



Brice Kopas, M.D.

6340 N. Campbell Ave.
Suite # 256
Tucson, AZ 85718

520-577-3333
520-577-4685 (fax)
www.skylinepeds.com

First Visit: 2-4 Days

For _____ DOB _____

Wt _____ # _____ oz Length _____ in HC _____ in

Welcome to Skyline Pediatrics!

Congratulations on the birth of your new baby. We at Skyline Pediatrics want to partner with you in helping to ensure that your newborn remains healthy and thriving. We have tried to address some common questions in this handout. However, if you should ever have concerns about your child, please don't hesitate to call us.

Feeding your baby

1. Breast milk is best. Your milk should come in 1-4 days after birth. Breast feeding is difficult, but worth it for your baby. If you are having troubles, ask us for tips.
2. Babies need to feed at least once every 4 hours, but may feed as often as every hour. Do not feed your newborn anything other than breast milk and /or formula. There is plenty of water in breast milk or formula
3. Babies often spit up – generally this is not worrisome unless bloody, dark green or causing breathing or weight gain problems.

Bowel and Bladder

1. Your baby should be transitioning to yellow and/or green stools.
2. Normal stooling patterns include once after every feed (especially when breast fed) to once every 1-2 days.
3. Your baby should be having more than 5-6 wet diapers per day.

Sleep

1. Newborns often sleep most of the time they are not feeding (up to 16-20 hours per day).
2. Putting them to sleep on their back or side is safest. This decreases the risk of Sudden Infant Death Syndrome. Also avoid fluffy items in their crib (blankets, stuffed animals, pillows, etc.).

General

1. Your baby should travel in an approved infant car seat. The seat should be placed in the back seat, facing the rear of the vehicle.
2. Newborn eyes do not always track together. You may occasionally see one eye "wander off" in their first 2 months. This is normal. If it becomes persistent please inform your doctor.
3. Try to keep them away from sick people and crowded public places like malls and shopping centers.
4. Until the cord falls off, the base of the cord should be kept clean and dry. If the area gets dirty, clean with alcohol and a cotton ball or q-tip.
5. Sponge/towel bathe your baby until the cord falls off (usually 1-3 weeks) and has healed over.

Illness

Reasons to call us (or call 911 if your baby appears very ill):

1. Baby has a fever (rectal temperature of 100.4 °F or higher).
2. Continuous inconsolable crying for three hours or more.
3. Your baby hasn't wanted to feed for 2 or more consecutive feedings.
4. Baby is jaundiced (yellowing of the skin) to the belly button.
5. The umbilical cord or area surrounding it is red and/or draining pus.
6. Your baby appears much less active than usual.
7. Your baby has difficulty breathing.

Resources

If you have not begun reading up on how to take care of your child, try one of these books or web sites:

1. Caring for Your Baby and Young Child (American Academy of Pediatrics, Steven P. Shelov, MD)
2. What to Expect the First Year (Eisenberg, Murkoff and Hathaway)
3. www.webmd.com
4. www.emedicine.com

Next Visit: 2 Weeks

It is important for your baby to be seen at 2 weeks of life to ensure appropriate weight gain and development. We will also plan on addressing any questions or concerns you may have about your new baby.

ENJOY YOUR BABY!