



7959 Broadway, Suites 600 & 604
San Antonio, Texas 78209
www.HeritagePediatrics.com
Fax (210) 805-9523

John T. Fitch, Jr., MD, FAAP: (210) 826-1891
Graham T. Hall, MD, FAAP: (210) 826-7033
Joshua C. Tardy, MD, MBA, FAAP: (210) 824-7938

Dr. Hall's Newborn Well Baby Check-up

Weight: ___lbs___oz (___%)
Height: _____in (___%)
Head: _____in (___%)

Thank you for choosing us as your child's Primary Care Provider. We look forward to serving you and your baby. Below you will find some helpful information.

IMMUNIZATIONS

Your infant will not receive any immunizations today. He/She will start them at the 2 month well visit.

DEVELOPMENTAL MILESTONES



- May smile in response to being talked to or played with
- Focus on objects that are no more than twelve inches away
- Responds to sound
- Lift and turn head side to side
- Move arms and legs well and equally

THINGS TO DO

- Go to the lab to get second metabolic screen done (PKU) if not done yet.
- Call to schedule 2 month well baby visit (call 3-4 weeks ahead)
- Enroll your child on your individual health insurance plan.

NUTRITION



Breast milk or iron fortified formula is the only food your baby will need for the first 4-6 months. Introducing other items too early can lead to allergies, anemia and being overweight. Contrary to popular belief, solid foods do not make a baby sleep through the night. Spitting up after feedings is common during the early months. Burping at least 2-3 times during a feed may be helpful.

Breastfeeding: Breast milk is the best nutritional source for your baby. It provides all the nutrients and calories your baby requires, and will help strengthen your baby's immune system. Breast fed newborns are usually nursing for



7959 Broadway, Suites 600 & 604
San Antonio, Texas 78209
www.HeritagePediatrics.com
Fax (210) 805-9523

John T. Fitch, Jr., MD, FAAP: (210) 826-1891
Graham T. Hall, MD, FAAP: (210) 826-7033
Joshua C. Tardy, MD, MBA, FAAP: (210) 824-7938

10-15 minutes per breast approximately 8-12 times a day. Moms need to make sure they are eating nutritious meals, drinking plenty of water and continue to take their pre-natal vitamins. Freshly expressed breast milk is good for up to 48 hours refrigerated, 3-4 months in a refrigerator-freezer and up to 6 months in a deep freezer. We encourage up to 12 months of breastfeeding. If you are having any problems, please call our nurses' station or the lactation consultant at Methodist at (210) 575-0261.

Formula feeding: Most infants will do fine with a milk-protein based, iron fortified formula. Formulas come in a variety of preparations so it is important to read the label carefully and follow instructions on how to mix. There is no need to boil the water used to mix formula. Throw away any formula left in a bottle after a feeding. Bottle fed babies should take about 6-8 feedings per day. By one month, your baby may be taking upwards of 26-32 ounces per day.

ELIMINATION

Most babies strain with bowel movements, others will grunt and turn red in the face. This is normal. Some babies will stool after each feeding and others may wait several days between stools. The stools may be soft and pasty with the breast fed baby's stools usually being more frequent and more liquid. If your baby has persistent, hard little pellets or blood and mucus mixed with the stool, call the clinic. We do not recommend changing formulas without first talking to a provider.

CRYING

Your baby will let you know his needs through crying. Crying may indicate hunger, but it may also mean that the baby is bored, tired, uncomfortable or wet. Some babies have crying spells for no apparent reason and act as if they are in pain. The first step in dealing with crying is accepting that crying is a normal part of your baby's development. Most babies will have a period of fussiness late in the day that begins between 3-12 weeks. Trying to figure out how to soothe your baby is a process of trial and error. Some babies find comfort in being rocked or wrapped snugly in a blanket. You will soon find out what comforts your baby, and what the crying cues are trying to communicate to you. The baby should be seen if the crying is associated with poor feeding, temperature greater than 100.4 (taken rectally) or any other symptoms of illness.



7959 Broadway, Suites 600 & 604
San Antonio, Texas 78209
www.HeritagePediatrics.com
Fax (210) 805-9523

John T. Fitch, Jr., MD, FAAP: (210) 826-1891
Graham T. Hall, MD, FAAP: (210) 826-7033
Joshua C. Tardy, MD, MBA, FAAP: (210) 824-7938

SLEEPING

During the first 2 months, your baby's sleep-wake cycle may be confusing and tiring. Try to nap when your baby does. Most babies are sleeping about 16-20 hours per day. Not allowing daytime sleep stretches to be longer than 3 hours may aid in better nighttime sleep habits.

SAFETY



Accidents kill more infants in the first year of life than any other cause. Keep your baby safe by following a few recommendations.

(1) Sudden Infant Death Syndrome (SIDS)

- Have baby sleep on back.
- Use firm crib mattress.
- No blankets, pillows or stuffed animals in crib.
- Keep environmental temperature comfortable.
- No smoking around infant.

(2) Car Safety

- Use an approved infant car seat while traveling.
- The infant should be placed in the back seat with the car seat rear-facing until your child is 2 years of age.
- Never hold your infant in your lap while traveling in an automobile.
- Have your car seat installation inspected by trained personnel.

(3) Burns

- Always check water temp before bath
- Set water heater to < 120° F.
- Never smoke or drink hot liquids when holding baby

- Avoid exposure to direct sunlight
- Avoid microwave for heating formula/breast milk
-

(4) Falls

- Do not leave unattended on bed, sofa or changing table.
- When using an infant carrier, always make sure infant is securely fastened in.
- Use Straps on all infant furniture (car seats, carriers, high chairs, exercisers, etc.)

(5) Illness

- Avoid ill contacts, encourage good hand washing.
- NO medications unless instructed by provider.
- Have your baby seen for fever $\geq 100.4^{\circ}\text{F}$ (rectal), poor feeding, or worrisome symptoms such as inconsolable crying, vomiting or abnormal drowsiness.



7959 Broadway, Suites 600 & 604
San Antonio, Texas 78209
www.HeritagePediatrics.com
Fax (210) 805-9523

John T. Fitch, Jr., MD, FAAP: (210) 826-1891
Graham T. Hall, MD, FAAP: (210) 826-7033
Joshua C. Tardy, MD, MBA, FAAP: (210) 824-7938

IMPORTANT CONTACT INFORMATION

Dr. Hall's clinic: 826-7033

Monday – Friday 8:30–5:00*

Sat. 8–12 – sick visits only

VACCINE ONLY HOURS:

9–11am and 2–4pm M–F

*Office closed for lunch from
12:30–1:30

*After Hours: When you call our offices after normal hours, you will get the option of speaking to a nurse.

*WIC: 225-0213 (San Antonio area information)

*Poison Control: 1-800-222-1222

www.AAP.org

(American Academy of Pediatrics – lots of parent hand-outs/information)

WE RECOMMEND USING:

✓ Methodist Children's Hospital
(7700 Floyd Curl Drive – Medical Center) for emergency room needs. Contact (210) 575-7000.

✓ For urgent after hours care:
Night Light Pediatrics @ 19272 Stone Oak Pkwy – contact (210)545-7581
open evenings until 11:00 pm (10pm summer)

Red Fish, Blue Fish Pediatrics @ 1207 N.
Loop 1604 W, Ste. 115, (210) 479-3474

Little Spurs Ped. Urgent Care (5 locations)
(210) 543-7334