

Things You Should Know: Your Baby Birth to 3 Months

FEEDING

Breastfed Babies

- **Breastfed babies should eat every 1-3 hours for a total of 8 to 12 feedings per day.** They may feed anywhere from 10 to 30 minutes per feeding.
- Once back to birth weight, your baby may sleep 5 hours at night without needing to feed.
- By 2 months of age the time between feedings is typically 2 to 4 hours with longer periods of time at night.
- Your baby may have up to 8 stools per day the first few weeks. Stools may be liquid, yellow and seedy.
- Please call our office with any concerns or questions. Lactation experts are available.

Formula Babies

- **Formula fed babies usually eat every 2 to 4 hours. By two weeks of age, the quantity of formula intake is usually 18 to 24 ounces per day. By 2 months of age, babies are usually eating 26 to 32 ounces per day.**
- It is not necessary to boil city water to prepare formula.
- Do not warm bottles in the microwave. If your baby prefers warm formula, place the bottle in a cup or bowl of warm water.
- It is important to clean the bottles and nipples well. This may be done in the dishwasher or by hand with dishwashing detergent and hot water.
- If you feel your baby is not tolerating formula, call us before making any changes.
- Formula fed babies may have one to several stools per day. Stool appearance varies from runny to solid and may be brown, green or yellow in color. Constipation is common. Using dark molasses in the formula may help. Call us about this. Gas is normal.

Solids

- **Solids are not recommended until the baby is 4-6 months old.** Adding cereal to a bottle will not help your infant sleep longer.

Vitamins

- **Breastfed babies and babies who drink less than 32 ounces of formula per day should take a vitamin D supplement daily. Examples include D Drops, D-Vi-Sol, Tri-Vi-Sol, Poly-Vi-Sol as well as other brands.**

CRYING

Most newborns cry up to 3 hours per day (total). The most common cause of crying after hunger is fatigue. Over-stimulation is a common cause of fatigue. It is best to learn the early warning signs of fatigue and put your baby to bed before crying starts. If this process is started early, all family members will get more sleep. Remember, crying for a short time is normal for babies in the process of falling asleep.

UMBILICAL CORD

Keep the umbilical cord dry. You may give your baby a sponge bath, but do not bathe the baby in the tub until the cord has fallen off. The cord may ooze a small amount of blood after falling off. Call our office if the cord has a foul odor or the skin around it becomes red and tender.

BATHING

Once your baby's umbilical cord has fallen off, you may bathe your baby in the tub. Typically, most infants should have a daily bath at least in the diaper region.

DIAPER RASH

Diaper rashes are usually caused by being left in wet or dirty diapers too long. When rash appears, change diapers more often. You may apply Desitin, Vaseline, A&D ointment or other diaper cream as needed for a diaper rash.

SLEEP

PUT YOUR BABY TO SLEEP ON HIS OR HER BACK TO REDUCE THE RISK OF SUDDEN INFANT DEATH SYNDROME (SIDS)!

- Experts strongly recommend that you do not put your baby to sleep prior to putting the baby in bed. Children need to develop their own internal controls to fall or stay asleep. The parents' role is to help the baby learn this process. Put your baby in bed drowsy but still awake. It is very important that the infant learns to fall asleep on his or her own even though this is sometimes difficult emotionally for parents.
- Sleep patterns vary the first few months. Do not normally allow your baby to sleep longer than three hours during the day.
- The duration of sleep is not related to the type or amount of feeding. Introducing cereal at this age will not make your baby sleep through the night.

SAFETY

- **ALWAYS put your baby in a car seat.** The car seat should be rear facing in the back seat away from an air bag. Install and position it according to the manufacturer's directions. See our Car Seat Guidelines handout for further details. Always wear your seat belt yourself.
- **Babies should sleep on their back in their own bed to reduce the risk of SIDS (Sudden Infant Death Syndrome).**
- **Do not put anything in bed with your child.** This includes pillows, loose blankets, bumper pads, stuffed animals, sleep positioners, DockATot, Boppy pillows and other infant loungers. The crib mattress should be firm and covered only by a fitted sheet. We recommend sleepers or sleep sacks to keep your child warm at night. If you choose to swaddle your infant in a blanket, make sure there is enough room for leg movement to prevent hip problems.
- **Do not put your infant in bed with you. Sleeping with your baby is dangerous.** Ask us about it.
- For the first few weeks your infant should only be handled by immediate family members to reduce the risk of infections.
- **Never leave an infant unattended on an elevated surface.**
- Protect your infant from older brothers and sisters. Use a play pen as an island of safety.
- Necklaces or long cords on pacifiers are dangerous.
- Do not hold your baby while drinking hot liquids or smoking.
- Be sure you have working smoke detectors, as well as a fire safety plan in place.
- Carbon monoxide detectors are recommended.

- Babies can easily suffocate if left lying on a soft surface on their tummies.
- Check the temperature of your hot water heater. It should be below 120 °F.
- The number for the Poison Control Center should be kept near your phone in a place you can find it easily. **1-800-366-8888**
- **Exposure to cigarette smoke causes many medical problems for your child. These include an increased number of upper respiratory infections (colds) and ear infections, asthma, and an increased risk of SIDS. E-cigarettes, vaping and marijuana use can also cause harmful effects to your baby.**

GROWTH AND DEVELOPMENT

- **Read to your baby every day.**
- Mirrors and mobiles help your baby develop.
- **Do tummy time on the floor every day for play and exercise - NEVER for sleep.**
- Hold and cuddle your baby as much as you want. You can't spoil your child at this age.
- Although your baby does not have any teeth, wipe the gums twice a day with warm water and a soft cloth. Toothpaste is not recommended at this time.

IMMUNIZATIONS AND WELL CHILD VISITS

- We would like to see your baby in the office at 2 weeks, 1 month, 2 months, and 4 months of age for well child checks.
- Your baby will receive the hepatitis B vaccine at the 1 month visit.
- Your baby will receive the following vaccines at the 2 and 4 month visits: DTaP, Hib, Prevnar, Polio and Rotavirus.
- Protection from RSV, a potentially serious respiratory infection, is available through an antibody injection for infants under 8 months whose mothers did not receive the RSV vaccine during pregnancy.
- Call the office immediately if your infant appears to develop a severe reaction after shots are given.

Please do not hesitate to call or text our office if you have questions or concerns!