is large in amount, watery and leaking down the leg
- Irritability that cannot be consoled by your usual methods (holding, rocking, feeding etc)
- Rapid, noisy, difficult breathing (It is common to have snorting sounds without difficulty breathing)

1 Month Hepatitis B

6 Weeks Pneumococcal (Pevnar); DaPT-HIB-IPV (Pentacel), Oral Rotavirus

4 Months Pevnar; Pentacel, Oral Rotavirus

6 Months Pevnar; Pentacel, Oral Rotavirus

9 Months Hepatitis B

12 Months Hemophilus Influenza Type B (HIB), Pevnar, Hepatitis A

Bloodwork to be done between 9 and 12 months of age