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Richesondrivepediatrics.com

Newborn

Date: _____ Age: _____

Name: _____ Ht. _____ Wt. _____

Family support:

Accept help from partner, family, and friends

Never hit or shake a baby

Rest and sleep when baby sleeps

Feeling tired, blue, or overwhelmed in the first few weeks is normal; if it continues please let your provider know

Baby care:

Cord care- air dry by keeping diaper below the cord.

Use fragrance-free lotion or soap, double rinse laundry

Infant behavior:

Hiccup, sneeze, and may have newborn periodic breathing

Stools may change colors—red or white are *not* normal, please call us

Crying spells- comfort measures include skin-to-skin contact, feeding, swaddling

Infant feeding:

Exclusive breastfeeding in the first 4-6 months provides ideal nutrition

If exclusive breastfeeding- continue with prenatal vitamins, 8-12 feedings in 24 hours

If formula feeding- prepare and store formula properly, feed every 2-3 hours, hold baby semi-upright.

Do not prop bottle

Contact lactation consultant if necessary—Mother Baby Cafe at Virginia Baptist

Medications:

Vitamin D, D-Vi-Sol- 1 millileter a day if exclusively breast fed

For diaper rash- zinc oxide, A&D ointment

For nasal congestion- Normal saline nose drops and bulb suction

Safety:

Car seat- rear facing until the age of 2

Never leave child unattended in car or bath

Sleep on back

Use crib with slats less than 2 3/8 apart, keep sides up

Do not put objects in cribs

Be sure your sitter places your baby on back to sleep

May use pacifier at bed time

Water temperature should be below 120 degrees Farenheight

Suggested Reading:

Heading home with your Newborn by Jennifer Shu, MD and Laura Jana, MD

www.healthychildren.org (American Academy of Pediatrics)

Return: 1 month of age



How to keep you family Healthy, Happy and Growing!!

We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18) Watch the first time walk-through video or check out the video tutorial www.richesondrivepediatrics.com
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at staceyw1022@gmail.com or 385.7776

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