



Longwood
PEDIATRICS, LLP

Newborn Packet



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PEDIATRICS, LLP

Name _____ Date _____

Weight _____ Length _____ Head Circumference _____

TIPS ON CARING FOR YOUR NEWBORN

1. WE'RE HERE FOR YOU

For any urgent concerns about your baby, you can reach us **24-hours-a-day, 7 days-a-week at our main number 617-277-7320**. If you have non-urgent questions, please call during daytime hours, Monday through Friday, 8:30AM to 5:30PM

2. "BACK TO SLEEP"

Your baby should always sleep **on his or her back** in a safe crib or bassinet, without pillows or loose blankets. Placing your baby to sleep on the stomach or side or having him or her sleep in bed with you increases the risk of sudden infant death syndrome (SIDS), the most common cause of death for healthy babies.

3. REAR-FACING CAR SEAT

Your newborn should ride in a properly installed **rear-facing infant car seat** for all car rides, no matter how short the trip.

4. DON'T ALLOW SMOKING AROUND YOUR BABY

Second-hand smoke is bad for your baby's lungs and also increases the risk of SIDS. **Don't allow anyone to smoke around your baby.** If you or another family member smokes, now would be a great time to quit. Ask for help from us or your own doctor.

5. WASH YOUR HANDS

Wash your hands with **soap and water for at least 20 seconds or hand sanitizer with at least 60% alcohol** frequently and ask others to do the same before touching your baby. Ask people who are sick with colds or flu to stay away from your baby until they are feeling better.

6. DON'T LEAVE YOUR BABY UNATTENDED ON A CHANGING TABLE OR OTHER RAISED SURFACE

A newborn baby can wriggle and fall off of a changing table surprisingly quickly. **Don't turn your back to them**, even for a second.

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BRIGHT FUTURES HANDOUT ► PARENT

FIRST WEEK VISIT (3 TO 5 DAYS)

Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- If you are worried about your living or food situation, talk with us. Community agencies and programs such as WIC and SNAP can also provide information and assistance.
- Tobacco-free spaces keep children healthy. Don't smoke or use e-cigarettes. Keep your home and car smoke-free.
- Take help from family and friends.

✓ HOW YOU ARE FEELING

- Try to sleep or rest when your baby sleeps.
- Spend time with your other children.
- Keep up routines to help your family adjust to the new baby.

✓ FEEDING YOUR BABY

- Feed your baby only breast milk or iron-fortified formula until he is about 6 months old.
- Feed your baby when he is hungry. Look for him to
 - Put his hand to his mouth.
 - Suck or root.
 - Fuss.
- Stop feeding when you see your baby is full. You can tell when he
 - Turns away
 - Closes his mouth
 - Relaxes his arms and hands
- Know that your baby is getting enough to eat if he has more than 5 wet diapers and at least 3 soft stools per day and is gaining weight appropriately.
- Hold your baby so you can look at each other while you feed him.
- Always hold the bottle. Never prop it.

If Breastfeeding

- Feed your baby on demand. Expect at least 8 to 12 feedings per day.
- A lactation consultant can give you information and support on how to breastfeed your baby and make you more comfortable.
- Begin giving your baby vitamin D drops (400 IU a day).
- Continue your prenatal vitamin with iron.
- Eat a healthy diet; avoid fish high in mercury.

If Formula Feeding

- Offer your baby 2 oz of formula every 2 to 3 hours. If he is still hungry, offer him more.

✓ BABY CARE

- Sing, talk, and read to your baby; avoid TV and digital media.
- Help your baby wake for feeding by patting her, changing her diaper, and undressing her.
- Calm your baby by stroking her head or gently rocking her.
- *Never hit or shake your baby.*
- Take your baby's temperature with a rectal thermometer, not by ear or skin; a fever is a rectal temperature of 100.4°F/38.0°C or higher. Call us anytime if you have questions or concerns.
- Plan for emergencies: have a first aid kit, take first aid and infant CPR classes, and make a list of phone numbers.
- Wash your hands often.
- Avoid crowds and keep others from touching your baby without clean hands.
- Avoid sun exposure.

Helpful Resources: Smoking Quit Line: 800-784-8669 | Poison Help Line: 800-222-1222

Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

FIRST WEEK VISIT (3 TO 5 DAYS)—PARENT



SAFETY

- Use a rear-facing-only car safety seat in the back seat of all vehicles.
- Make sure your baby always stays in his car safety seat during travel. If he becomes fussy or needs to feed, stop the vehicle and take him out of his seat.
- Your baby's safety depends on you. Always wear your lap and shoulder seat belt. Never drive after drinking alcohol or using drugs. Never text or use a cell phone while driving.
- Never leave your baby in the car alone. Start habits that prevent you from ever forgetting your baby in the car, such as putting your cell phone in the back seat.
- Always put your baby to sleep on his back in his own crib, not your bed.
 - Your baby should sleep in your room until he is at least 6 months old.
 - Make sure your baby's crib or sleep surface meets the most recent safety guidelines.
- If you choose to use a mesh playpen, get one made after February 28, 2013.
- Swaddling should be used only with babies younger than 2 months.
- Prevent scalds or burns. Don't drink hot liquids while holding your baby.
- Prevent tap water burns. Set the water heater so the temperature at the faucet is at or below 120°F /49°C.

WHAT TO EXPECT AT YOUR BABY'S 1 MONTH VISIT

We will talk about

- Taking care of your baby, your family, and yourself
- Promoting your health and recovery
- Feeding your baby and watching her grow
- Caring for and protecting your baby
- Keeping your baby safe at home and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

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The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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Longwood Pediatrics Newborn Well Visit Schedule

We will see your baby multiple times over the first two years of life!
The frequency at which we see your child is important as we track growth and development, and record important milestones.

The well visit schedule is:

Newborn

2-4 week

2 month

4 month

6 month

9 month

12 month

15 month

18 month

24 month

Then annually from age 3.

Provider schedules are available one year in advance; book the above visits with the front desk today!



Newborn Care Resources

Lactation Support:



Breastfeeding is a time where you nurture more than just your child's nutrition. If you are interested in starting breastfeeding or have questions on the process, we are here to help! Schedule a meeting with our board certified Lactation expert, Tamar Winters today. Simply call 617-921-9266 or email tamar@tamarwinterlc.com.

Baby Steps Classes:

Welcoming a baby can be daunting, Join Baby Steps, our new parent support group where you can meet other parents, share your experiences, and ask questions. Sessions are led by an experienced licensed clinical social worker and infant sleep consultant. Classes are held virtually at this time. For questions please contact marla.rosenbloom@longwoodpeds.com or call us at 617-28-7320.



Ear Molding Program :

Ear molding is a non-invasive procedure that helps to correct anomalies of the outer ear. It is a purely cosmetic procedure and usually not covered by insurance. If you are concerned about the shape of your child's ear, please discuss it with your baby's provider.