

Safety

Your baby's safety is vital and depends on you. Please read the AAP handouts on Infant Furniture and Safe Driving. Although newborns are not very mobile, never leave your baby unattended on any elevated surface like a changing table, bed or couch. If you have to answer the phone, the doorbell or if you have to reach for something across the room, take the baby with you. If you have to use the bathroom, put the baby in the car seat, playpen or crib.

Back to Sleep

The back is the safest and only recommended sleep position in the first year of life. Side-sleeping is not recommended. Alternate the baby's head position on a daily basis. Face right today and tonight and face left tomorrow. Babies who are always put down facing the same direction will develop tightening of the neck muscles and flattening of the head on that side. If your baby favors one side and seems unable to face the other direction, let us know.



Tummy to Play

Encourage 'tummy time' starting today, every day, as frequently as possible, as long as tolerated and only when awake. Whenever your baby is awake and not being held, he should be on his tummy. If he gets very fussy or falls asleep, put him onto his back.

Baby Formula

Breast feeding has many health advantages for babies and their mothers. If you decide to supplement or bottle feed your baby, we believe that two brands have advantages for the health and development of your baby. *Nestle Good Start* and *Enfamil Lipil* are our first and second choices.

Vitamins

We recommend providing supplemental Vitamin D to all age groups starting at birth. *TriviSol* is over-the-counter and contains vitamins A, C, and D. *TriviSol* is given once a day to breast and bottle fed babies until they are six months old. The only exception is any baby being fed *Enfamil Newborn* for the first 3 months of life. At 6 months, we prescribe a multi-vitamin with iron and fluoride. Put one dropper full of *TriviSol*, which is one ml, directly into your baby's mouth or into a small amount of formula. For older babies it can be added to baby food.

Mothers also need to take vitamins. When you finish taking your prenatal vitamin begin taking any women's OTC multivitamin with folic acid every day permanently.

Fresh air and Exercise

Being a new mother is very hard work during the day and at night. Getting fresh air and exercise is helpful physically and emotionally and is important for both you and your newborn. Try to go out every day regardless of the season.

For more health and wellness information for your family please visit our website:

www.pedsli.com

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