

Dear Parents;

Congratulations! Acts of KIDness Pediatrics is honored to be part of your growing family. This booklet is a guide to help with some of the most common questions families have about their newborns, but please feel free to call us with any questions. During the day phone calls will be answered within the hour. Our phone lines are open from 7:30-4:30 every day, including the lunch hour. After hours calls will be answered by a pediatric nurse, with back up by one of our pediatricians at all times. If your child needs to be seen after hours, we recommend the following pediatric urgent care offices:

Phoenix Children's Hospital Urgent Care  
(SW corner of Southern and Higley)  
5131 E Southern Ave  
Mesa, Arizona  
602-933-5437

Banner Pediatric Urgent Care  
(On Higley just North of Ray Rd)  
135 S Higley Rd Ste 104  
Gilbert, AZ 85296  
480-827-5770

If your baby is less than 2 months of age, we recommend Phoenix Children's Hospital Emergency Department at 1919 E Thomas Road, Phoenix, Arizona.

Please explore our website at [www.aokpeds.com](http://www.aokpeds.com). From that site you can access the patient portal, where you can complete new patient paperwork and book appointments. We are also on Facebook.



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## **Newborn Feeding-**

Your baby's stomach is no bigger than a marble, so he does not need large volumes of food at this age. He should eat 8-9 times in a 24 hour period, and should urinate 4-6 times every 24 hours. There are several apps available to help keep track of his "ins and outs" (ex. Baby Tracker, free). His stool will transition from black, tarry, sticky stool to yellow, seedy liquid by the fifth day of life. Infants can stool as often as 12 times per day. Mom's breastmilk will likely come in by the 3<sup>rd</sup> or 4<sup>th</sup> day. If your baby is eating formula, he shouldn't need more than 30-40ml per feeding in these first few days. Please check the formula can to ensure accurate mixing of formula (likely 1 scoop per 2 ounces), and do not add formula powder directly to breastmilk. It is not necessary to get a burp after every feeding. One episode of spit up does not require changing formula, but if your baby is consistently spitting up, or if the spit up is yellow please call our office. Your baby does not need extra water; he will get all of his hydration from breastmilk or formula.

Newborns lose several ounces of weight in the first several days after birth, which is normal. We are concerned if she loses more than 8-10% of her birth weight. The chart in appendix 2 will let you know what that means for your baby. We want to see that she has regained her birthweight by the time she is 10-14 days old. We will see her within 1-3 days of leaving the hospital, and again by 2 weeks of age. If you see orange/pink streaks in the front of her diapers in the first few days of life, if she is not urinating at least 4 times per day, or if her stools have not transitioned to yellow/seedy the by fifth day, she likely needs more to eat.

If you have concerns about breastmilk supply, please see the guidelines and resources in appendix 1.

Commercial formulas manufactured in the United States for term infants all contain the right amount of calories, vitamins and minerals for your baby. Goat's milk is too high in sodium, chloride and potassium for a baby, which can lead to dangerous electrolyte abnormalities. It is also deficient in folic acid, which can lead to severe anemia. If you are considering an alternate formula please call our office so we can discuss the nutritional make-up of the formula.

The Academy of Pediatrics recommends that all breastfed infants receive Vitamin D supplementation (even here in sunny Arizona). Infants should receive 400 IU of Vitamin D per day, which can be given orally via dropper and is available over the counter (D-Vi-Sol).

### **Newborn Jaundice-**

Newborn jaundice refers to a yellow discoloration of the skin and whites of the eyes that occurs when a baby has excess amounts of bilirubin in his bloodstream. It is common, and usually not harmful. Newborns are born with high red blood cell counts, they break down those red blood cells quickly, and their livers are too immature to deal with the extra load of breakdown products released by those red blood cells. All of these things contribute to newborn jaundice. Babies clear bilirubin out of their system when they stool, so frequent feedings, resulting in frequent stooling, can help newborns clear their jaundice. They can also clear it in their skin when exposed to indirect sunlight, so setting your baby near the window can help.

Babies are not born jaundiced, but it can develop in the first few days of life. Your baby will have a level checked before he leaves the hospital. We will look for jaundice at your newborn follow up visit as well. Jaundice tends to start on the face and work downwards. If you are concerned that your baby is jaundiced, or you see yellow in the white part of his eyes, please call for an appointment the same day. If the hospital told you that your baby is “coombs positive”, or if any of your baby’s siblings had jaundice, please mention it at your visit. If your baby is developing jaundice, we may check a bilirubin level in the office. This is done via heel-stick, and we get the results within 4 hours. Most babies clear their jaundice on their own with frequent feeding and indirect sunlight. If the jaundice level looks like it is climbing rapidly, we will discuss treatment options at that time.

### **Hearing Screen-**

All newborns receive a hearing screen before leaving the hospital. Most babies can hear normally, but 1-3 of every 1000 babies are born with some degree of hearing loss. This can be difficult to detect in the first several months of life without hearing screening, and early intervention is important to protect language and learning skills. If your baby was born at home, or didn’t receive a hearing screen, we can get one scheduled for her. If your baby failed her newborn hearing screen, she probably just had retained fluid in her ear canal from delivery and she will likely pass her follow up screening. The hospital will schedule her follow up screening before you are discharged, but if this didn’t happen we can schedule one for her.

## **Newborn Screen-**

This is often referred to as the PKU test. All babies receive a newborn screen before leaving the hospital, and again after 5 days of age. In Arizona the test screens for 30 disorders that are rare but serious, including hormone disorders, blood disorders, lung disorders, and metabolic disorders. The reason every baby gets two tests is because some of the disorders will not show up until a baby has been eating for several days. The test is drawn in our office or the lab, and involves a heel stick. The state lab sends our office a result within a month. If there is any abnormality on the screen, the state lab will contact you and our office. If you would like to see a list of the disorders that are included in the screen, it is available at [www.azdhs.gov](http://www.azdhs.gov).

## **Newborn Skin-**

Your newborn's skin may be peeling, especially around his ankles, wrists, and torso. This is normal, and will clear up by within 3-4 weeks. Moisturizing cream without dyes or fragrance, like Cetaphil or Aveeno, are fine to use, but will not affect the peeling. If your baby is very hairy (even earlobes!), this is also normal and will clear up. If he has red bumps and spots over his torso, arms and legs that looks like "flea bites", this is a common and harmless rash called erythema toxicum (scary name, innocent rash). Tiny white bumps on his face, especially over his nose, are called milia, and are also harmless. Dark red birthmarks over his eyelids and the back of his neck will fade over the next several months. Blueish, flat birthmarks anywhere on the body, but most commonly on the lower back, are called dermal melanocytosis and are harmless.

Any rash that is purple, pustular, or associated with illness warrants a call to the office right away.

Your baby only needs a bath every 2-3 days. Sponge baths should be used until the umbilical cord falls off, usually by 2-3 weeks. Mild cleansers like Cetaphil or Aveeno are fine to use. After shampooing, put a hat on to avoid heat loss.

A thick layer of Vaseline or Desitin Maximum Strength with each diaper change will help prevent diaper rash. A diaper rash with redness in the creases and surrounding red spots may be yeast and is worth a call to the office.

Your baby's nails will grow very fast, and will seem difficult to cut without clipping his skin. You can file them, or trim them carefully with baby nail trimmers, ideally when he is sound asleep right after a feeding.

### **Safety-**

Your baby should always be placed on her back or side to sleep. Her crib needs to be a firm crib mattress with a snug-fitting sheet. There shouldn't be any other bedding, pillows, toys or bumpers in the crib. If she sleeps in a bassinet, be aware of the height and weight limits. Newborns can quickly outgrow the safe size limits for bassinets and swings. Her car seat needs to be correctly installed, which can be difficult. The City of Gilbert Fire Department offers free car seat safety clinics. Call 480-782-2046 to sign up, reservations are required. Please maintain smoke and carbon monoxide monitors in your home. Your baby will thrive best in a home free of cigarette smoke.



Smoke on clothing and in cars can still affect a newborn, even if there is no smoking in the home. The water heater should be set no higher than 110 degrees Fahrenheit to avoid accidental burns. Your baby should never be left alone in her tub or near water, even for a second. All parents and caregivers should be trained in CPR. CPR training can be done the 3<sup>rd</sup> Saturday of every month for \$40 through [www.chandleraz.gov](http://www.chandleraz.gov), or for \$30 at various times and locations through [www.heartsaversinc.com](http://www.heartsaversinc.com). Babies tend to be overbundled rather than underbundled. She can be dressed comfortably for the room that you are in, and if you place your hand under her shirt, her skin should be warm, not cool or sweaty. It is a good idea for all adult caregivers to be up to date on their pertussis vaccine (TDaP).

## **Development-**

At this age your baby will respond to sound by startling, blinking, crying, quieting or changing breathing. He will look at your face, and will spend most of his time in a flexed posture. He can only see 8-10 inches in front of his face, and occasional crossing of the eyes is normal at this age. Infants are soothed by sucking and you cannot “spoil” a newborn. He is not old enough to cry it out, and it is ok to let him use a pacifier or nurse for comfort if he is cranky. Infants will sleep 14-16 hours per 24 hours, usually in 2-4 hour increments. If he wakes up after only 20-30 minutes he may respond well to swaddling and white noise, as these techniques replicate being back in the womb. Colic is defined as more than 3 hours of crying per day, at least 3 times per week for at least 3 weeks.

It doesn't start to develop until 10-14 days of age, and most babies outgrow colic by 3-4 months of age. There is little benefit to simethicone drops or gripe water. If you are concerned that his crying is related to his feedings please call our office to discuss his symptoms. Often multiple formula changes are expensive and unhelpful. Probiotic drops are safe and have been shown to be helpful in some studies. You can give him Gerber Soothe probiotic drops as directed on the package.

### **Signs of Illness-**

Signs of illness in a newborn can be subtle. If your baby is eating less consistently, unusually cranky or sleepy, is vomiting or having watery diarrhea, she should be seen. Forehead and ear thermometers are not accurate in this age group. A simple digital thermometer from the drug store can be used to take her temperature under the arm. If you get a reading of 99.9 or higher under the arm, take a rectal temperature. If she has a temperature above 100.3, or below 97 degrees, she should be seen right away. If you see blood in her stool or vomit we will need to see her, and please bring the diaper/burp rag. Most of the time everything will be fine, but if your parental instinct is telling you something is wrong then please call the office.

### **Vaccines-**

Vaccinating your baby on time is one of the most important things we can do to keep him healthy. Undervaccinated children are at risk for acquiring life-threatening illnesses, and spreading illness throughout the community, schools, and our office.

To be an effective advocate for your child, it is important for us to be in agreement with you about this most fundamental part of your baby's health care. For this reason, it will not be possible for us to be your pediatric providers if you choose not to vaccinate. If you have questions about vaccine safety, please explore the websites listed below-

[www.cdc.gov/vaccinate](http://www.cdc.gov/vaccinate)

[www.healthychildren.org](http://www.healthychildren.org)

[www.vaccines.chop.edu](http://www.vaccines.chop.edu)

[www.autismcenter.org](http://www.autismcenter.org)

### **Vaccine Schedule-**

2 Months- Pediarix (Hepatitis B, IPV, DTaP), Prevnar, HIB and Rotavirus

4 Months- Pediarix (Hepatitis B, IPV, DTaP), Prevnar, HIB and Rotavirus

6 Months- Pediarix (Hepatitis B, IPV, DTaP), Prevnar, HIB

12 Months- MMR, Varicella, Hepatitis A and Prevnar

15 Months- HIB and DTaP

18 Months- Hepatitis A

4 Years- Proquad (MMR and Varicella) and Kinrix (DTaP and IPV)

11 Years- TDaP, Meningitis and HPV

16 Years- Meningitis and Meningitis B

## **Appendix 1- Breastfeeding and Newborn Support**

### Lactation consultants-

Banner Gateway- 480-543-2752

Mercy Gilbert/Chandler Regional Hospital- 1-877-728-5414

Cardon Children's Hospital- 480-412-3035

Banner Baywood- 480-321-4455

Doris Christiansen, IBCLC- 480-833-2262, [www.pump-n-go.com](http://www.pump-n-go.com)

Michaela Zach, IBCLC- 480-406-7413

### Support and Resources-

WIC- [www.azwic.gov](http://www.azwic.gov), 602-542-1886

La Leche League- [www.llofaz.org](http://www.llofaz.org), 602-234-1956

Oh Baby Sleep Consultants- 480-339-9398

### Pump rental- (Medela)

Banner Gateway- 623-543-2752

### Milk storage-

Fresh breastmilk can be stored at room temperature for 3-4 hours and with ice packs for 24 hours. Fresh breastmilk can be stored in the back of the refrigerator (not the door) for 72 hours. Milk from different pumping sessions can be combined, but chill the fresh milk before combining them. Date the combined milk with the older date.

Frozen breastmilk can be stored in the back of a self-contained freezer for up to 6 months; do not store milk in the door. Thaw the milk in the refrigerator, not at room temperature. Once milk is thawed, do not re-freeze it. Thawed milk should be used within 24 hours.

Warm milk in a bowl of warm water or with a bottle warmer. Never use the microwave or heat milk directly on the stove.

If your baby doesn't drink it all, it can still be used for up to 1 hour.

### Supply concerns-

Nurse frequently and for as long as your baby is actively sucking. Get plenty of rest and stay hydrated. If you have a pump you can consider pumping after each feeding for 5 minutes to increase supply. The herb, fenugreek, is thought to help with milk supply, and is available in capsules and tea. The dose in capsules is 500mg, 7-14 capsules per day. The dose in tea is 1 cup, 2-3 times per day, and the seeds can be taken ½ -1 tsp 3 times per day. There is a theoretical risk of cross reaction if you are allergic to peanuts or chick-peas and take fenugreek. Talk to your doctor about fenugreek if you are diabetic.

## Appendix 2-

### WEIGHT LOSS AND WEIGHT CONVERSION CHART

| Birth Weight   |           | 10% Weight Loss |           |
|----------------|-----------|-----------------|-----------|
| lbs., oz.      | Kilograms | lbs., oz.       | Kilograms |
| 4 lbs., 8 oz.  | 2.04      | 4 lbs., 1 oz.   | 1.84      |
| 4 lbs., 10 oz. | 2.10      | 4 lbs., 3 oz.   | 1.89      |
| 4 lbs., 12 oz. | 2.15      | 4 lbs., 4 oz.   | 1.94      |
| 4 lbs., 14 oz. | 2.21      | 4 lbs., 6 oz.   | 1.99      |
| 5 lbs.         | 2.27      | 4 lbs., 8 oz.   | 2.04      |
| 5 lbs., 2 oz.  | 2.32      | 4 lbs., 10 oz.  | 2.09      |
| 5 lbs., 4 oz.  | 2.38      | 4 lbs., 12 oz.  | 2.14      |
| 5 lbs., 6 oz.  | 2.44      | 4 lbs., 13 oz.  | 2.19      |
| 5 lbs., 8 oz.  | 2.49      | 4 lbs., 15 oz.  | 2.25      |
| 5 lbs., 10 oz. | 2.55      | 5 lbs., 1 oz.   | 2.30      |
| 5 lbs., 12 oz. | 2.61      | 5 lbs., 3 oz.   | 2.35      |
| 5 lbs., 14 oz. | 2.66      | 5 lbs., 5 oz.   | 2.40      |
| 6 lbs.         | 2.72      | 5 lbs., 6 oz.   | 2.45      |
| 6 lbs., 2 oz.  | 2.78      | 5 lbs., 8 oz.   | 2.50      |
| 6 lbs., 4 oz.  | 2.84      | 5 lbs., 10 oz.  | 2.55      |
| 6 lbs., 6 oz.  | 2.89      | 5 lbs., 12 oz.  | 2.60      |
| 6 lbs., 8 oz.  | 2.95      | 5 lbs., 14 oz.  | 2.65      |
| 6 lbs., 10 oz. | 3.01      | 5 lbs., 15 oz.  | 2.70      |
| 6 lbs., 12 oz. | 3.06      | 6 lbs., 1 oz.   | 2.76      |
| 6 lbs., 14 oz. | 3.12      | 6 lbs., 3 oz.   | 2.81      |
| 7 lbs.         | 3.18      | 6 lbs., 5 oz.   | 2.86      |
| 7 lbs., 2 oz.  | 3.23      | 6 lbs., 7 oz.   | 2.91      |
| 7 lbs., 4 oz.  | 3.29      | 6 lbs., 8 oz.   | 2.96      |
| 7 lbs., 6 oz.  | 3.35      | 6 lbs., 10 oz.  | 3.01      |
| 7 lbs., 8 oz.  | 3.40      | 6 lbs., 12 oz.  | 3.06      |
| 7 lbs., 10 oz. | 3.46      | 6 lbs., 14 oz.  | 3.11      |
| 7 lbs., 12 oz. | 3.52      | 7 lbs.          | 3.16      |
| 7 lbs., 14 oz. | 3.57      | 7 lbs., 1 oz.   | 3.21      |
| 8 lbs.         | 3.63      | 7 lbs., 3 oz.   | 3.27      |
| 8 lbs., 2 oz.  | 3.69      | 7 lbs., 5 oz.   | 3.32      |
| 8 lbs., 4 oz.  | 3.74      | 7 lbs., 7 oz.   | 3.37      |
| 8 lbs., 6 oz.  | 3.80      | 7 lbs., 9 oz.   | 3.42      |
| 8 lbs., 8 oz.  | 3.86      | 7 lbs., 10 oz.  | 3.47      |
| 8 lbs., 10 oz. | 3.91      | 7 lbs., 12 oz.  | 3.52      |
| 8 lbs., 12 oz. | 3.97      | 7 lbs., 14 oz.  | 3.57      |
| 8 lbs., 14 oz. | 4.03      | 8 lbs.          | 3.62      |
| 9 lbs.         | 4.08      | 8 lbs., 2 oz.   | 3.67      |
| 9 lbs., 2 oz.  | 4.14      | 8 lbs., 3 oz.   | 3.73      |
| 9 lbs., 4 oz.  | 4.20      | 8 lbs., 5 oz.   | 3.78      |
| 9 lbs., 6 oz.  | 4.25      | 8 lbs., 7 oz.   | 3.83      |
| 9 lbs., 8 oz.  | 4.31      | 8 lbs., 9 oz.   | 3.88      |
| 9 lbs., 10 oz. | 4.37      | 8 lbs., 11 oz.  | 3.93      |
| 9 lbs., 12 oz. | 4.42      | 8 lbs., 12 oz.  | 3.98      |
| 9 lbs., 14 oz. | 4.48      | 8 lbs., 14 oz.  | 4.03      |
| 10 lbs.        | 4.54      | 9 lbs.          | 4.08      |
| 10 lbs., 2 oz. | 4.59      | 9 lbs., 2 oz.   | 4.13      |
| 10 lbs., 4 oz. | 4.65      | 9 lbs., 4 oz.   | 4.18      |
| 10 lbs., 6 oz. | 4.71      | 9 lbs., 5 oz.   | 4.24      |
| 10 lbs., 8 oz. | 4.76      | 9 lbs., 7 oz.   | 4.29      |