

Newborn/Infant Guide



Congratulations!

Congratulations on your new baby and welcome to Surf Pediatrics and Medicine! This packet is designed to help guide, answer questions, and brief you on what to expect of your newborn. Whether this is your first baby or it has been a few years since your last baby, there are lots of new and unexpected experiences ahead. Please use this as a resource but remember that you can always contact us with questions or worries as well!

Well Child Checks

Well child checks are an extremely important part of your newborn's care. These appointments allow us, as providers, to carefully evaluate your baby's growth and development. But they also are a great opportunity for you as parents to ask questions and learn a great deal. We encourage you to keep a list of questions and concerns that you encounter between visits and bring these with you to well child checks.

Infants should be routinely seen in the office for well child checks at the following intervals:

- 2-3 days after birth for a newborn check
- 1-2 weeks after birth for a weight check
- 2, 4, 6, 9, 12, 15, and 18 months for general check and vaccines
- Starting at 2 years old your baby (or toddler at this point!) should be seen yearly for general checkups

Topics to discuss at your baby's well child checks:

- Eating habits and concerns
- Sleeping patterns at night and nap time
- Bathroom habits
- Skin worries
- Development and behavior
- Safety at home and in the car
- Anything that concerns you regarding your baby!



While this baby looks quite content on its side, always remember to put your infant on their back to sleep. Think, "Back to Sleep"

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Feeding Guidelines

Deciding whether to breast feed or feed your baby formula is a personal and sometimes difficult choice. Regardless of what you choose to do, keep the following in mind:

The American Academy of Pediatrics (AAP) suggests the following:

- If breastfeeding, do so almost exclusively for the first six (6) months. This means your baby should need no solid foods other than cereal for iron
- Breast milk does not contain Vitamin D and therefore you will need to give a Vitamin D supplement
- Breast milk should be provided on demand in the newborn period (first few weeks) and at least every 2-3 hours
- If formula feeding your baby may be introduced to rice cereal at 4-6 months
- Formula should be provided on demand in the newborn period and at least every 3-4 hours

Q: How do I know when my baby is ready for solids foods?

A: Use the following developmental milestones to determine when your little one is ready to try solids

- He/she can transfer food from the tip of their tongue to the back of their mouth and swallow
- He/she is able to grasp objects voluntarily
- He/she can sit with some balance

Things to Keep in Mind:

- Start small and slow
- Rice cereal can be started at 4 months, followed by other solids
- Begin with cereal, then veggies, then fruits, then protein
- Introduce one new food every 3 days and watch for food allergies
- NO honey, nut, shellfish or eggs for the first 12 months
- Also, watch for foods that are too large and may present a choking hazard



How much food does my baby need?

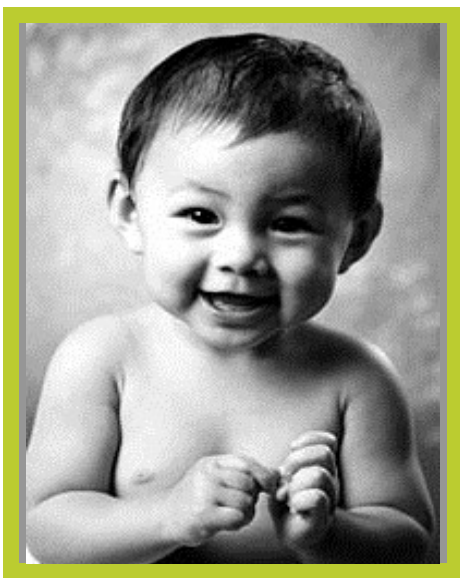
- **0-4 months**
 - 5-10 feedings of formula or breast milk per day (16-32 oz) and no solids
- **4-6 months**
 - 4-7 feedings of formula or breast milk per day (24-32 oz)
 - Rice, barley or oatmeal cereal (feed with a spoon)
- **6-8 months**
 - 3-4 feedings of formula or breast milk per day (24-32 oz)
 - Cereal, dry toast, teething biscuits, plain strained or mashed veggies, fresh or cooked fruits, plain yogurt
- **8-10 months**
 - 3-4 feedings of formula or breast milk per day (16-32 oz)
 - Same as above and may add lean meat and chicken (strained, mashed, or chopped)
- **10-12 months**
 - 3-4 feedings of formula or breast milk per day (16-24 oz)
 - Same as above and may add noodles, spaghetti.

Vaccinations

Vaccinations are an important part of your baby's health, but can be both confusing and overwhelming. Read below for some information that may help make vaccinations an easier shot to take:

Common and Required Childhood Vaccines:

- **DTaP:** Protects against diphtheria, tetanus, and acellular pertussis (or whooping cough).
- **IPV:** Protects against the polio virus
- **Hib:** Protects against *Haemophilus influenzae* type B
- **Hep B:** Protects against Hepatitis B
- **Hep A:** Protects against Hepatitis A
- **PCV 13 or Prevnar:** Protects against diseases caused by pneumococcal bacteria
- **Rotavirus:** Protects against rotavirus
- **MMR:** Protects against measles, mumps and rubella
- **Varicella:** Protects against the varicella virus, commonly known as chicken pox



When will my baby receive vaccinations?

Below is the vaccination schedule endorsed by the AAP. We strive to follow this schedule within our office, but will work with you to develop a vaccine schedule with which you are comfortable:

- Birth: Hep B
- 2 months: DTaP, IPV, Hib, Hep B, Rotavirus, and PCV13
- 4 months: DTaP, IPV, Hib, Rotavirus, Hep B and PCV13
- 6 months: DTaP, IPV, Hep B, Rotavirus, and PCV13
- 12 months: MMR, Varicella, Hep A, and PCV13
- 15 months: DTaP and Hib
- 18 months: Hep A
- 4 years: DTaP, IPV, MMR, and Varicella

Q: Why does my baby need multiple doses of the same vaccine?

A: These multiple doses are called "boosters" and they are important. Your baby will develop some "immunity" or protection against disease after their first administration of a vaccine. With each subsequent vaccine your baby will receive a little bit more protection. How many doses it takes to fully protect your baby varies with the virus or

Developmental Milestones

Developmental milestones are physical and behavioral actions that infants and children achieve as they grow and age. These milestones vary by age range, but are an important marker of a baby's health and parents should be familiar with them. Read below to learn more about what to expect as our baby grows:

- 2-4 weeks → raise head slightly from tummy position, blinks at bright lights, follows you with eyes, responds to noise by turning head
- 2 months → raises head in tummy position, looks at/fixes on faces, coos, smiles, may relate differently to Mom and Dad
- 4 months → raises body using arms in tummy position, may roll front to back, supports weight on legs, reaches for objects, follows with eyes 180 degrees, coos reciprocally, makes raspberry noise may laugh or squeal
- 6 months → rolls front to back and back to front, sits with support, plays with rattle and hands, may pass object from one hand to another, babbles, laughs, imitates sounds, initiates smiling/laughing, shows pleasure when parents are around and displeasure when parents are away
- 9 months → sits well, may crawl, may pull up and cruise along furniture, feeds self, may have pincer grasp, searches for hidden objects, responds to name/waves bye-bye, understands "no," "mama," and "dada," enjoys peek-a-boo, will have stranger anxiety
- 12 months → may walk, cruising along furniture, plays with adult objects (imitates telephone, cooking, cleaning)

Q: What do I do if my baby is sick after hours, over the weekend, or on a holiday when the office is closed?

A: If ever your baby gets sick when the office is closed and you are unsure of what to do, we encourage you to call our "on call" phone at 252-489-5204. This phone is in the hands of one of our providers 24 hours a day, 7 days a week. We understand that babies get sick after hours and will be happy to address any concerns and help guide you through caring for your little one.