

BOULEVARD CENTER PEDIATRICS

Shailesh Gohel, MD, FAAP Phone: (703) 670-0300 www.boulevardcenterpediatrics.com

1 Week & 2-3 Weeks Visit

Today's Date: _____

Next Visit: @ 2-3 Weeks of Age and @ 1 Month of Age

Vaccine Information Sheets: Please read a hard copy from the binder in the patient room or

Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Your Child's Weight: _____ lbs Weight% _____ Your Child's Height: _____ in. Height %: _____ HC _____ %

Referred To: _____

**Referrals: Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Eye: Dr. Parelhoff 703-670-4700 ; Early Intervention 703-792-7879
Woodbridge Health Department: 4001 Prince William Pkwy, Suite 101 703-792-7300 Cranial Technologies 844-447-5894**

You can treat fever with Acetaminophen syrup (160mg/5ml.) Today, your Acetaminophen/Tylenol dose is: _____ ml.

How You Are Feeling:

- Call us for help if you feel sad, blue or overwhelmed for more than a few days.
- Try to sleep or rest when your baby sleeps.
- Take help from family and friends.
- Give your other children small, safe ways to help you with the baby.
- Spend special time alone with each child.
- Keep up family routines
- If you are offered advice that you do not want or do not agree with, smile, say thanks and change the subject.

Feeding Your Baby

- Feed only breast milk or iron-fortified formula, no water, in the first 6 months.
- Feed when your baby is hungry (Puts hand to mouth, Sucks or roots, Fussing)
- End feeding when your baby is full (Turns away, Closes mouth, Relaxes hands)
- Do not heat bottles in microwave because this can lead to uneven heating and burns.
- Many babies spit up when they feed. If your baby spits up often, keep his or her head raised for at least 30 mins. after feeding. Spitting up small amounts is harmless as long as your baby is gaining weight and not in pain.
- After feeding, gently burp your baby by holding him or her on your chest. Keep your baby upright and gently pat or stroke their back. Do this for 2 to 5 mins. Your baby may not burp after every feeding.
- If your baby only drinks breast milk or drinks less than 32 ounces of formula every day, they should take 400 international units (IU) of Vitamin D daily. You can get this over the counter (D Vi-Sol or Tri-Vi-Sol, 1ml daily.)

If Breastfeeding

- Breastfeed 8-12 times per day.
- Make sure your baby has 6-8 wet diapers a day.
- Avoid food you are allergic to.

- Wait until your baby is 4-6 weeks old before using a pacifier.
- A breastfeeding specialist can give you information and support on how to position your baby to make you more comfortable.
- WIC has nursing supplies for mothers who breastfeed.

If Formula Feeding

- Always follow package directions when making formula.
- Offer your baby 2 oz every 2-3 hours, more if still hungry.
- Hold your baby so you can look at each other while feeding.
- Do not prop the bottle
- Give your baby a pacifier when sleeping.

Baby Care

- Use a rectal thermometer, not an ear thermometer.
- Check for fever, which is a rectal temperature of 100.4°F/38.0°C or higher.
- Take a first aid and infant CPR class.
- Have a list of phone numbers for emergencies.
- Have everyone who touches the baby wash their hands first.
- Wash your hands often.
- Avoid crowds.
- Keep your baby out of the sun; use sunscreen only if there is no shade.
- Know that babies get many rashes from 4-8 weeks of age. Call us if you're worried.

Getting Used to Your Baby

- Comfort your baby (Gently touch baby's head, Rocking baby)
- Start routines for bathing, feeding, sleeping and playing daily.
- Help wake your baby for feedings by (Patting, Changing diaper, Undressing)
- Put your baby to sleep on his or her back
 - In a crib, in your room, not in your bed.
 - In a crib that meets current safety standards, with no drop-side rail and slats no more than $2\frac{3}{4}$ inches apart.

Find more information on the Consumer Product Safety Commission Web Site at www.cpsc.gov.

- If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads and toys out of the crib.

Safety

- The car seat should be rear-facing in the back seat in all vehicles.
- Your baby should never be in seat with a passenger air bag.
- Keep your car and home smoke free.
- Keep your baby safe from hot water and hot drinks.
- Do not drink hot liquids while holding your baby.
- Make sure your water heater is set at lower than 120°F.
- Test your baby's bathwater with your wrist.
- Always wear a seat belt and never drink and drive.

WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 if he or she: Has a rectal temperature of 100.4°F or higher, Cries a lot more than normal or can't be comforted, Has any illness or medical condition

Call 911 or go to the nearest ER for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status, un-consolable crying, motor vehicle accident and injury.

Poison Help: 800-222-1222
Child Safety Seat Inspection: 866-Seatcheck or seatcheck.org