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NEWBORN

Immunizations:

Hepatitis B #1 is typically given in the hospital. Second dose will be given at one month of age.

Development:

Gross Motor (large muscle groups): Raises head slightly when lying on stomach, moves arms and legs simultaneously. Newborns have natural reflexes at birth that decrease over time, especially: startling easily, sucking when hungry, and grasping anything that touches their hands.

Language: Cries, makes some response to sound.

Vision: Sees objects best at 8 to 10 inches (the perfect distance to focus on the face of the person feeding the baby). Follows slow moving objects. Looks at and responds to faces.

Social: Recognizes familiar voices. Calms to high-pitched, soft voice; quiets to gentle touch, rocking and holding.

Feeding:

Offer feeds every 3 hrs or minimum of 8x/day, and when the baby is signaling hunger. Babies should urinate 1 wet diaper for every day of life, and by a week have 6-8 per day minimum.

Breast Feeding

- Learning to breastfeed takes time for both mother and baby and sometimes additional support. Please ask for lactation referral if needed.
- It is best to wait until breastfeeding is established before introducing a bottle or pacifier.
- It is recommended to not use recreational drugs or cigarettes while nursing. If you do smoke, please ask for help in quitting. Don't let anyone smoke in the house or near the baby. Drinking alcohol in moderation (one drink or fewer each day) is fine. Consult with a doctor about any medicines you are planning to take.
- Vitamin D 400 IU /day is recommended for baby to take.

Formula

- There are many different kinds - most importantly it is what you feel comfortable with, what baby likes to eat, and what is readily accessible and cost effective for your family.
- Offer as much as your baby will take, by 1 week average feeding is 30-60 ml/feed.
- Do not warm bottles in the microwave oven. This can heat bottles inconsistently, resulting in some areas of the milk becoming quite hot while others are still cool.

Only breast milk or formula for your baby. Do not give water or tea. No honey during your baby's first year, because it can contain harmful bacteria.

Bowel Movements (Stools): What's Normal?



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- Once a newborn has passed the initial meconium (sticky, tarry black stools), then the stools will change and are commonly yellow, seedy, fairly runny and have a musty odor. The color is only concerning if going back to black, red or white. Bottle-fed babies' stools may be pastier than those of breastfed babies and less often.
- Babies may show dramatic facial expressions, pass gas, strain and draw their legs up when passing stools. This is normal as long as the stools are soft and there is no pain.
- Babies will have bowel movements with most feeds, or every few hours. The number of stools often declines after a few weeks, where some babies will have days without stool. More important than the frequency of your baby's bowel movements is whether your baby is eating eagerly, seems comfortable and consolable and is gaining weight properly. Constipation is very rare in infants drinking only milk.

Skin Care:

Cleaning:

- Do not give submersion baths until the umbilical cord has fallen off. Until then areas of the body, mostly face, hands and diaper area can be cleaned with warm water and a soft washcloth. Soap is usually not needed.
- Newborn babies' skin often will peel or flake. This does not mean the skin is dry. This peeling is a natural process, part of the newborn's adjustment to life in open air outside the liquid in the womb. No special lotions or oils are needed, but you may use fragrance free hypoallergenic moisturizer if you'd like.

Preventing/Managing Diaper Rash:

- Clean thoroughly but gently, trying not to rub the skin after each bowel movement. Wipe a girl's diaper area with motion from front to back. If your baby boy is uncircumcised, then no special attention is needed to clean the penis. The foreskin covers the head of the penis and is not retractable at birth. Do not force the foreskin back. It gradually becomes retractable, almost always by age 5-7 years. If your baby boy is circumcised, please refer to the information you were given at the time the procedure was done regarding care.
- If using commercial wipes, invert the container between use so that the top wipes are always very moist and therefore less abrasive. If the baby's bottom becomes irritated, you may want to use wet, soft paper towels or "cotton or polyester" balls instead of the commercial wipes. Pat bottom dry and then allow to air dry for a few minutes.
- A barrier like Vaseline Petroleum Jelly or A & D Ointment should always be used. With rash, use a product with zinc such as Triple Paste, Desitin, or Boudreaux Butt Paste.

Caring for the Umbilical Cord:

- It will fall off typically around 2 wks of age, sometimes before or at least by 1 month. No cleaning is needed, but a Qtip moistened with isopropyl (rubbing) alcohol can be used to help with the odor. There are few nerve endings in this area, so they don't feel discomfort here. Let us know if the skin around the cord becomes red or has a discharge.

Safety:



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- **Sleep:** Place your baby to sleep on his/her back on a firm mattress in their own crib or bassinet with hard or breathable walls. Don't use soft pillows, plush toys or crib bumpers. Avoid overheating by dressing your baby in only one more layer of clothing than you would wear. Co-sleeping is not recommended. These measures reduce the risk of SIDS (Sudden infant Death Syndrome). If you are having difficulty getting your baby to sleep, please talk with us about a safe solution.
- **Car seats:** Place the infant's car seat in the center of the second row facing towards the rear. Rear facing should be at least until 2 years of age (but best for as long as possible even up to 4 years old). Make sure your baby is securely buckled, with the harness straps at the level of the armpits. Never remove the baby from a car seat when the vehicle is moving. For more information about safety, and inspection locations <https://www.nhtsa.gov/equipment/car-seats-and-booster-seats#installation-help-inspection>
- **Fever:** ≥ 100.4 . Best way to check a baby's temperature is rectally for the first 2 months. Put vaseline on the tip of thermometer and slide it in gently, no further than the end of the silver tip. Call our office for any fever in a child < 2 months old.
- Never leave the baby alone in a car or home.
- Set the hot water heater temperature to lower than 120 F.
- Do not drink hot liquids or cook over a stove while holding your baby.
- Do not jiggle or shake a baby's head vigorously.
- Do not place a string or necklace around the baby's neck. If you are using a pacifier and wish to attach it to the baby's clothing, keep the string shorter than three inches.
- Make sure your smoke detectors are installed properly. Check the detectors monthly; replace the batteries yearly.
- If there are guns in your home, always lock them out of reach and unloaded. Lock ammunition separately from firearms. Use safety locks. Make sure the people you and your children visit do the same.
- Consider taking an infant CPR class through your local hospital or Red Cross.

Understanding and Responding to Baby's Cries:

- Crying increases over the first six to eight weeks, then begins to taper off. There may be no identifiable cause of crying (perhaps to release stress). In newborns, assume that crying means hunger and offer feedings. If feeding does not relieve crying, try swaddling and cuddling the baby.
- Allow yourself time to get out alone occasionally. Try to nap when the baby naps. Let others help with the baby. Consider joining a "New Mom and Baby" group. Getting together with other new parents can be very reassuring, educational and fun!

Sleep:

- Newborns typically have one four to five hour sleep period, often occurring during the day. Parents can gradually shift this from day to night by keeping stimulation to a minimum during normal sleep hours and lights low during nighttime feeds. Many



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newborns can sleep five consecutive hours once feeding is well established after 2 weeks.

Toys and Stimulation:

- For babies less than 3 months old, the most stimulating "object" is YOU! Getting to know your face, your smell, your voice and your touch is fascinating. Toys aren't necessary.
- Baby will stare at patterns of black and white or sharply contrasting colors, such as dark red and pale yellow.
- Play music and read books.
- Hold your baby for fussy crying and carry your baby when he/she isn't crying too. You cannot spoil your newborn!

Postpartum Support for Parents:

- Becoming a parent for the first time or adding a new member to your family is a challenge and huge change in your life. If you find yourself depressed, sad or overwhelmed, please reach out to us or your ob-gyn for help.
- For more resources visit <https://www.postpartum.net/> or Call 800-944-4773 or Text 800-944-4773

Suggested Reading for Parents:

Caring For Your Baby and Young Child: Birth to Age Five, American Academy of Pediatrics, Tanya Altmann, M.D.

What to Expect the First Year, Heidi Murkoff and Sharon Mazel.

The Newborn Sleep Book, Lewis Jassey, M.D. and Jonathan Jassey, M.D.

The Happiest Baby on the Block, Harvey Karp, M.D.

The Confident Parent, Jane Scott, M.D. and Stephanie Land

Breastfeeding: Getting Breastfeeding Right for You, Mary Renfrew et al.

The Baby Book: Everything You Need to Know About Your Baby From Birth to Age Two, William Sears, M.D., and Martha Sears.