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Newborn Exam

Weight _____ lbs. _____ oz Length _____ inches Head Circumference _____ inches
_____ percentile _____ percentile _____ percentile

Welcome to Edgewood Center Pediatrics!

The first newborn exam generally occurs when your baby is less than two weeks old. At this time, the doctor will be checking your baby to make sure that he/she is gaining weight appropriately and is doing all the things that newborns are supposed to do. This is the perfect time to ask all those questions that pop-up in the middle of the night. Keeping a list is a great way to remember these questions at your appointment. If you forget some questions, don't worry. We'll be seeing your baby back in the office within a month.

Every time that your baby comes to the office for well-child care, we will be measuring his/her weight, length, and head circumference to make certain that your baby is growing well. In addition, we will plot these measurements on a special graph to help us compare your baby's growth with that of other babies of the same age. We will assign a number called a percentile to each measurement; this is the number that tells us how to compare your baby's measurements with that of other babies. For instance, a boy who weighs 7 lbs. 4 oz at birth is at the 50th percentile for weight; in other words, half of all male babies weigh more and half weigh less at birth. You should remember that any baby that plots out between the 3rd and 97th percentile is normal. Babies come in all sizes and that's OK!

Feeding

No feeding schedule should be religiously followed. Your baby's requirements for breast milk or formula may differ from your friends' babies and from your other children's needs when they were babies. In general, newborns take from half an ounce to three ounces per feeding, and they may feed every one to four hours. Breast-fed babies often suckle at one or each breast for 5 to 15 minutes, and they may also feed every one to four hours. To gauge how well a baby is feeding; we often look at their output. The average baby should have at least six wet diapers a day (24 hours), and at least two to four bowel movements a day. You should note that breast-fed babies often have more bowel movements than formula fed babies do. If you have any specific questions about feeding, please do not hesitate to ask.

First Newborn Exam

(continued from other side)

Safety

- 1) We recommend sponge bathing your baby until the umbilical cord falls off; this usually occurs in the first month of life.
- 2) Michigan law requires that all babies travel in approved car seats at all times. Car seats should be assembled and installed according to the manufacturer's instructions. All car seats should be placed in the back seat and rear facing until your child is at least 20 lbs **and** 2 year of age.
- 3) The American Academy of Pediatrics recommends that all babies sleep on their backs. Overwhelming evidence supports the fact that babies who sleep on their backs are less likely to suffer from SIDS (Sudden Infant Death Syndrome).

Cord Care

The umbilical cord usually falls off in the first month of life. Although you cannot do anything to make it fall off any faster, there are several things you can do to minimize any problems with the cord. Sponge bath your baby until the cord has fallen off and is no longer draining. Keep the diaper down below the cord in order to keep the cord dry. A small amount of bleeding as the cord falls off is normal. It is normal for the cord to have a small amount of clear or yellow discharge and to have a faint odor. However, should you notice thick pus or a strong foul-smelling odor associated with the cord, you should call the office immediately. In addition, please call the office if you notice an increasing area of redness around the cord or if the belly button continues to drain 2 days after the cord has fallen off.

Fever

Fever is a concern in any baby less than three months. Although a temperature can be indicative of a simple cold, it can also be an initial sign of a serious infection. Therefore, please call us immediately if your child has a rectal temperature of 100.4° F/38° C or higher. Please do not give any medicine for the fever before calling the office. We do not recommend giving acetaminophen (Tylenol[®]) or ibuprofen (Motrin[®], Advil[®]) before calling the office in a child less than three months of age!

There are many ways to check a baby's temperature. The best way is using a rectal thermometer. The rectal method is by far the most accurate and the easiest way to determine if your child has a fever. An alternate method is the axillary, or underarm method. We often use this in our office on babies however, in a young infant; the rectal temperature is really the most important in determining a true fever. We do not recommend that you use an ear thermometer. In our experience, ear thermometers are less accurate than rectal or axillary thermometers.

Whichever method you use to take your baby's temperature, we recommend that you tell us the exact reading of the thermometer and where you took the reading. Some people add or subtract a degree based on where the temperature was taken. We'd prefer that you tell us what the reading was and from where it was obtained. The doctor will add or subtract degrees if necessary.

Immunizations

No immunizations given at his time.

Next Visit

Your baby may have several visits in the first few weeks until he/she returns to birth weight. The next routine visit will be at one month.