



# Welcome to the world!

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Congratulations!

Birth is one of the most extraordinary times and experiences in the parents' life. With the joys of birth come feelings of fatigue and an overwhelming sense of responsibility. This handout, and the ones you will receive during Well Child Care appointments, are written to help you be more informed about child rearing and to provide better health care and nurturing for your child.

Enjoy this exciting time and remember that we are here to here to help all times!

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## Feeding:

- All babies lose a few ounces during the first few days after birth. However, they should never lose more than 10% of the birth weight.
- Most bottle-fed babies are back to birth weight by 10 days of age, and breast-fed babies by 14 days of age.
- Infants gain about an ounce per day during the early months. If milk is provided liberally, the normal newborn's hunger drive ensures appropriate weight gain.

## Breast:

- On average babies who are breast-fed have fewer infections and allergies during the first year of life than babies given formula.
- Breast milk doesn't cost anything, is ready anytime, and best of all, it is made for babies.
- Babies whom are breastfed get enough calories if he or she demands to nurse every 1 1/2 to 2 1/2 hours, appears satisfied after feedings, takes both breasts at each nursing, wets 6 or more diapers each day, and passes 3 or more soft stools per day.
- Babies who are breast fed need to be supplemented with Vitamin D, which is available over the counter at most pharmacies

## Formula:

- If you choose to bottle-feed, be sure to use only formula until your baby is 1 year old.
- Start with a milk based formula with iron (i.e. Similac or Enfamil) unless instructed to use another. Initially your baby may want to feed every 2-4 hours.
- Formula is available in three forms: Powder, Concentrated liquid, and Ready-to-serve liquid. Always use FDA approved formula and closely follow the directions for preparation.

## Bathing:

- Sponge bathe with a soft washcloth until the navel is healed for two days (and for five days following circumcision). Then, tub bathe with any mild soap.
- The water and room temperature should be comfortable. A baby lotion may be used after the bath. We prefer no oil unless specified.

## Diaper Area:

- After bowel movements and urination cleanse the diaper area.
- In girls, separate the labia and gently remove debris with cotton and water.
- In circumcised boys, place Vaseline and gauze on the raw area of the circumcision for at least 5 days and change this with each diaper change.

