

# mmpc pediatrics

## 1-2 WEEK CHECK

Weight \_\_\_\_\_ Height \_\_\_\_\_ Head Circumference \_\_\_\_\_

Welcome to parenthood! We know those first few weeks can be overwhelming, so here are a few hints to help you out. For a more in-depth look at these topics, check out our Baby Book. (If you have not received a baby book at the hospital or here in our office, please request one).

### Feeding:

In general, your baby may be telling you she's hungry if she is smacking her lips, rooting, fussy, or has an intense suck. A cry may also indicate that she is tired, cold, hot, or has a belly ache, so feeding may not always be the answer to her cry. Most babies feed every 2-4 hours but may go 4-5 hours at a stretch.

### Breastfeeding:

Generally we recommend breast feeding on demand (generally in the 2-4 hour range). He may often take both sides, but feeding one side at a time may be enough for baby. Always offer the second side, but don't worry if he doesn't feed much there. Just remember to start with that second side the next time.

Breastfeeding moms generally do not need to watch their diet too carefully, but if there is a strong family history of food allergies or if your baby is colicky, we may have you eliminate certain foods. To minimize the risk of food allergies, try to avoid peanuts or shellfish while nursing, and avoid any other food that causes significant allergies in any first degree relative. Be aware that there can also be allergies to milk, eggs and wheat, so if you see a consistent reaction when you've consumed some of these, let us know. Foods that tend to cause more gas or fussiness in babies include garlic, onion, beans, spicy foods. Babies that are quite fussy may benefit from a dairy free diet. This does mean completely dairy free but the trial need only last a 4-5 days and the difference off milk should be obvious. We also recommend limiting caffeine to 1 serving a day and for alcohol...1-2 drinks are fine but if you have more, you should pump a dump 2 feedings or 2. Be cautious with too much chocolate too as this can worsen reflux or diarrhea. Don't worry, some chocolate is just fine!

We recommend introducing a bottle at 3-4 weeks of age to ensure that your baby will take it when needed. Try to give at least 1-2 bottles per week and these can be either pumped breast milk (if possible) or formula. Your baby may take the bottle better from someone other than mom at first, but it is a good idea to have mom feed with a bottle at some point.

### Bottle feeding:

If you are bottle feeding, start with a cow's milk formula like Similac Advance. Most babies tolerate formula well, but we occasionally need to change formulas. Signs of formula intolerance include frequent spitting up (some spitting up is normal), extreme gassiness or fussiness, blood in the stool or watery and foul-smelling stools, or possibly a hive-like rash.

### Sleep (Day/ Night rhythms)

Babies are born without knowing day from night, and sometimes they can seem to have their days and nights completely reversed, i.e. asleep all day, and awake all night. There is no easy solution for this since it is very difficult to wake a young infant during the day in an effort to help them sleep at night. Instead, take advantage of his awake times during the day by stimulating his senses (also helping your baby's brain development). You may want to talk to her or sing to her, play music, show her pictures and colors, etc. When she awakens at night for feedings, keep things quiet and boring. Keep the lights off or low, avoid talking to her and stimulating her, and do not play stimulating music or the TV. Eventually she will figure out that it is much better to sleep at night, and play during the day!

It is a good idea to get your baby accustomed to getting himself to sleep early on in infancy. This will give your baby a good start on good sleep habits. You do not need to pick her up for every little noise. Babies are very noisy and restless in their sleep and she may get herself back to sleep if left alone.

Remember to put babies to sleep on their back as this reduces the risk of SIDS. Your baby will need tummy time during the day, though, to work on those neck and shoulder muscles!

**Development:**

There is nothing more fascinating and exciting than watching your baby's neurological development. The best way to stimulate her brain is through her senses. Babies prefer to see faces (especially familiar ones like mom and dad's) and she might also like black and white contrast. Hearing is the most important stimulus for your baby, and just reading to her and telling her about your day is great to get those nerve cells stimulated. Reading, playing classical music and singing to her are all wonderful. Your baby is not likely to do a lot of responding at this age, except with her eyes, but that will come with time.

**Temperament and Fussiness:**

Every baby has a different temperament which refers to the way your baby interacts with and responds to the outside world. Some babies are mellow and easy-going while others can be quite fussy and unable to handle change. Your interaction with your baby, including your ways of responding to her cues, impact how she sees her world. The trick is to determine your baby's temperament and structure your actions to suit this temperament. This comes with time, and plenty of trial and error. Here are some examples: Some babies are happier when they are swaddled in blankets while others prefer to be left to move their arms and legs freely. Some babies get fussy with over-stimulation and need to be set down by themselves whereas others may need to be held to calm. Some babies really enjoy being naked at bath time while others may scream every time their diaper or clothes are off.

Many babies develop a predictable fussy time, (often in the evenings). This usually does not start until your baby is 2-3 weeks of age. This fussy time seems to be a maturational process which resolves itself by 2-3 months of age. You may try anything with motion to help soothe her (rocking, swinging, stroller or car rides) and sometimes doing something different every 20-30 minutes can help. Please be cautious with extreme movements or shaking as this can damage a baby's brain. The 5 S's for soothing fussy babies are : Swaddle, Suck, Slide position, SHHH, Swing. The SHHH is a loud "SH" sound resembling the sound of amniotic fluid, and the swing refers to a light jiggle while holding your baby on her side in your arms.

**Signs of Sickness:**

Signs of illness at this young age include a fever (rectal temperature of 100.5 or higher), poor feeding, inability to awaken, extreme fussiness, and persistent vomiting. Please call us if your child has a fever at any time under 2 months of age, and do not give Tylenol since we do not want to cover up a fever. Feeding and an ability to suck are the best indicators of how your baby is doing. If she has some mild congestion but feeds well, you do not need to worry.