



# PEARLAND PEDIATRICS

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## & SPORTS MEDICINE

### FOR YOUR 1 WEEK OLD

#### FEEDING

Breastfeed your baby on demand, at least every 2-3 hours (8-12 feedings per day). The length of a feeding varies, so feed until your baby seems content.

Continue prenatal vitamins while breastfeeding.

Expect a growth spurt between 3-6 weeks of age. This is normal and your baby may want to eat more.

Exclusively breastfed babies need a Vitamin D supplement. You can either 1) Give your infant 400 IU/day of Vitamin D, which is available over the counter at drugstores in many forms or 2) mom can take 6400 IU/day of Vitamin D3.

If bottle feeding, feed your baby 1-3 ounces every 2-4 hours. Occasionally, your baby may need a bottle sooner. As your baby grows, his formula intake will increase too.

Review the formula preparation instructions carefully. Do not heat formula in the microwave.

Healthy babies do not need supplemental water; breast milk & formula provide all the water they need. Drinking water could cause seizures.

Do not give honey in the first year.

#### ELIMINATION

Breastfed babies have small, frequent, yellow stools with a pasty, watery, or curd-like consistency. The frequency varies widely – a few per day to a few per week is normal.

Bottle fed babies usually have 2-4 soft brown, green or yellow stools each day.

A healthy, well-hydrated baby should have 6-8 wet diapers each day.

#### SLEEP

There are several ways to decrease the risk of SIDS: Avoid bumpers in the crib, room sharing but not bed sharing (i.e, baby can sleep in the same room with you, but not in your bed), avoid smoking, and ALWAYS place your baby on his back to sleep on a firm, flat mattress. Car seats and other sitting devices are not recommended for routine sleep.

The average baby sleeps 16 ½ hours per day in the first month of life. It is normal for your baby to sleep more on some days and less on others.

Your baby is too young to cry himself to sleep at this age. Your baby cries to communicate that he needs something from you (like feeding or changing).

#### DEVELOPMENT

Raises head slightly when lying on tummy – allow for “tummy time” every day while you both are awake. This will prevent your child developing a flat head.

Blinks in reaction to bright light.

Focuses on your face when held closely.

Responds to sound by startling or quieting.

#### SAFETY

Always use a car seat made for an infant and place it rear-facing in the back seat as long as possible, until they reach the highest weight or height allowed by their car safety seat. Make sure the straps are tight across the baby's chest.

## FOR YOUR 1 WEEK OLD

Always make sure your baby is sleeping in a safe place.

The crib slats should be less than 2-3/8 inches apart.

Take an infant CPR class.

Set your hot water heater to 120°F to prevent burns and never drink hot liquids while holding your baby.

Never leave your baby unattended on the bed, sofa, car, changing table, or in the bathtub.

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### OTHER THINGS TO KEEP IN MIND

Hold, talk, and sing to your baby.

Show your baby affection – you cannot spoil a newborn!

Protect from sun exposure with clothing, hats, blankets, or an umbrella.

Know the signs of illness – temperature over 100.4 rectally, vomiting (not just spit-up), diarrhea, or failure to eat several feedings in a row. Call our office to see if these symptoms need further evaluation. Encourage careful hand washing for all contacts.

Umbilical cord usually falls off between 2-3 weeks. Sponge bathe until then. It is normal for it to be yellow and wet under the cord, and to have occasional dried blood around cord. Shaking or spanking your baby may cause serious injury or death.

Watch your pets carefully around your baby.

Do not smoke around your baby, especially inside your home or car. It may lead to respiratory problems and allergies, and increases their risk of SIDS. This is a great time to consider quitting!

To protect your baby from pertussis (whooping cough), everyone who has close contact with your baby should have had a Tdap immunization within the last 5 years. Everyone caring for your baby should also get a yearly flu vaccine.

Contact your physician or health department to receive an updated vaccine.

Install and maintain smoke and carbon monoxide detectors.

For congested infants, over-the-counter nasal saline can be helpful. Place 2 drops into each nostril, wait 30 seconds, and aspirate with a bulb syringe or NoseFrida. Do this as needed.

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### SUGGESTED READING

*“What to Expect the First Year”*

*“Guide to Your Child’s Sleep (AAP)”*

*“Your Child, Birth to 5 Years (AAP)”*

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### WEBSITES

[www.pearlandpediatrics.com](http://www.pearlandpediatrics.com)

[www.aap.org](http://www.aap.org)

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

[www.seatcheck.org](http://www.seatcheck.org)

[www.healthychildren.org](http://www.healthychildren.org)

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## YOUR NEXT APPOINTMENT WILL BE WHEN YOUR BABY IS 2 WEEKS OLD

At the 2 week check-up...

- Your baby will have a physical examination
- Your questions and concerns will be answered.
- The second newborn screen will be sent out.