



# FIRST

CHECK UP

\_\_\_\_\_ DAYS

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HEAD \_\_\_\_\_

## **NEW WINDSOR PEDIATRICS, PLLC**

448 Temple Hill Road                      377 Broadway  
New Windsor, NY 12553      Newburgh, NY 12550  
PHONE: 845-562-2191      FAX: 845-913-7172

OFFICE HOURS: Mon. – Fri. 8:00 a.m. – 8:00 p.m.  
Sat. 8:00 a.m. – 3:00 p.m.      Sun. 8:00 a.m. – 1:00 p.m.

ON CALL 24 HOURS: CALL BEFORE GOING TO ER

## **COMMON CONCERNS**

### **JAUNDICE:**

Many newborns develop a yellow skin color. This is normal for the first week, especially in breastfeeding babies. Jaundice peaks at 5 days old and slowly resolves after.

Occasionally the fever becomes higher and requires treatment. Please let us know if your baby is more than just yellow.

### **FEVER:**

Any temp rectally greater than 100.4 in infant less than 3 months is a concern. Please do not develop a fear of fevers. After the baby is past a few months of age the temperature level is usually insignificant. Try to judge how ill the baby is by HOW THEY ARE ACTING. Fevers themselves are not harmful.

## **NUTRITION**

### **BREASTFEEDING:**

In the first few days of life, babies will eat and sleep for most of the day. Many babies do not feed on a schedule and will want to eat in irregular intervals. The urine output and stools will increase as the breast milk supply improves. Babies are expected to gain back to birth weight by 10-14 days old. Try not to introduce bottle until 3 weeks old so infant does not get confused about nursing.

### **BOTTLE:**

The number of ounces that the baby will drink will increase slowly over the next few weeks.

## **SAFETY**

1. Always put baby in car seat while driving. It is now recommended that babies remain rear facing until 2 years of age. NEVER place a car seat in the front seat if there is a passenger air bag.
2. Never leave baby unattended unless he/she is in a crib or playpen. Babies fall off beds easily even when you think they cannot move.
3. Be careful leaving toddlers and pets alone with a baby. Their actions are too unpredictable to be safe.

## **TODAY'S IMMUNIZATIONS**

Hepatitis B vaccine #1 if not given in the hospital. Less than 5% of babies will never get a fever from this shot.

### **NEXT VISIT:**

Please return for next check up when baby is 2 weeks old. No scheduled vaccines.