

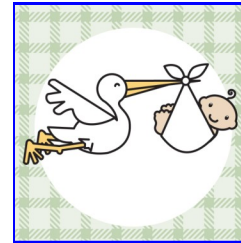
Blue Sky Pediatrics Asheville

5 Walden Ridge Drive
Asheville, NC 28803

(Off Hendersonville Road
behind Taco Bell)

Telephone: 828-687-8709
Fax: 828-687-0252

www.blueskypediatrics.com

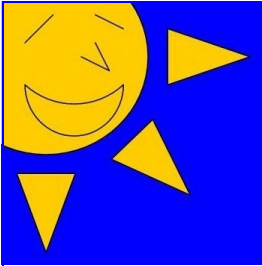


Congratulations on the birth of your baby!

After months of anticipation and preparation you have been blessed with the birth of your little one. An amazing miracle and gift, your baby already has unique characteristics and a personality that has started to form. Enjoy discovering and getting to know your new addition! You will be your child's best role model, advocate, and caregiver.

The next days and months will be filled with many changes in your life, both challenging and rewarding. We are available to you with personal guidance for any concerns, doubts, or questions you may have. No matter is too small regarding your child's care. You will always receive our full attention. We hope this booklet will be a good resource for you as you begin this journey with the newest member of your family.

Congratulations, and welcome to the Blue Sky family! We look forward to working with you to raise a happy and healthy child. Making every child's day brighter



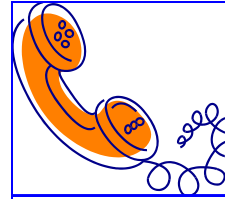
General Information

Office Hours

Monday through Friday from 9am-4:30pm. We have evening and weekend hours available for sick visits. Appointments can be scheduled with your physician by calling 828-687-8709 during office hours. We can usually see your sick child the same day you call. Calling earlier will allow us to best accommodate your schedule.

Early Morning Walk-In Clinic

We have morning walk-in urgent care visits available. Check-in is Monday through Friday from 7:45 to 8:15am. These visits do not require an appointment. These hours may be suspended at times for severe weather or holidays, so please call to verify the schedule if there are any unusual circumstances.



Important Contact Numbers

Office (828) 687-8709

Poison control 1-800-222-1222

<http://aap.org/> (The American Academy of Pediatrics website with great, up to date information about current recommendations for your child's health, safety, vaccinations, and development)

<http://www.cdc.gov/vaccines/> (vaccine information: what to immunize against and why)

<http://cpsc.gov/> (Consumer Product Safety Commission: bilingual site offers product recall information)

<http://www.usa.safekids.org/> (Safety advice, product information, and initiatives from Safe Kids Worldwide)

<http://www.babycenter.com/> (Includes an easy to follow milestone chart, advice on when to call the doctor, chat rooms, and an immunization scheduler)

Nights and Weekends

We understand that problems don't wait for work hours, so we have coverage 24/7 to meet all of your child's healthcare needs. Apart from our regular office hours, we have visits available both evenings and weekends if your child becomes ill. Please call our office to schedule these appointments. During office hours, a pediatric nurse is available to speak with you regarding your child's illness. She can also assist you with prescription refills or general questions on caring for your child.

When our office is closed, our nurse answering service is available to offer medical advice or to contact the physician if needed.

Cancellations/ Late Policy

Please call the office if you are unable to keep your scheduled appointment or if you will be late. We can reschedule you for a more convenient time and keep other patients from waiting.

Website

Please visit our website at BlueSkyPediatrics.com for office updates, to sign up for periodic newsletters, and for additional resources that are available to you.

Your Baby

Homecoming

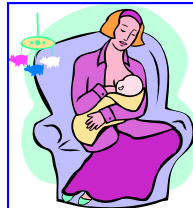
Every baby must adapt to new surroundings. The first 24-48 hours are often not smooth sailing. Family and friends will be anxious to meet your new baby; however, try to limit visitors during this transition time. Both you and your baby will feel better if you have some time to adjust.

Feeding

Feeding is one of your baby's most pleasant experiences. The closeness that you will share makes this a wonderful time for bonding between a baby and his parents. Infants can be nourished successfully by either breastfeeding or bottle feeding. There are psychological and nutritional advantages to breastfeeding for both you and your baby. Both of you should be comfortable. If this is not the best option for you, your baby will grow well with a number of infant formulas.

Breastfeeding

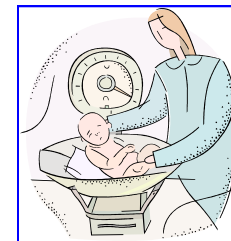
Breast milk has the perfect balance of nutrients for a growing baby that helps protect your baby from infections and allergies, while being convenient and saving cost. In the first few days after delivery, you will produce colostrum, which is a form of milk rich in protein and antibodies, ideal for the newborn baby. Over the next 2 to 5



THE NEW STRONG-WILLED CHILD: BIRTH THROUGH ADOLESCENCE, by Dr. James Dobson (This is an excellent resource for raising and guiding your child, geared to those children that are strong-willed. One chapter deals with his views on corporal punishment all of which we do not necessarily endorse. We would be happy to talk with you about discipline strategies that may work best for your child.)

FOOD FIGHTS: WINNING THE NUTRITIONAL CHALLENGES OF PARENTHOOD ARMED WITH INSIGHT, HUMOR, AND A BOTTLE OF KETCHUP, by Laura A. Jana and Jennifer Shu

YOUR BABY'S FIRST YEAR, WEEK BY WEEK, by Glade B. Curtis, Judith Schuler (This book helps you know what to expect with your child's development by weekly intervals and provides developmental activities you can do with your baby. Please keep in mind that there is a wide range of normal with child development, and your baby may not follow this exact pattern. Please let us know if you have any concerns about your child's development.)



Resources

www.blueskypediatrics.com



CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE FIVE, American Academy of Pediatrics (This is a comprehensive resource with information on child development, practical advice for caring for your child, safety information, and information on common diseases and emergencies.)

WHAT TO EXPECT THE FIRST YEAR, by Heidi Murkoff, Sharon Mazel, Arlene Eisenberg, and Sandee Hathaway, B.S.N

NEW MOTHER'S GUIDE TO BREASTFEEDING, American Academy of Pediatrics

GUIDE TO TOILET TRAINING, American Academy of Pediatrics (This is a guide for deciding when and how to toilet train. It has a great resource list for further information on topics such as bedwetting and training children with special needs.)

THE HAPPIEST BABY ON THE BLOCK: THE NEW WAY TO CALM CRYING AND HELP YOUR NEWBORN BABY SLEEP LONGER, by

needs change, your milk will change in composition and volume (“come in”).

While you are in the hospital, your nurse or lactation specialist will be able to assist you in helping your baby to latch on properly and show you the most comfortable ways to feed. Initially, your infant will want to feed every 2 to 3 hours. Look for cues from your baby when she is ready to feed, such as looking awake and alert, putting her hands to her mouth, or making sucking motions. During the first few weeks, your baby should be awakened if needed to feed after 3 or 4 hours to ensure she has at least 8 feedings per day. Allow your baby to nurse on the first breast for 10-15 minutes, then when she stops for a pause, burp her and continue feeding on the other breast. For the next feeding, start nursing on the other breast from where the last feeding was started.

We want breastfeeding to be a positive and enjoyable experience for both mother and baby. Please call if you have questions or concerns. The WNC Breastfeeding Center associated with Mission Hospital is also a great resource for any needs you may have. You can reach them at (828) 213-1103.

Bottle Feeding

Infant formulas come in ready-to-feed varieties and as concentrates or powders to be mixed with water. It is very important that formula is mixed carefully according to the package



directions. A formula that is too weak or too concentrated will not provide the proper nutrition or hydration for your baby and can alter his electrolyte balance.

Formulas are available as cows-milk based, soy based, or as preparations for babies with reflux or digestion difficulties. We will be happy to help you choose a formula best suited for your baby's needs.

Formula can be fed cold, warm, or at room temperature, depending on your baby's preferences. Formula prepared in advance can be stored in the refrigerator for up to 24 hours. Leftover formula from a bottle your baby did not finish should be discarded.

Hold the bottle so that the neck and the nipple are always filled with formula. This will help prevent your baby from swallowing air which can cause discomfort. Most newborns will feed every 3 to 4 hours and will usually take between 1 and 3 ounces per feeding. This may vary between feedings. As your baby grows and gains weight, he or she will need more formula. If your baby is taking the whole bottle consistently and crying for more, or if he is consistently awakening and crying less than 2 1/2 hours after feeding, it is probably time to increase the amount of daily formula. It is important not to prop the bottle in your baby's mouth as this can lead to tooth decay, ear infections, and does not allow your infant to benefit from closeness with you.

Car travel – Your baby will be safest in the center of the rear seat of the car. State law requires that all children are in an approved child safety seat. Your baby should be in a rear facing seat until he is **at least** 1 year old **and** 20 pounds. Never leave your baby unattended in a parked car, even for a short time. Children under 12 should not be in the front seat if there is a passenger-side air bag.

Never hold a baby or child while riding on a vehicle such as a lawn mower. Many children are injured each year by these vehicles.

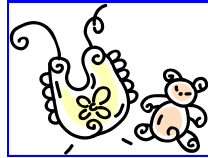
Sun safety - Babies have sensitive skin that can burn very easily. If you have your baby outside, keep them covered or out of the sun. Sunscreen may be used once they are 4-6 months of age.

Check to see that smoke detectors and carbon monoxide detectors are working well in your home.

Never leave your baby unattended on a changing table, bed, or anything from which he could potential fall. You never know when your baby will pick up a new skill like rolling!



Useful Supplies to Keep on Hand



A rectal thermometer

Infant Tylenol drops

(acetaminophen) -

please call us before you give this to your baby if less than 2 months

A bulb syringe - Take good care of the one given to you at the hospital as it is hard to find one that works as well

Nasal saline drops can be helpful to use with the bulb syringe for more persistent congestion (make sure they are not the kind with medicine, only saline)

Diaper rash cream such as A&D or Desitin Pedialyte or other infant electrolyte solution.

We may recommend this for your child if they have vomiting or diarrhea.

Safety

Water heaters should be set no higher than 120° F to reduce the risk of scalding injuries.

Exposure to second hand smoke is harmful to children. Those who are exposed have a greater risk of SIDS, ear and sinus infections, pneumonia, and asthma. If you smoke, it would be best if you could quit. Do not allow smoking in your home or car.

The bottle should always be held by an adult. The bottle is used by you to feed your baby. Your baby should never be taught to hold the bottle on his own. Your baby will use a cup as he grows older.

Vitamins and Iron

Both breast milk and infant formulas are excellent sources of the vitamins and iron your baby needs. For exclusively breastfed infants, it is recommended to supplement with Vitamin D by 2 months of age. Vitamin D is naturally manufactured by the skin when exposed to sunlight, but as we are using more sunscreen, many women do not have adequate Vitamin D stores. When you come for your office visit, we can discuss the best formulations available to you. Infant formulas have Vitamin D already added to them.

Most babies have enough iron to last for the first few months of life. If your baby is breastfed, you should start giving iron containing foods such as cereals and green vegetables between 4 and 6 months of age to ensure continued iron for growth. Most formulas have iron. This does not cause constipation.

Jaundice

Almost all babies will have some amount of jaundice, which is a yellow color to the skin produced by a pigment called bilirubin in the bloodstream. This is caused by the baby's immature liver along with their rapid breakdown of red blood

cells. Most jaundice will resolve on its own without any intervention. The level of bilirubin in the baby's blood will usually peak by day 4 or 5, and then gradually decrease.

Very high levels of bilirubin can be dangerous for your baby, and for this reason, your infant will have a screening level drawn while in the hospital. If the level is too high, specialized light therapy may be required which can usually be done at home. Please call if your baby looks more jaundiced or yellow after you leave the hospital.

Weight

All babies lose weight in the first few days of life, but they usually regain their birth weight by ten to fourteen days of age. We will weigh your baby at each office visit to follow this with you.

Routine Baby Care

Bathing – You may bathe your baby daily or every few days, as long as you clean the diaper area well with diaper changes. Until your baby's umbilical cord falls off, he or she should only have sponge baths. After healing, you may use a tub or sink. Wash the scalp well, including the “soft spot.” If wax is visible in the ears, they can be cleaned with a washcloth. Do not put anything such as Q-tips in your baby's ears as this can force wax deeper into the ear canal. Avoid using baby powders or corn starch.



Persistent Vomiting – Many babies spit up, however, if the vomiting is persistent, forceful, or is green or bile stained, it needs to be evaluated by your doctor.

Most importantly, trust your intuition as a parent. If something has you concerned about your baby, please call our office and ask for the nurse so that we can help you decide on the best management.

Post Partum Blues



Over half of the women that give birth experience some kind of baby blues. Symptoms can include feeling overwhelmed, tearful, irritable, and nervous. This usually will go away by 2-3 weeks. Sometimes, this can develop into more serious depression or anxiety. If you are feeling this way, you are not alone, and it does not mean you are a bad mother. It is important for you to take care of yourself by sleeping when your baby sleeps, eating well, taking time for yourself, and relying on friends and family for support. If you are experiencing postpartum depression or anxiety, there are also community resources available to you. Please talk with us about your symptoms so we can connect you with others that can help and support you.

Sometimes nothing you try will soothe your baby, and it's alright to let them cry in their bed. No mother or father can console their baby every time he or she cries, and it does not mean you are a bad parent. It can be very agonizing to hear your infant crying for long periods of time, but try to remain as calm as possible. If you feel that you can't handle the situation, it is very important to seek help from a friend or family member. Most "colic" (excessive crying) will decrease by 3-4 months of age.

When to call the doctor

Fever – If your newborn has a rectal temperature of 100.4 or more, please call us right away



Increasing Jaundice

Respiratory Distress – fast breathing (more than 60 times per minute), retractions (sucking in between ribs with each breath), grunting or flaring nostrils with breathing, any blue color

Excessive Crying

Lethargy or Poor Feeding

Umbilical cord – Keep the naval clean and dry. You may use alcohol to dry the base of the cord. As the cord is falling off (usually by three weeks of age), you may notice a few drops of blood, but this is not cause for worry. Redness around the skin at the base of the cord may be a sign of infection and should be evaluated by a physician.

Room temperature and clothing– In general, newborns will be comfortable dressed in one more layer than what you are wearing. Dress your baby according to the temperature. It is good to put a hat on when going outside, except in the hottest weather. Keep room temperatures around 68-72 degrees.



Boys/Circumcision– While there are arguments for and against circumcision, it is largely a matter of personal and cultural preference. We will gladly discuss these pros and cons with you.

If your son was circumcised, clean the penis gently with diaper changes, and apply A&D ointment to help prevent it from sticking to the diaper until it is healed (usually about 1 week). If you notice redness, swelling, or bleeding, please call our office. Once it has healed, pull back the remaining foreskin to clean when bathing.

If your son is not circumcised, simply clean the penis with the rest of the diaper area. The foreskin will gradually loosen over time and should not be forced back.



Girls- Baby girls often have some white vaginal discharge in the first few days of life, and it may contain a little blood. This is normal and is caused by hormones.

Sleeping – To help prevent SIDS (sudden infant death syndrome), your baby should be placed on her back to sleep. Use a firm mattress with a tight fitting sheet. You should not place pillows, fluffy blankets, or stuffed animals in the bed as these can be a risk for suffocation. Your infant will sleep 16 to 20 hours out of the day at first. You can help your baby develop a sleep pattern by beginning to show him that daytime is for play and nighttime for sleeping. You can do this by keeping nighttime feedings more calm, quiet, and dimly lit. Engage your infant in talking and playing around daytime feedings.

Normal Newborn Behavior

Bowel movements – Your baby will initially pass a tarry, dark meconium. This will transition to looser, yellow or greenish stools. There is a lot of variation in normal stooling patterns. Many breast-fed infants will stool with every feeding, while formula fed infants may go once per day. Some babies do not stool every day. It is normal for babies to grunt, strain, and turn red when passing bowel movements. If your baby is passing hard

Crying – Crying is a normal part of a baby's life, and most newborns will cry 1-4 hours per day. You will begin to learn your baby's different cries and what they mean. You will usually be able to soothe your child by attending to his or her needs. You cannot “spoil” your newborn during the first few months. Sometimes your baby may still be fussy even when he is warm, dry, and well fed. You will learn what works best to calm your baby, but here are a few suggestions.



Check your baby's rectal temperature to make sure he or she is not getting sick

Hold your baby – in your lap, a sling, or against your chest

Talk or sing to your baby – your voice is the one your baby knows best and will love to hear, even if you think you can't carry a tune!

Rock your baby gently or walk around

Check his or her clothes to make sure nothing is too tight and that there are no strings or hairs wrapped around fingers or toes

Play soft music or create “white noise”

Swaddle him or her in a blanket