

MANA Northwest Arkansas Pediatric Clinic

Newborn Handbook



**Northwest Arkansas
Pediatric Clinic, P.A.**

A MANA Clinic





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Well Care Clinic

8:00 a.m. to 5:00 p.m., Monday-Friday
(479) 442-7322

Urgent Care Clinic

8 a.m. to 8 p.m., Monday – Friday
8 a.m. to Noon Saturday
(479) 443-3471

3380 North Futrall , Suite 1
Fayetteville, AR 72703
See map in the back.

www.nwapeds.com



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Lactation Consultation
Separate Well Care & Urgent Care
Adolescent Medicine***

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Note: NWAPC Phone Directory is on inside back cover.

Scheduling Your Baby's First Appointment

We like to see your baby for his or her first check-up at 3 days to 2 weeks of age. Please schedule your baby's first appointment as soon as you return home from the hospital.

- Call our **Well Child Clinic (479) 443-3471** to make your baby's first appointment.
- Go online **www.nwapeds.com** to schedule your baby's first appointment. Make an appointment at your convenience 24-hours a day on our website. A receptionist will confirm the appointment time in a timely manner between 7 a.m. and 4 p.m. Monday through Friday.

Should you have any questions about your baby before then, please do not hesitate to call our office.

Urgent Care Needs

Should an urgent care need arise, please call our urgent care number, **(479) 442-7322** or **www.nwapeds.com** for the first available appointment. When the clinic is closed, we have an after hours number **463-1000** handled by Kids Care, an affiliate of Arkansas Children's Hospital. Be prepared to leave your name, your child's name, and a number at which you can be reached and your call will be returned as soon as possible. If your call is not returned in a reasonable amount of time, please call again. If you have a true medical emergency CALL 911.

Getting to Know Your Baby

Sometimes, new parents are unsure of themselves. As long as your baby is well fed, loved, and comfortable, you need not worry that you are inexperienced parents.

Your baby is an individual from the day he is born. As the parents, the people most closely involved, you will come to know the baby best. Trust yourself! Don't take too seriously the advice of well meaning friends and relatives.

All babies sneeze, belch, yawn, cough, cry, have hiccups, and get fussy. These are normal behaviors. Sneezing is the only way that babies can clean their noses. Hiccups can often be stopped with a few swallows of lukewarm water. Crying is a baby's way of communication. You will gradually learn to know what your baby means when he cries.

Your Baby's Medical Care

Your baby should have regular medical examinations, even though he appears well. These visits will give us a chance to check on your baby's growth and development and to talk with you about baby care. We also will give your baby immunizations at regular intervals to protect against some childhood diseases.

When to Contact Your Pediatrician Office: If your infant has any of the following signs of illness, you should contact your pediatrician office.

1. A rectal temperature of 101°F or higher in a child less than 2 months old.
2. Refusal of feedings or repeated vomiting (not simply spitting up).
3. Excessive crying without obvious cause.
4. Listlessness, excessive sleepiness.
5. Frequent fluid bowel movements with mucous, blood, or foul odor.
6. Any unusual rash.
7. Fewer wet diapers than normal.

Safety for Your Baby

- **Always use Infant Car Seat** Beginning with the first trip home from the hospital, you should always use an infant car seat whenever you take the baby for rides. Infants are safest in the back seat and should never ride where an air bag can be deployed. A baby may be seriously injured in a sudden stop if held in a passenger's arms rather than secured safely in an infant car seat.
- **Don't leave baby on high places** Never leave your baby alone on a table, changing table or other high places where he could fall off.
- **Sleeping Safety** Be sure that the slats on the crib and playpen are no more than 2 3/8 inches apart, so the baby's head cannot possibly get caught between them. The mattress should be firm, flat, and fit the crib snugly on all four sides. Keep the crib free of pillows and toys in which the baby may become entangled.

- **Keep small objects out of reach** Keep small objects like buttons and pins away from the baby's reach so he is not tempted to pick them up and swallow them.
- **Use sun screen** A baby's delicate skin can be burned easily. When you take the baby outside, protect him from the hot rays of the sun. If you are going to be in sun-exposed areas for more than 15 minutes, a sunscreen is recommended after your baby is six months old.
- **Do not smoke around baby** Smoking cigarettes while feeding or playing with the baby can be dangerous and harmful to the baby. No one should smoke in the house or car around the baby.
- **Don't hold your baby while cooking** Hot foods could splatter on the baby, or he could touch hot pans or their contents.

Making Your Baby Comfortable

- *Room Temperature:* Try to keep a comfortable temperature in your baby's room. Windows may be opened in warm weather, provided the baby is not in a draft and room temperature does not fall much below 68°F.
- *Crib:* Cover the mattress with a waterproof cover, quilted pad, and a soft sheet. Do not use a pillow. The baby may be supported on his side, or could be put to sleep on his back. Do not place an infant in his crib on his stomach.
- *Clothing:* A baby does not require any more clothing than an adult. Dress your baby according to the temperature. Some babies are allergic to material, so watch for rashes in areas in contact with clothing.
- *Outdoors:* You can take your baby outside in pleasant weather. Babies born in warm weather can be safely strolled outside after about two weeks of age. You should avoid taking your baby to nurseries or day care centers in the first two months of life.

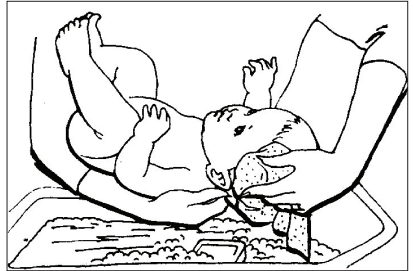
Care of Umbilical Cord and Circumcision

The umbilical cord will fall off within a few weeks. You should clean the umbilical cord with alcohol a maximum of once or twice a day. Occasionally a few drops of blood appear when the cord falls off, but if bleeding continues for several hours, please contact us. If your baby was circumcised, watch for swelling or bleeding. Clean the penis with water only.

Bathing Your Newborn

It's a good idea to have a fairly regular time for bathing your baby. The room should be warm, with no drafts. Keep bathing supplies together to save yourself steps.

Wash your baby by sponging until the umbilical cord and circumcision are healed. Then you can bathe your baby in a small tub containing 3 inches of comfortably warm water. Check the temperature of the water with your elbow.



Wash the baby's face with plain warm water and a soft cloth; do not use soap. To clean around the eyes, use cotton dipped in cool water. Wipe from the bridge of the nose toward the ears. Do not try to clean the inside of either the nose or ears, but clean outer areas with a clean moist washcloth or cotton ball.

Wash your baby's head with a mild shampoo. Wash from front to back, to keep suds out of the baby's eyes. Clean carefully over the soft spots on a young baby's head.

Use a mild soap to wash the baby's body. Be sure to wash in the folds of skin. Rinse well, then pat the baby dry. Do not use powder after the bath, because the baby could inhale the powder and have trouble breathing. If the skin is very dry, you should use baby lotion sparingly after the bath.

Trimming Your Baby's Nails

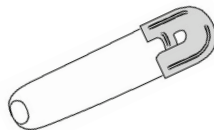
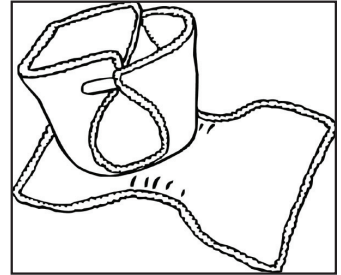
It is difficult to clip a newborn baby's nails. Use a nail file to smooth edge and file the nail initially. As the baby grows you can trim your baby's nails with a nail clipper or nail scissors. This may be done several times a week if necessary. Some mothers have found this is more easily done when the baby is asleep.

Diaper Protocol & Healthy Stools

You should change your baby's diaper as soon as possible after each bowel movement or wetting. Clean the diaper area and wipe it gently with babywipes or a warm washcloth.

One of the most common illnesses among infants and young children is diarrhea. Stools of newborn babies vary considerably in size, color, consistency, and frequency. A baby may have several bowel movements daily, or none for a few days. Stools may be yellow, brown, or green, and may be firm, loose, or pasty. Soft, loose, pasty stools are typical for breast fed infants. All these patterns are normal.

Usually, diarrhea lasts only a few days and can be managed at home. During bouts of diarrhea, regular feedings sometimes should be replaced with special fluids containing important nutrients (electrolytes) in amounts similar to those lost in stools. We suggest that you buy some Infalyte or Pedialyte so you will have it on hand if you need it. Call us for instructions if your baby has diarrhea for more than a day, especially if accompanied by vomiting or fever.



Feeding

Feeding is one of your baby's most pleasant experiences. At feeding time, the baby receives nourishment from food and a feeling of security from parents' loving care. The food helps your baby grow healthy and strong. Parental love starts your baby in the development of a secure and stable personality.

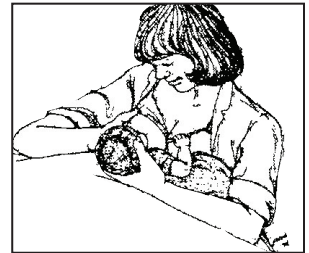
Both you and the baby should be comfortable at feeding time. Choose a position that will help you to relax as you feed your baby. For your baby's comfort, be sure he is warm and dry.

Whether breast-feeding or bottle-feeding hold your baby close. The baby's head should be slightly raised and should rest in the bend of your elbow.

Type of Feeding

Breast milk is the best feeding for your baby. If you have any questions concerning breastfeeding, please call our lactation consultant, Allison Scott, APN, at (479) 571-7184.

If you choose not to breastfeed, a commercially prepared infant formula is recommended. Breast milk or formula is the only food your baby needs for the first 4-6 months of life. The cow's milk that the rest of the family drinks should not be fed to your baby until after the first year of life. It is not an appropriate source of nutrition for your baby.



Breastfeeding

Breastfeeding provides your new baby with good nutrition and helps develop a close bond between you and your infant. Human milk also contains antibodies (substances that help protect the baby against some diseases). Babies fed with human milk have fewer allergic conditions (such as eczema and asthma), ear infections, and hospitalizations than those fed with prepared formulas or other milks. Breast milk may also provide some protection from Sudden Infant Death Syndrome (SIDS).

Breastfeeding does not happen by instinct as it does in animals. The mother must understand the process to be successful. The following suggestions may help you.

First: *Relax*

Breastfeeding gives a sense of warmth, closeness, and pleasure to both the baby and the mother. Try to be as relaxed as possible. If you are tense and nervous, it will interfere with the “milk let-down” and the flow of the milk. Select a comfortable chair or lie down if you prefer. Cradle your baby in the crook of your arm.

Positioning the Baby



Cradle position

1-2 pillows in lap.

Baby's head in crook of mother's arm.

Baby on his side, chest-to-chest or tummy-to-tummy with mother.



Football Clutch Position

1-2 pillows in lap.

Baby's head and neck supported in mother's hand with forearm supporting the baby's upper body held against her side.



Lying Down

Mother on her side with pillows supporting her back and her top leg bent forward.

Baby on side, parallel with mother's body.

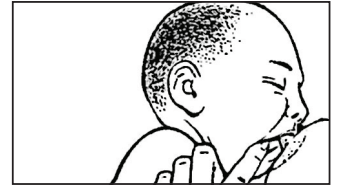
Breastfeeding Questions? Call our lactation consultant,
Allison Scott, APN (479) 571-7184

Latching the Baby on the Breast

1. Hold your breast with your fingers underneath and your thumb on top keeping your fingers and thumb back behind the dark part of your nipple.



2. Tickle your baby's bottom lip with your nipple until he opens WIDE.



3. Be patient for a wide open mouth like a yawn and then quickly pull the baby onto the breast.

4. Your baby's nose and chin should touch your breast. Both of your baby's lips should flanged outward.

5. Break suction with your finger prior to removing your baby from the breast.

Most breastfeeding problems can be prevented or alleviated by feeding frequently with proper latch-on and positioning.

More Tips for Breastfeeding

At first, let your baby breastfeed on both breasts at each feeding. The sucking helps to stimulate milk supply. To keep the milk supply equal in both breasts, start with the opposite breast at each feeding. (For example, at 8 a.m. let the baby nurse from the right breast, then the left breast. At 11 a.m. start with the left breast, then the right breast).

Your baby may need more sucking time later. It is fine to let him suck longer although he gets most of the milk in the first 5 to 10 minutes. Every baby has her own style. One baby may nurse quickly and finish both breasts in 10 minutes while another may need to nurse 20 minutes on each breast.

Unlimited nutritive sucking (suck-swallow-rest pattern) is necessary for weight gain. Some babies will nurse only on one side while others need to nurse on both sides. Watch the baby and not the clock.

Breastfeeding Questions? Call our lactation consultant,
Allison Scott, APN (479) 571-7184

Burping

The air that your baby swallows while breast feeding must be brought up or “burped” to prevent stomach pain. To remove the air bubbles, sit your baby on your lap supporting his head with your hand. With your other hand, gently pat or rub his back. After you hear a burp, continue feeding the baby. Usually a little milk comes out with the burp so have a clean cloth available.

Burp your baby after he has finished one breast and again after he finishes nursing on the other side.

Developing a Feeding Schedule

Breastfed babies eat more often than formula-fed babies because breast milk is easier for babies to digest. Your baby will need to be breastfed every 1-3 hours at first and at least 8 times in 24 hours. Gradually, your baby will let you know when he is hungry.

You will know whether your baby is getting the correct amount of milk by his weight. Most babies gain 4 to 7 ounces per week for about the first 3 months. Any concerns about his weight should be reported to your doctor. If your baby is getting enough to eat, and is at least 4 days old, he should have at least 6 wet diapers and 1 or 2 bowel movements each day. Some breastfed babies do not have a daily bowel movement after they are several weeks old. Stools will usually be yellow in color and a seedy, loose consistency.

Supplemental Feedings

Bottle feedings should be avoided during the first 4 weeks. However, bottle feedings (preferably of breast milk) may be substituted for breastfeeding when you need to be away from the baby for a few hours. Bottle feedings may be necessary when baby stays with a baby sitter (or you can try to time your leaving and coming home time with feedings). Your baby may be fed breast milk or formula from the bottle. Doctors recommend that babies receive breast milk at least during the first 12 months.

Bottle Feeding with Pumped Breast Milk You can pump your breasts and leave this milk to be fed to the baby while you are away. When pumping your breasts, 9

collect all the milk in one sterile container. Then pour the milk into sterile baby bottles in the amounts your infant usually takes at one feeding. Start with 2 to 3 ounces per bottle for a baby up to 3 months of age. The breast milk may be refrigerated for up to 3 to 5 days. It can be frozen in refrigerator freezer for up to 5 months and in a deep freeze for up to 12 months. Frozen milk should be thawed in a container of warm water. Keep thawed milk in the refrigerator. Discard any unused milk after 24 hours. Do not refreeze thawed milk. Breast milk should not be microwaved. Microwaving may destroy the parts of the milk that protect your baby from illness and it could burn the baby's mouth.

Adequate Milk Supply Check List

By the fourth day after delivery, review the following questions to see if your baby is getting adequate milk supply.

- *Is your baby having 5-6 or more wet diapers per day?* Cloth diapers make this easier to determine.
- *Is your baby having 2-12 bowel movements?* One after each feeding to two per day is normal. After two months, a totally breastfed baby may begin skipping several days between bowel movements.
- *Can you hear your baby swallow?* This will be more obvious once your milk comes in. Your milk usually arrives 2-5 days after delivery.
- *Are your breasts fuller before a feeding and softer after a feeding?* This will be more obvious once your milk comes in.
- *Is your baby content after most feedings?*
- *Is your baby gaining weight?*
- *Babies should regain their birth weight by 10-14 days of age and then gain 4-7 ounces per week thereafter.*
- *Is your baby nursing 8-12 times per day?*

If the answer is "no" to any of these questions, try feeding more frequently and for longer periods of time.

If you have any questions, please call our Lactation Consultant, Allison Scott, APN, at (479) 571-7184.

A Breastfeeding Mother's Health

Nutrition

Mothers who breastfeed should have more calories and protein each day than they would normally need. Eating an extra meal each day (such as a sandwich, a piece of fruit, and a glass of milk) adds more calories for energy and protein to the diet. Meat, fish, milk, and cheese are all high in protein. Many mothers naturally lose extra weight gained during pregnancy while breastfeeding.

Eating the right foods and drinking plenty of liquids will help keep milk production up. Drink enough liquids to keep your urine pale yellow. When you sit down to nurse your baby, it is often a convenient time to drink a glass of water or juice. The breastfeeding mother should keep alcohol and caffeine use to a minimum. Continue to take your prenatal vitamins while breastfeeding.

Menstruation

Your menstrual periods may not resume during the time you are breastfeeding. However, if you do not want to become pregnant, ask your doctor to recommend the birth control method that is best for you.

Medications

You should not take any medicine or non-prescription drugs while breastfeeding unless ordered by your doctor. Many drugs can go into your milk supply and some can affect the baby. Use of alcohol, which is also a drug, is discouraged. Please call our lactation consultant if you have any questions about a specific drug.

Smoking

You should quit smoking while nursing your baby. Smoking more than 10 cigarettes per day has been shown to decrease a mother's milk supply. Smoking in the same room with the baby is harmful to the baby and makes the risk higher that he will have more colds, respiratory problems, and possibly Sudden Infant Death Syndrome (SIDS). If you have any questions, be sure to ask your doctor or nurse.

Bottle Feeding with Formula

Instead of using pumped breast milk, you may ask your doctor what formula is best for your baby and learn how to prepare it. It is best not to skip too many breast feedings because your breasts will become engorged (very full), you will feel uncomfortable, and your milk supply will decrease.

CAUTION: Infants under 1 year of age should not be fed honey. It is not sterile and may contain harmful bacteria that can cause food poisoning in young infants.

Choosing the right formula

Instant formula nourishes your baby much better than cow's milk, because it is made especially for babies. In fact, except for your own breast milk, infant formulas meet a baby's needs better than anything else. Your baby's doctor, nurse, or nutritionist knows which formula is best for your baby. If you have questions or problems, seek his or her advice especially if you think you may want to change formulas.

Always Talk to Your Pediatrician before switching formulas

Remember Feeding time is not only to give your baby the right nutrition, but to cuddle, talk softly, and show your baby your love. Babies do tend to be fussy at times. It doesn't always mean your baby's formula needs to be changed.

Get the bottle ready

Start by washing your baby's bottles, nipples, rings, and caps in hot, sudsy water. Use a bottle brush. Squeeze water through the nipple holes. If they look clogged use a pin to open them. Rinse everything well. If you use a dishwasher, place bottles securely on the top rack, and hand wash nipples. If you have any questions about preparing formula or feeding be sure to call our office.

Precautions for Well Water Users

Check well water before use: Well water may contain bacteria or impurities that boiling will not remove. Take a sample of your well water to your county health department to be tested. They'll tell you if your water is safe to mix with formula. If it's not, use distilled or bottled water or use Ready To Feed formula. Well water should also be tested for fluoride content. If it is low, ask our office

during a check up visit about fluoride supplements for children older than 6 months. Sterilize the bottles if you have well water: Sterilize your baby's bottles for the first 4 months of her life. Put a metal rack or clean folded towel in the bottom of a sterilizer or large pot. Put bottles, nipples, rings, and caps in and add 3 inches of water. Cover with lid and place the pot on the stove. Boil for 5 minutes. Then let cool.

Preparing Concentrated Liquid Formula

Boil water if you have well water. Heat enough water for the formula to a rolling boil in a pot or tea kettle. Then let cool.

Open the can. Wash the top of the formula can with soap and hot water. Rinse and dry. Shake the can of formula well. Punch two holes in the top of the can with a clean can opener.

Water and formula Use a measuring cup to add equal amounts of water and formula to sterilize bottles. Pour the boiled and cooled water into the bottles, then pour in the concentrated liquid formula. For example, to prepare 4 fluid ounces of formula, use 2 fluid ounces of water, followed by 2 fluid ounces of Concentrated Liquid formula.

Mix and test Place sterilized (or clean) nipple cap and ring on each bottle. Twist on tightly and shake the bottles until formula is completely mixed. Before feeding, test the temperature and flow. Shake a few drops of formula onto the inside of your wrist. It should feel cool or warm, but never hot.

Feed your baby Feed the formula to your baby right away. Throw away what he doesn't drink.

Keep formula cool Store bottles with formula and the opened can of formula (covered) in the refrigerator. This should be used within 48 hours after mixing.



Preparing Powdered Instant Formula

Boil water if you have well water Heat enough water for the formula to a rolling boil in a pot or tea kettle. Then let cool.

Open the can Wash the top of the formula can with soap and hot water. Rinse and dry. Pull the ring to remove the entire lid. It should open easily. Save the plastic over cap to cover the can.

Add water Pour the boiled and cooled water into sterilized bottles. (Use clean bottles if your health care professional says sterilizing is not necessary.) Use the amount that you need to feed your newborn, about 2 to 6 fluid ounces for each feeding.

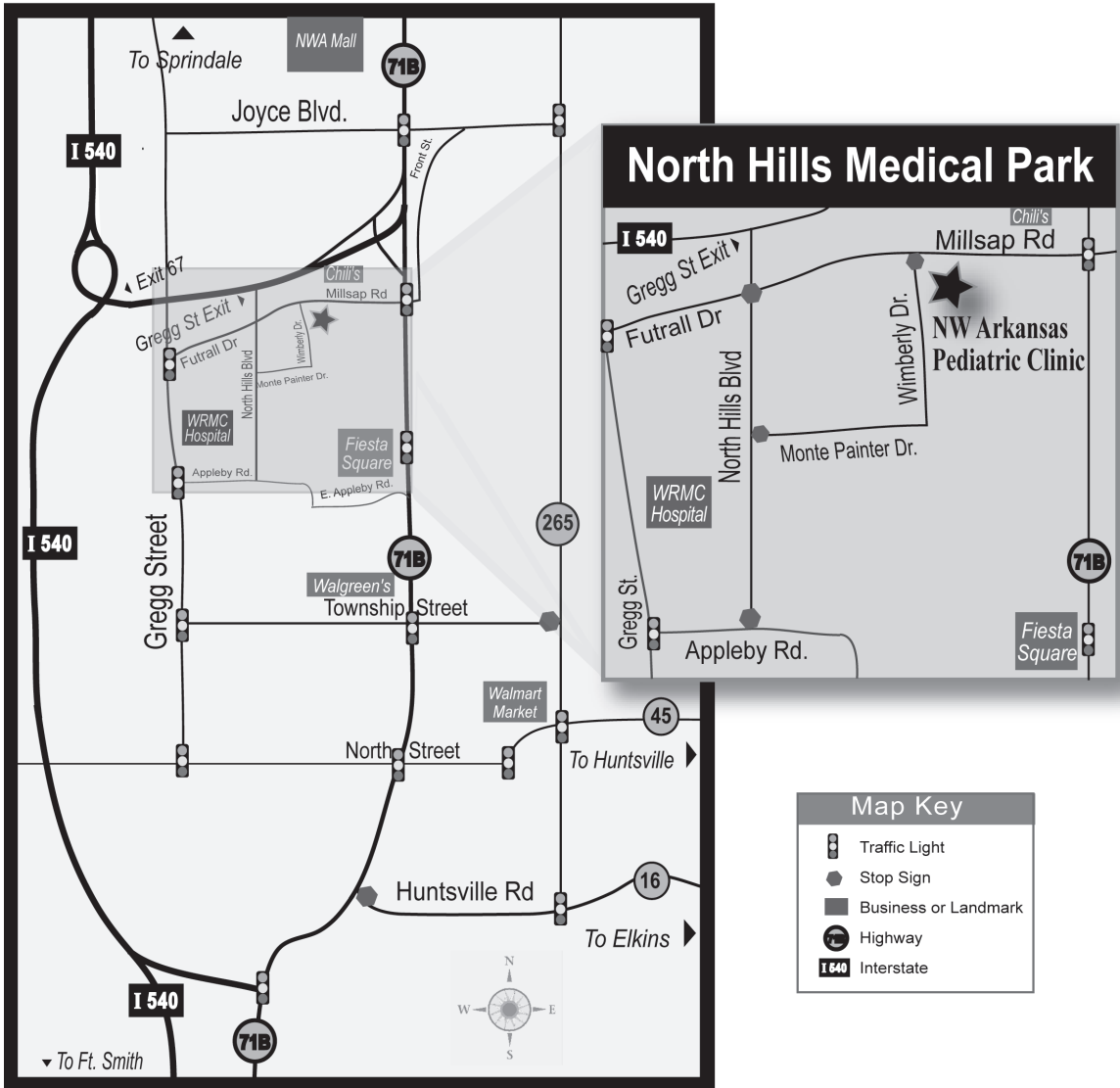
Add powder Use only the scoop in the can. Add one level scoop of powder for every 2 fluid ounces of water. For example, if you are preparing a bottle of 4 fluid ounces, add 2 level scoops per 4 fluid ounces of water. For a 6 fluid ounce bottle, add 3 level scoops to 6 fluid ounces of water. (The amount of mixture will be slightly greater than the amount of water alone.) Cover the opened can of powdered formula with the plastic over cap. Store it in a cool, dry place, not the refrigerator. The can of unmixed powdered formula will stay good this way for 1 month.

Mix and test Place the nipple, cap and ring on each bottle. Shake the bottles until formula is completely mixed. You can feed him cool or room temperature formula, but if your baby likes his formula warm, test the temperature and flow before giving it to him. Shake a few drops of formula on the inside of your wrist. It should feel warm or cool, but not hot.

Feed your baby Give the formula to your baby right away. Throw away what he doesn't drink.

Keep formula cool Store the extra formula-containing bottles in the refrigerator. This should be used within 48 hours after mixing.

Northwest Arkansas Pediatric Clinic Map & Directions



- ▶ If you are traveling on I-540, take exit #67 toward the Fayetteville Business District, then the Gregg Street exit into North Hills Medical Park. At the 4 way stop turn left. NWAPC will be on your right.
- ▶ From College / 71B, the best way to reach us from 71 is to turn west on Millsap Road. Just before the turn to Wimberville Drive, NWAPC will be on your left.

Northwest Arkansas Pediatric Clinic Phone Directory

Well Child Care	479-443-3471
Urgent Care	479-442-7322
After Hours	479-463-1000
Billing & Insurance	479-442-8104
Medical Records	479-571-7111
Patient Referrals	479-571-7112
Lactation Consultant	479-571-7184
Nursing Educator	479-571-7103

Log on to our web site at www.nwapeds.com

- Request Appointments
- Request Prescription Refills
- Patient Information