

# Treehouse "TOTS"

## Growth Milestones –Newborn Followup "Parenting 101"

The following comments are designed to help you enjoy your new baby and develop confidence in yourself as a parent. This information is not intended as a substitute for well-baby visits with your newborn's pediatrician. Remember, no two babies have exactly the same makeup or the same needs. Your baby is an individual with his or her own special growth pattern. Comparing your infant's growth and development with other children is not a good idea and usually causes needless worry. Never hesitate to ask your child's physician for guidance concerning specific problems. This is the reason for regular well-baby checkups.

### Parenting and Behavioral

- Hold, cuddle, and talk to, sing to, and rock your baby as much as you can. A lot of your infant's development depends on his or her interaction with you. Every touch stimulates the baby's brain.
- Recognize the fact that parents cannot always console their baby. Expect this. Of course, always check your baby when he or she seems uncomfortable, to make sure the infant is not too hot, too cold, hungry, wet or needs to burp. Give your child the benefit of the doubt and do not worry about "spoiling."
- Try to spend time nurturing your baby when the infant is quiet, happy and alert, instead of waiting for him or her to cry and fuss for attention.
- Parents should make sure they get adequate rest. Take the phone off the hook and nap when the baby naps. Encourage dad and other family members to help care for the infant. Keep in contact with friends and relatives. Go for a daily walk with the baby for fresh air.

### Development

- Raises head slightly from a prone position, blinks in reaction to bright light, focuses and follows with eyes, responds to sound either by quieting or turning toward the source.
- Can see faces at 8-10 inches but visual acuity is limited, baby can recognize caregiver's voices.
- Cycles through 6 states of consciousness several times per day: deep sleep-active sleep-drowsiness-quiet alert-active alert and crying

### Feeding

- Feeding is often the hardest and most challenging part of having a new baby at home. Breast fed infants usual fed every 1 ½ -2 hours and formula fed babies every 3-4 hrs.
- Please keep track of the number of feedings.
- Make feeding a pleasant time for the entire family. Remember, your baby's first love for his or her parents arises from the bonding obtained during feeding time. The affection and touching the baby gets during the feeding period is an important part of the diet.

### Sleeping

- Sleep: Always remember to put your baby to sleep ON HIS OR HER BACK while he/she is drowsy but still awake. This allows your baby to learn to put himself to sleep instead of depending on *you* to do it for him.

### What to expect during this visit:

- We will review the birth history and hospital course.
- We will review the feeding and stooling/urinating diaries.
- We will discuss your baby's growth and development and any other concerns which you may have.