

First Week Visit

Mother's Well-Being

- Call us or your obstetrician if you are feeling overwhelmed or sad for more than a few days.
- Try to sleep when your baby sleeps.
- Give your other children small, safe jobs to do to help with the baby.
- Spend special time with each child.
- Continue family routines.
- If you are offered advice you do not agree with, say thank you and change the subject.

Feeding Baby

- Feed only breast milk or formula in the first 4-6 months. Do not give water.
- Pat, rock, undress, or change the diaper to wake your baby to feed.
- Feed your baby when you see signs of hunger, including: puts hands to mouth, sucks or roots for food and fussing.
- End a feed when your baby is full: turns away, closes mouth, or relaxes hands.
- Breast or bottle feed 8-12 times per day.
- Burp your baby during natural feeding breaks.
- Having 5-8 wet diapers and 3-4 stools each day shows your baby is eating well.

If Breastfeeding:

- Continue to take your prenatal vitamins.
- When breast feeding is going well, you can offer your baby a bottle or pacifier.
- Lactation office: (765) 485-8411

If Formula Feeding:

- Always prepare, heat and store formula safely. If you need help, ask us.
- Feed your baby 2 oz every 2-3 hours. If your baby is still hungry, you can offer more.
- Do not prop the bottle.
- Hold your baby so you can look at each other.
- Never put your baby to bed with a bottle in the crib.

Taking Care of Baby

- A fever is a temperature of 100.4F or higher.
- If your baby is acting unusual (increased crying, limp or not eating well), check for fever.
- If your baby has a temperature above 100 degrees in the first 2 months of life, call your doctor immediately. Fevers are serious at this age.
- Take a first aid and infant CPR class.
- Have a list of phone numbers in case of emergency.

- Have anyone who touches the baby wash their hands.
- Wash your hands often.
- Avoid crowds.
- Babies get many rashes from 4-8 weeks of age. Call if you are worried

Safety

- The car seat should be rear-facing in the middle of the back seat in all vehicles for the entire first two years of life.
- Your baby should never be in a seat with a passenger air bag.
- Remove coat before buckling in car seat.
- Keep your car and home smoke free.
- Keep your baby safe from hot water and hot drinks.
- Do not drink hot liquids or cook while holding your baby.
- Make sure your water heater is set at lower than 120F.
- Test your baby's bathwater with your wrist.
- Keep your baby out of the sun.
- Always wear a seat belt and never drink and drive.

Establishing Routines and Sleep Safety

- Comfort baby when crying: try pacifier, swaddling, rocking, singing.
- Start routines for bathing, feeding, sleeping, reading, and playing.
- Help wake your baby for feedings by changing diaper, undressing, patting gently.
- Give your baby a pacifier when sleeping.
- Put your baby to sleep safely on his/her back:
 - In a safe crib in your room, not in your bed.
 - Swaddled or in a sleep sack.
 - Do not use loose, soft bedding or toys in the crib. Do not use comforters, pillows, thick blankets or bumper pads.
 - Use a crib with slats close together, 2 3/8 inches apart or less.
 - Keep the baby from getting too warm or cold.

What to Expect at Your Next Visit

We will...

- Weigh and measure your baby.
- Discuss any concerns you may have.
- Review feeding, stooling, and wet diapers.
- Talk about how the baby is doing with the whole family.
- Review safety and care at home and in the car.

Pediatrics

2705 N. Lebanon St.
North Pavilion, Suite 415
Lebanon, IN 46052
765-485-8900

of Anson – Zionsville
6085 Heartland Dr.
Suite 208
Zionsville, IN 46077
317-768-2222

Rev 2/22

