

**Crown Colony Pediatrics**  
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<b>OFFICE HOURS:</b>	Monday – Thursday	8AM – 7PM, 5PM – 7PM <i>Sick Only</i>
	Friday	9AM – 5PM
	Saturday	10AM – 4PM <i>Sick Only</i>
	Sunday	10AM – 3PM <i>Sick Only</i>

## **NEWBORN INFORMATION**

### **Immunizations**

Our office follows the guidelines of the American Academy of pediatrics.

### **Feeding and Elimination**

Full term newborn infants must feed approximately every four hours, at a minimum. Breast-fed infants will usually feed more often than bottle-fed infants, approximately every 2 to 3 hours. Vitamin D supplementation is recommended aside from any infant who has special medical needs. Most newborns who are formula fed should receive a cow milk-based iron supplemented formula such as SIMILAC or ENFAMIL. Your infant should have a minimum of 6 wet diapers daily. The frequency of stooling will vary greatly and will initially appear dark green/tarry (Meconium) and process to pasty of seedy stools within a few days.

### **Sleeping**

Most newborn infants will sleep for the majority of the 24 hours in a day, taking their sleep in short periods and awakening to be fed. The current recommendation of the Academy of Pediatrics is to have infants sleep on their back.

### **Umbilical Care**

The stump of the umbilical cord just needs to be kept clean and dry, and free from excessive irritation (e.g. the edge of the diaper). Alcohol swabs can be used and infant should have only sponge baths (not to be immersed in water) until the stump has detached. If the stump is not detached by 7 to 28 days of life, or if at any time it appears inflamed, has discharge, or bleeding, you should contact our office.

### **Circumcision Care**

The individual who perform the circumcision on your son will provide instruction regarding its care during the healing process. Usually, all that is involved is to apply ointment such that they healing edge of skin does not adhere to or become irritated by the diaper. If you believe the circumcision is not healing correctly, or if there are any signs of infection or excessive bleeding please contact our office.

### **Jaundice**

Jaundice (a yellow coloration of the skin, eyes, mucous membranes) is a common condition in many newborns sometime in the first several days of life. Most cases of jaundice just require close observation to ensure that the bilirubin (the chemical that causes jaundice) in the blood does not reach overly high levels. If your infant appears jaundiced you should contact us to have him/her checked.

### **Infant Safety**

Car safety seats are not only essential, but are also required by law in Massachusetts for any child less than 40 pounds. You must have a car seat for your infant for the ride home from the hospital and for every car ride thereafter. Infant car seats must be backward facing and be able to be anchored safely. We can provide you with information regarding approved infant car seats. Infants must never be left unattended on any surface above the floor. Even the smallest infant can move enough to fall, and even seat belts, straps, or rails on infant chairs or changing tables are not secure enough to prevent falls. Infant chairs or changing tables are not secure enough to prevent falls. Likewise, infants should never be left unattended in a bassinet, sink, or bathtub.

As prevention against burn, the hot water temperature in your home should be adjusted to 120° or less.

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### Temperature

You should be familiar with taking a rectal temperature on your infant prior to discharge from the hospital. A rectal thermometer should be lubricated with a small amount of lubricant such as petroleum jelly. The thermometer should be inserted into the rectum such that the bulb is completely covered (approximately ½ inch), and kept in for two minutes. If you are unsure of this procedure or how to read the thermometer, please ask us or one of the nursery nurses. Any rectal temperature over 100° or less than 97° should be reported to us. Please do not give any medications (including acetaminophen – Tylenol, Tempera) to your infant without consulting with us first.

### Other

Please do not hesitate to call if you have any questions concerning your infant or his/her care. We will always be available to provide advice, general information, and references on a wide variety of topics. There is a nurse assigned to answer routine questions from 9-5, Monday thru Friday. For emergencies you may call at any time. Also, you can visit our website [www.crowncolonypediatrics.com](http://www.crowncolonypediatrics.com) for frequently asked questions.

The first routine office visit for most infants is usually between 1 to 2 weeks of age. We will advise you at the time of discharge of when to make your first office appointment.

