



David E. Simai M.D.

Board Certified Pediatrician

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Congratulations on the birth of your baby! We are excited to be a part of your life. We look forward to seeing your child grow and flourish. Please read this handout to familiarize yourself with common newborn issues that we often address. If you are still left with questions, you may call our office to discuss them. **We set aside 30 minutes on Monday, Tuesday & Thursday to discuss general questions, between 2:30 and 3:00pm.** Try to use these phone hours for non-urgent questions. Feel free to call us with urgent questions immediately.

The following are facts and suggestions that we compiled to help you familiarize yourself with your baby:

Feeding

1. Newborns start off drinking very little at the hospital, usually one half to 1 ounce per feeding, but on day number 3 or 4 they can easily handle at least 2 ounces per feeding (60 ml).
2. **Nursing mothers** - feed on demand, sometimes it will seem that you are nursing all day and that's ok for the first few days. This will make up for the baby's weight loss and stimulate your milk production.
3. **Monitor wet and dirty diapers** - the baby should have at least 3 wet or dirty diapers per day. The diapers should be heavy.
4. **Night Feeding** - If the feeding is going well throughout the day and the baby makes heavy dirty or wet diapers, let the baby sleep at night for up to 5 hours.
5. **Supplemental Formula** - If you are struggling with nursing and despite nursing often the baby is *not* making wet diapers or appears sleepy, supplement with formula (similac or enfamil) at least twice a day. Get some rest and have someone else feed the baby. Resting will increase your milk supply.
6. **Mom's Diet** - avoid cabbage, lettuce, beans, hot spicy food and anything that makes you gassy. Limit coffee to one cup a day and fish to 12 ounces per week. Use Malt Beer, Fenugreek and drink plenty of water to enhance your milk supply. Eat large meals and do not skip breakfast. Get plenty of rest and avoid stress, take care of yourself!!!
7. **Burping** - burp the baby for at least 5 minutes after each feeding. Pat firmly on the mid-lower back where the stomach is. Keeping the baby upright with minimal movement helps decrease spit up.
8. **Swing** - Do Not put the baby in the swing after feeding, this will make the baby very nauseous.
9. **Jaundice** - most of babies start appearing less yellow after 5 days. If your baby appears *more yellow* and *more sleepy*, they should be seen immediately.
10. **Bowel Movements Color** - nursing babies often have mustard colored BM's that are "seedy" and watery in consistency. Some babies have green bowel movements on occasion, and some have green bowel movements consistently. Bloody BM's may signal milk allergy.



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11. **BM Consistency** - formula fed babies should have a soft bowel movement every 1-2 days. Nursing babies can go 1 week without a bowel movement, but when they do go, they have an "explosive" BM. If your baby has a very hard BM, you can give him 1-2 oz. of prune juice, pear juice, and white grape juice or chamomile tea with brown sugar ($\frac{1}{2}$ tsp per 2 oz. of tea) per day between feedings. You could also give a pediatric glycerin suppository. Rectal stimulation with a thermometer can help as well but try not to do that often so your baby will learn to defecate on his own.
12. **Water** - giving your infant water may fill their stomachs and prevent them from getting proper nutrition. If your family insists, you can give a few ounces a day. It may help a little with constipation.
13. **Spit Up** - all babies have a loose esophageal sphincter that allows food to come up with a burp or a slight movement. This gets worse if a baby is moved or shaken after the feeding. It gets better when the baby starts to eat solid foods.

Interventions:

- Keep your baby upright for 30 minutes after feedings - try not to move them at all after feedings.
- Do not place your baby in a swing at all times.
- Place a towel under your baby's mattress so that the head will be slightly elevated.
- If your baby is cranky for long periods when he spits up, or arches his back often in pain, please schedule an appt to see us.
- For bottle fed babies, you can add rice cereal to the bottles - start with one teaspoon per 2 ounces of formula. Add more rice cereal as tolerated - make sure that the thick formula flows through the nipple and that your baby's BM's are not hard.

Bathing & Care of Umbilical Stump

- Sponge Bathe the baby until the umbilical stump falls off.
- Clean the mucus around the stump with sterile gauze.
- When the stump falls off, if you see some blood, clean it with gauze and apply gentle pressure.
- Do not worry about bleeding unless it drips blood (also true about the circumcision site).
- Do not use soaps on the baby's skin, it can overly dry the skin - I recommend Aquaphor Shampoo on the scalp, it trickles down and is sufficient. Good smelling soaps (J&J) are very drying.
- Moisturize the baby right after the bath and twice a day on dry spots, use Eucerin or Aquaphor.
- **Cradle cap** - flakey, cracked scalp which usually lasts 1 year. Apply olive or baby oil once daily. Gently comb out the flakes, pursuing every flake aggressively will yield a cute bald head :)
- **Baby acne** - develops after 4-6 weeks and gives your baby a teenage look. Avoid rubbing or using soap on this rash as it could easily turn into eczema.



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Travel / Exposure

- You could **enjoy a stroll** outside with the baby if the weather permits, Avoid shopping malls, weddings and parties for the first 2 months. **Delay unnecessary flying** for 2 months.
- **Avoid exposing your baby to toddlers**, assume that they always incubate disease.
- Place your baby in a **rear facing car seat** for the first 2 years.
- **Tdap** - all caregivers should be immunized against the “whooping cough” including nannies.
- **Flu Shots** - all caregivers and older siblings should be immunized against the influenza virus yearly.

Sleep

- **Back to Sleep** - babies should sleep on their backs until they can roll over both ways (usually at 4-5 months). The risk of Sudden Infant Death Syndrome (SIDS) is reduced by 50% when babies sleep on their backs. Habits are hard to change, so try not to start putting your baby to sleep on their tummy.
- **Blankets** - babies could suffocate with blankets, please dress your baby with warm pajamas and avoid heavy blankets and pillows.
- **Car Seats** - babies should never sleep in car seats. There have been numerous reports of babies dying when left sleeping in their car seats.
- **Co-sleeping** - is hazardous and can be fatal - please train your baby to sleep in a bassinet or crib (switch from bassinet to crib between 4-6 months).
- **Crib Bumpers** - avoid bumpers as many of them pose a suffocation hazard.

Frequently Asked Questions

- **Spitting up** - as long as the baby is not in severe pain and is gaining weight nicely.
- **Nasal Congestion** - may last for a while in the winter months. Use saline spray or breast milk as needed - 5 drops in each nostril. Try not to suction too often as the nose will start bleeding. Use steam showers a few times a day for up to 10 minutes (you could take the baby into the bathroom with you when you shower). Leave the window an inch open at night to naturally humidify, even in winter.
- **Humidifiers** - we suggest to avoid humidifiers (cold and warm) as they have been reported to spread molds (Israel's Dept. of Health issued a warning after a few fatalities).
- **Eye Rolling / Lazy Eye** - until 6 months old your baby's eyes may appear crossed and roll when tired.
- **Shaking movements with excitement / Chin & Lips Quivers** - normal for the first 6 month.
- **Discharge from the eyes** - babies often have clogged tear ducts and wake up w mucousy eyes - wash your hands, dip gauze in warm boiled



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water with lipton tea bag and massage the area between the eye and nose.

- **Excessive Drooling** - normally starts between 3-4 months, babies enjoy sensations in the mouth and bring objects to their mouths, teething usually occurs later - at 6-9 months.
- **Do not use sunscreen until 6 months old** - to avoid reactions. Use unscented sunscreen for older babies. To get ample Vitamin D, allow 10 minutes of sun bathing without sunscreen.
- **Colic** - gas pains are most common in infants between 2-6 weeks old. They are often very cranky between 7-11pm. See our colic handout on www.doctorsimai.com for info.
- **Babies with milk allergies** - have blood in their stools, are cranky, spit up and have poor weight gain. If you suspect this, **bring a dirty diaper (even an old one) and the baby with you for testing**.
- **First Vaccines** - We start vaccinating at 6 weeks old.
- **Introducing solids** - nursing babies at 6 months, formula fed at 4 months old. See our feeding handout at doctorsimai.com
- **Fever** - is temperature above 100.4 rectally, I do not recommend ear or temporal thermometers. I do recommend a simple, inexpensive rectal digital thermometer.
- **Fever - any fever** is a medical emergency for infants under 6 weeks of age. After this period, babies with fevers above 105 should be evaluated urgently.

Office Information and Policies

Office Hours- Monday – Thursday 8:30am – 6 pm

Friday 8:30am – 2pm

Sunday 9am – 12pm

We have set aside special hours for Newborn and baby Physicals

Monday- Friday from 10 am- 12pm

Walk In Hours- first come first serve, we do not schedule appointments in advance sick visits only

Monday - Friday 8:30 am - 10:00 am – Walk in hours

Sunday 9am- 12pm – Walk in hours

After Hour Emergencies - I can be paged by calling the office. If you need Tylenol/Motrin and Benadryl Dosing please refer to the website for dosing charts www.doctorsimai.com

Saturdays- We are closed.

Jewish Holidays – We will send out emails with special office Hours

We do not prescribe medicines over the phone, without seeing our patients first.

For the safety of our existing patients, we no longer accept parents who refuse immunizations to our practice.

Medical Question are not answered via email or text messages, it is a very ineffective and risky way to practice medicine, conversations with parents make better diagnosis and treatments.