



Clinics of North Texas Pediatrics

IMPORTANT INFORMATION:

PHONE NUMBER: 940-397-5437

HOURS OF OPERATION: 8am to 5pm

M - F SICK TIME: 8am to 10am

Check-in

SATURDAY SICK TIME: 8am to 11am

Check-in

Congratulations on the arrival of your baby!

We know that you have a choice in who will provide health care to you and your child and we thank you for choosing the Clinics of North Texas. We hope that this is the beginning of a life-long health care partnership. Taking care of your baby during their first weeks and months is an exciting experience. We are grateful that you have chosen one of our pediatric health care providers to take part in this experience with you and your baby.

If you have an urgent care question or concern after hours of daily operation, please leave a message with the answering service (same phone number) and the on-call pediatric health care provider will return your call. Please do not abuse the on-call providers with non-urgent questions that may be handled during daily office hours. There may be a fee associated with after-hours phone calls.

FEEDING

Breast Feeding (nursing)

The American Academy of Pediatrics (AAP) recommends that you try to breast feed for at least the first 12 months. However, it is better to breast feed for a little while than not at all. Breast milk has all the nutrients your newborn needs and also helps protect them from getting sick. Breast feeding also helps shrink the uterus and burns calories, which can help mommy get back into shape. Moms, to assist in keeping up adequate milk supply, drink plenty of water!

Breastfed babies initially will nurse approximately every 2 -3 hours and typically for 10-20 minutes on each breast. The frequency will space out as the baby gets older. The length and time should also shorten as the baby becomes more efficient. Breast milk may be pumped and stored up to 24 hours in the refrigerator, 3 months in the freezer, and 6-9 months in a deep freezer. Do not thaw or warm breast milk in a microwave; this depletes the nutrients in the milk.

Formula

There are several formulas that can be nutritious options for your baby. Start with a formula that contains iron. The baby will initially take approximately 2 ounces every 3 -4 hours. This amount will increase as the baby grows and the feeding times will space out. You may mix the formula with bottled nursery water or filtered tap water. Formula needs to remain refrigerated and used within 48 hours. Do not reuse remaining formula left in a bottle after feeding.

Pumping

Pumping your breast milk for bottle feeding is an option your might consider. Giving your baby breast milk in bottle may allow mommy to continue giving breast milk if you have returned to work. It can also allow others to feed your baby so you can rest.

Burping

Burp babies frequently to help avoid an upset tummy. All babies will spit up some; this is normal. If excessive spit up occurs, try holding the baby upright for at least 30 minutes after a feeding.

DIRTY & WET DIAPERS

Wet Diapers

Initially, babies urinate 2-4 times daily until they begin eating more frequently, then they should urinate approximately 6 or more times in a 24 hour period.

Dirty Diapers

All babies establish their own bowl routine. Breastfed babies may have a dirty diapers as often as every feed or they may go every 3-4 days; both are normal. Their stool is usually very loose mustard color with small curds. Formula fed babies do not tend to have as many dirty diapers. As long as their stool is peanut butter consistency or looser it is normal, regardless of how many days in between each dirty diaper.

Constipation

All babies grunt, strain, and make funny faces when they are trying to have a bowel movement. As long as the stool is soft they are not constipated. Constipation is considered when your baby has little round hard balls or rabbit pellets.

CLEANING BABY

Umbilical Cord

Clean with alcohol once daily. The cord will remain attached anywhere from 2-3 weeks. There may be a small amount of yellow to blood tinged, sometimes odorous, discharge when you clean; which is normal.

Circumcision

Apply Vaseline or petroleum jelly on the tip of the penis 2-3 times a day. This prevents the circumcision site from sticking to the diaper. As the penis is healing, you may see some yellow tinged discharge or white plaque which is normal.

Bathing

Give your baby a sponge bath until the umbilical cord falls off and the belly button heals completely. This takes approximately 2-3 weeks. When your baby is ready for a tub bath you can use an infant tub. Make sure the water in the tub is only 2-3 inches deep; never leave your baby alone when you are bathing them. Bathe your baby only 2-3 times weekly to keep their skin from drying out. Use mild soaps and lotions that are made especially for babies.

LIFE WITH YOUR BABY

How can I cope with the stresses of having a newborn?

- **Remember to take care of yourself**
- **Sleep when your baby sleeps**
- **Ask for help**
- **Expect that you may experience a range of emotions, so make a plan to share your feelings with friends and family**
- **Share nighttime duties with your partner**

- **Try not to be hard on yourself if you do not have as much time to clean or cook**
- **Take a deep breath**
- **Take a break**

How often should I take my newborn to the doctor?

You will need to visit the doctor a lot during your baby's first year of life. These check-ups are to make sure that your baby is growing and developing like they should. This is also a time for you to ask any questions you may have. Your doctor will tell you how often your baby needs to have check-ups.

How do I know when to call the doctor?

As a parent of a newborn it is easy to worry. Small problems can also be signs of big problems in newborns, so do not hesitate to call your doctor if you have concerns, no matter how small.