



# Ponderosa Pediatrics

## Where Kids Come First

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**CONGRATULATIONS!!!** on the birth of your new baby. This is an exciting time for you. Your pediatric care providers, Dr. Mick, Dr. Hinton, and Nurse Practitioners, Lee Howard, Michelle Copeland, and Jeanne Gibian want to help you provide the best possible care for your child, as well as assist you during occasional illnesses. Together we will watch and enjoy your child's growth.

Our office hours are 8:00 a.m to 8:00 p.m., Monday through Thursday and 8:00 to 5:00 p.m. on Friday. A pediatric provider is always available any time day or night for emergencies. If you feel you have an emergency or an urgent need that can not wait until regular office hours, call the office phone number below to reach the pediatric provider who is on call. Ponderosa Pediatrics offers an acute care clinic each Saturday morning from 8:00 to 12:00 for urgent illness or injury. The Saturday clinic is not for routine visits, rechecks or illnesses that have been present for several days. Please make those appointments during the week.

After today, routine visits for your baby will be at 2 weeks, 2 months, 4 months, and 6 months. At each of these visits your child may receive immunizations that are important in preventing serious illnesses. After that time, routine visits will be at 9 months, 1 year, 15 and 18 months, 2 years, and then yearly.

On the next page are some basic guidelines for newborn care. If you have other questions, don't hesitate to call. We are here to help you however we can.

**PEDIATRICIAN'S PHONE NUMBER**  
**(928) 778-4581**

**FEEDING:** The only food a baby needs is breast milk or formula. Extra water or other supplements are not necessary unless recommended by your doctor. NEVER give your baby cow's milk during the first year. We will discuss feeding your baby solid food at the four month visit. Allow your baby to develop his or her own feeding schedule. A baby will generally feed every two to four hours. As they get older, they will eat more at each feeding and feed less often. Before feeding every time the baby cries, check to make sure the crying is not due to other causes.

\*Breast milk is the best diet for babies. It provides the right nutrients and helps protect the baby from infections and allergies. Breast-feeding moms should continue to take their prenatal vitamins and drink plenty of water (at least 64 oz/day). Also, continue to eat a balanced diet as during pregnancy. Foods to try to avoid include: caffeine, tomatoes, onions, cabbage, chocolate and spicy foods. These may cause colic or fussiness in the baby. To keep nipples healthy, wash with warm water before and after feedings and be sure they are dry after feedings. If you need to take medications while breast-feeding call our office to insure safety of the baby. Your baby may nurse from one or both breasts at each feeding (10-20 minutes). Your baby will get most of the milk in the first few minutes, so there is no need to nurse more than 20 minutes.

\*Formula feeding is the alternative to breast milk, and the next step if you choose to stop breast-feeding before your baby's 1<sup>st</sup> birthday. When feeding, your baby's head should be slightly raised, resting in the bend of your elbow, close to you. Be sure to hold the bottle so that the nipple is always full. This will prevent the baby from swallowing too much air. NEVER prop up the bottle. During the first month, your baby will drink 1-4 oz. at a feeding. If your baby empties a bottle, add another ounce to the next feeding. Be sure the nipple hole is large enough that the milk drips at a steady rate without forming a stream. If milk pours out too rapidly, discard the nipple. Be sure to mix the formula as directed on the container.

**BATHING:** A simple, clear water bath every day or two will suffice. Do not immerse babies until the cord falls off, and for boys, the circumcision is healed. Even mild soap can cause very dry skin, so use sparingly. Mild baby lotions are OK for dry skin. Avoid powders. Only use warm water, never hot. Your water heater should be set no higher than 120 degrees F. NEVER leave a baby unattended in a tub. Trim or cover fingernails to prevent scratching.

**CORD CARE:** Apply alcohol to the moist area of the cord with a cotton ball or Q-tip no more than four times a day. Be sure to gently pull cord away from skin to get to the moist area. The cord should fall off by two weeks of age. Keep cord exposed to air and out of diaper. Call us if there is any excessive drainage or redness of the skin around cord.

**SLEEPING:** Crib rails should be no more than 2 3/8 inches apart. The baby's mattress should be firm and flat. Protect the mattress with a waterproof cover. Do not use a pillow as this can interfere with the baby's breathing. Never place a baby on a waterbed. Keep the room temperature between 66 and 72 degrees. If possible, have your baby sleep in a separate room from you, so you will not disturb each other. Your baby will do a lot of sleeping the first few months. As baby ages, sleeping will decrease. The baby should be placed on their back or side for sleeping.

**STOOLS:** The first stools of a baby are called meconium. This gradually changes to a liquid, yellow colored stool in breast fed babies, and yellowish-tan, thicker stool in formula fed babies. All babies will occasionally have green, brown, or gray-colored stools. Your baby may stool with every feed or only once in 3-4 days. If your baby is happy and content and eating normally, do not worry about minor stool changes. Babies will strain, grunt, and grimace when having a bowel movement. This is not a sign of a problem. The frequency or number of stools does not define constipation or diarrhea. If your baby passes small pellet-like stools or seems to be in pain with stooling, call our office. If the stools contain a great deal of water for more than a day or contain blood, call the office.

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