**CONGRATULATIONS! Bringing home a new baby can be quite overwhelming. Here are a few tips to help ease the transition.**

**How You Are Feeling**

Call us for help if you feel sad, blue, or overwhelmed for more than a few days.

Try to sleep or rest when your baby sleeps.

Take help from family and friends.

Give your other children small, safe ways to help you with the baby. Spend special time alone with each child.

Keep up family routines.

 If you are offered advice that you do not want or do not agree with, smile, say thanks, and change the subject.

**Feeding Your Baby**

 Feed only breast milk or iron-fortified formula, no water, in the first 6 months.

 Feed when your baby is hungry. Signs of hunger include:

Puts hand to mouth

 Sucks or roots

 Fussing

 End feeding when you see your baby is full. Signs include:

Turns away

 Closes mouth

 Relaxes hands

*If Breastfeeding*

Breastfeed 8-12 times per day.

Make sure your baby has 6-8 wet diapers a day.

Avoid foods you are allergic to.

A breastfeeding specialist can give you information and support on how to position your baby to make you more comfortable. WIC has nursing supplies for mothers who breastfeed.

*If Formula Feeding*

Offer your baby 2 oz. every 2-3 hours, more if still hungry.

Hold your baby so you can look at each other while feeding

Do not prop the bottle.

 Give your baby a pacifier when sleeping.

**Baby Care**

Until your baby’s umbilical cord falls off:

Give your baby sponge baths only.

Do not put alcohol on the cord.

Fold the diaper away from the cord.

Use a rectal thermometer, not an ear thermometer.

Check for fever, which is a rectal temperature of 100.4°F/38.0°C or higher.

In babies 2 months and younger, fevers are serious. Call us if your baby has a temperature of 100.4°F/38.0°C or higher.

Take a first aid and infant CPR class.

Have a list of phone numbers for emergencies.

Have everyone who touches the baby wash their hands first.

Wash your hands often.

Avoid crowds.

Keep your baby out of the sun; use sunscreen only if there is no shade.

Know that babies get many rashes from 4–8 weeks of age. Call us if you are worried.

**Getting Used to Your Baby**

Comfort your baby.

Gently touch baby's head.

 Rocking baby.

Start routines for bathing, feeding, sleeping, and playing daily.

Help wake your baby for feedings by

 Patting

 Changing diaper

 Undressing

Put your baby to sleep on his or her back. In a crib or bassinet in your room, not in your bed.

To meet current safety standards, the crib should have no drop-side rail and slats no more than 2 3/8 inches apart.

If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.

 Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.

**Safety**

The car safety seat should be rear-facing in the back seat in all vehicles.

 Your baby should never be in a seat with a passenger air bag.

 Keep your car and home smoke free.

 Keep your baby safe from hot water and hot drinks.

Do not drink hot liquids while holding your baby.

 Make sure your water heater is set at lower than 120°F.

 Test your baby's bathwater with your wrist.

Always wear a seat belt and never drink and drive.



If you have any questions or are worried about your baby, please call us.

That’s why we are here.



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