



CHILDREN'S MEDICAL GROUP, P.A. FIRST MONTH CHILD CARE INFORMATION

Nutrition

The committee on Nutrition of the American Academy of Pediatrics recommends that breast or formula feeding be continued until 12 months of age, and that solids not be started until 4-6 months of age. Bottle-fed babies usually feed every three to five hours. Breast-fed babies may feed every two to four hours. Vitamins are recommended for very premature infants and breast-fed infants. Vitamins are included in all infant formulas.

Safety

To avoid injuries, use a car safety seat on every ride. The seat should be semi-reclined, backward-facing until your baby is two year of age or has exceeded the maximum recommended weight limit for your particular car safety seat.

The crib should have slats no more than 2 3/8 inches apart, a snug-fitting mattress, and no corner post extending beyond the rails.

Hot water heater should be set at 120° F or lower to avoid accidental scalding of the infant.

The Academy of Pediatrics recommends your infant sleep on his/her side or back. Your infant should sleep in an empty crib free of any items that might create a risk of suffocation and not in the parents' bed. These recommendations are to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Smoking increases your baby's risk of respiratory problems and ear infections.

Do not use the microwave to heat or warm your baby's bottle.

Do not feed your child honey or karo syrup for the first year of life. A type of botulism which can cause paralysis or death is associated with the two.

Smoke and carbon monoxide detectors should be installed.

Immunizations

Immunizations will be given according to the American Academy of Pediatrics Guidelines. See our website for more detailed information.

Other

A schedule for feeding, sleep, etc. is desirable for the baby but need not be rigidly enforced. Most babies will develop a fairly regular schedule of their own.

Always feed the baby in your arms. Never prop a bottle when putting the baby down to sleep. Ear infections and choking may be associated with feeding while lying down.

Babies vary in the amount of sleep required. Expect your young infant to wake for feedings at night. At babies' naptime, be sure that the baby is satisfied and comfortable. Most babies will sleep the night through at approximately four to six months of age.

Babies' bowel movements or stools vary considerably in size, color, consistency, and frequency. Breast-fed babies' stools are typically loose and seedy. Babies fed formula have more formed stools. Many babies naturally grunt and groan when they have a bowel movement.

There are two basic types of diaper rashes: irritated rash and yeast (Candida) rash. The irritated diaper rash is usually a uniform redness of the skin. The yeast rash may be uniformly red but have multiple red dot lesions. The yeast rash needs a prescription cream/ointment. Do not use Talc-based baby powder. Talc may get inhaled, and cause lung irritation.

Clean the ears with a washcloth, and clean the canal only as far as your finger can reach. Do not use Q-tips, hairpins, or any other objects because of the possibility of rupturing the eardrums.

If you suspect your infant may have fever, take a rectal temperature. Axillary (arm-pit) temperatures are very inaccurate. We consider a temperature of 100.4°F or greater, taken rectally, to be fever. Contact our clinic if your infant does have fever.

Return for a check-up at 2 months of age. Call in the afternoon for routine check-up appointments.