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MEDICAL GROUP

WWW.FRESNOCHILDRENS.COM

Well Child Care, Newborn (One Week)

Name: _____ Doctor: _____ Date: _____

WT: _____ HT: _____ HC: _____ Age: _____

Recommended Well Child Visits

1wk 1m 2m 4m 6m 9m 12m 15m 18m

Immunizations are given as follows:

- Hepatitis B:** Three vaccinations in the first year.
- Diphtheria, tetanus, pertussis (DTaP):** given at 2, 4, 6, 15-18 months, and upon school entry.
- Polio:** given at 2, 4, 12-18 months, and upon school entry.
- Haemophilus influenzae type B (Hib):** given at 2, 4, 6, 15-18 months.
- Pneumococcal:** given at 2, 4, 6, 15-18 months.
- Measles, mumps, rubella (MMR):** given at 12-15 months and at school entry.
- Varicella (Chicken Pox):** given after 12 months.
- Hepatitis A:** Two vaccinations after 12 months.
- Tuberculosis skin test (PPD):** given with entry into daycare, preschool, and/or kindergarten.

These are guidelines only. Changes may be made to meet the needs of your child

NUTRITION

- Breast-feeding is the ideal, preferred method of feeding. Breast milk or formula should be the only food for the first 4 to 6 months.
- No water, solids or juices are to be added until you are given specific instructions.
- We recommend that formulas and water be sterilized until the baby is about 4 months old. Bottle nipples should be sterilized (i.e. boiled in water).
- Discard bottles of expressed breast milk or open containers of ready-to-feed or concentrated formula stored in refrigerator for 48 hrs or more; discard bottles of prepared formula stored in refrigerator more than 24 hours
- For more information on breast milk storage go to <http://www.fresnochildrens.com/files/HealthTopics/breastmilkstorage.pdf>
- Do not give regular milk, honey, olive oil, mineral oil, wheat, citrus, or egg whites during the first year

INFANT CARE

- Navel:** Wipe around the cord carefully with rubbing alcohol with every diaper change; continue to wipe the navel after the cord drops off for couple more days.
- Bathing:** It's good to have a fairly regular time for bathing the baby. Bathe the baby by sponge until the cord is healed. Then a tub bath may be given.
- The temperature of your baby's room should be comfortable for you.
- Newborns typically sleep about 16 hrs a day.
- For more information on promoting healthy sleep habits in infants go to <http://www.fresnochildrens.com/files/HealthTopics/sleepininfancy.pdf>
- Genital care:**

- Males: simply wash the surface of the penis with water and a washcloth; as long as you can see the urethral opening, there is no need to pull back the foreskin in an uncircumcised male.
- Females: wash between the separated labia with water and a washcloth

ELIMINATION

- Expect a minimum of four wet diapers each day
- Expect a soft stool every one to seven days. It is not abnormal to go seven days between stools as long as they are soft and abdomen is soft

DEVELOPMENTAL MILESTONES

- Your newborn will
 - Respond to sounds
 - Fixate on human face and follow with eyes
 - Respond to parent's face and voice
 - Move all extremities
- All babies cry, cough, sneeze, spit-up a little, and hiccup occasionally

INJURY & ILLNESS PREVENTION

- Install rear-facing infant safety seat in back seat of car
- Baby crib slats should be less than 2 3/8 inches apart
- Set the hot water heater thermostat below 120°F
- Learn emergency procedure for choking and CPR
- Back sleeping is preferred and reduces the risk of sudden infant death syndrome
- Never shake your baby
- Never leave your baby alone or with a young sibling or a pet
- Second-hand smoke exposure is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to www.lungusa.org (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.

POSTPARTUM BLUES AND DEPRESSION

- New mothers often experience a range of intense emotions (joy, anxiety, sadness)
- Postpartum blues are common and are usually self-resolving. However, 10 to 15 percent of new mothers experience postpartum depression, which is more severe and should be addressed by your physician.

CALL THE OFFICE IMMEDIATELY

- If your baby has a rectal temperature greater than 100.4 degrees Fahrenheit
- If your baby is blue or having difficulties breathing
- If your baby is not feeding well or is difficult to wake up

This and other information is on our Website at www.fresnochildrens.com. If you do not have access to the internet, please call our office to have them mailed to your home.