



Maria A. Lopez, MD, FAAP
Amy Blodgett, MD, FAAP
Zachary Kahn, DO, FAAP
Elizabeth Henry, APRN
Katie Grigg, APRN
Stephanie Adams, APRN

Congratulations on YOUR NEW BABY!

Thank you for choosing our team at Flanders Pediatrics to take care of your baby. It will be a GREAT joy to watch him/her grow! Here are a few tips to help you on your journey into parenthood. Your baby's first doctor's appointment will be 48-72 hours after being discharged from the hospital. We will be able to evaluate any weight loss, jaundice and support the initiation of breast feeding.

- Breastfeed your baby on demand, there is no strict schedule for their first month. Your baby will be hungry every 1 ½ - 2 hours. You can stretch night time feedings to every 3 hours. If you are using formula, babies will be hungry every 2 ½ -3 hours. There is no need for water until your baby starts eating solid foods.
- Breastfeed your baby as much and for as long as you can. This helps reduce risks of SIDS and help prevent infections.
- If your baby is breastfed he/she may have 1 bowel movement after each feeding or once a week. If your baby takes formula, their bowel movements will be green or mustard color and be more formed. Your baby may urinate as often as 1-4 hours.
- Vitamin D supplementation is necessary for babies that are strictly breastfed.
- Remember to nap while your baby sleeps. Your baby will sleep most of the day and awake at nights. Getting as much rest helps reduce risks of postpartum depression.
- The umbilical cord will detach within 7-14 days. It is normal to notice a few drops of blood on clothes around the time the stump falls off.
- Jaundice (yellow color of the skin) is normal during the first week of life, it is more noticeable on day 4 or 5 of life. Your baby will get rid of the jaundice through bowel movements and while being exposed to sunlight.
- Your baby should sleep in a crib, bassinet, portable crib or play yard with a firm mattress. Babies need to sleep on their back without pillows, toys or comforters to avoid suffocation and SIDS. Avoid sleeping in the same bed as your baby, since it increases the risk of SIDS and death for suffocation.
- Make sure your baby gets "tummy time" when they are awake. Always stay with your baby and make sure they stay awake during "tummy time"
- Baby girls and boys could have engorged breasts and milky discharge from the nipples during their first 2 months of life. This is due to the hormones that they are exposed to in the uterus. For the same reasons, baby girls may have a bloody mucous discharge from their vaginas for the first 2 weeks.
- It is normal to see the baby's skin peeling off during the first month of life. Using Aquaphor or petroleum jelly will be enough to take care of the skin. You do not need to bath the baby every day after the umbilical cord falls off, 3 times a week is recommended. Avoid any soaps or lotions with perfume, they tend to dry the baby's skin.
- Make sure to get the baby car seat checked before the first ride at a local police or fire station, or by a certified individual.
- Keep Acetaminophen (Tylenol) suspension and thermometer at home. It is important to check the babies temperature if they feel warm before calling the physician in case of fever. A temperature equal to or above 100.4 ° F (38° C) is considered a fever. Fever in a baby 2 months or younger needs to be evaluated by a pediatrician.
- Your baby's first vaccine Hepatitis B vaccine is given in the hospital, then their next set of vaccines is given at 2 months of age.

We look forward sharing and supporting you during this great experience of becoming parents.

305 Flanders Road PO Box 278
East Lyme, CT 06333
Phone: (860) 739-0348 Fax: (860) 739-6779
www.flanderspediatrics.com

Rev. 02/2025