

# Baby Basics

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# Choosing A Doctor



- Location
- Training, Licensing & Board Certification
- Office Hours
- Support Available
- Hospital rounding
- Do you like the person?
- Family Practitioner v. Pediatrician
- Talk to family & friends for referrals

# Prenatal Visit

- Available by appointment
- 15-20 minutes to meet with the doctor
  - Expect to give details of your pregnancy history
  - Bring a list of important questions
  - Tour the office
  - Observe staff interaction with patients
- Usually scheduled during 3<sup>rd</sup> trimester
- Both parents should attend if feasible

# Delivery Day!!

- Report name of pediatrician and practice to L&D nurse
- The hospital will notify the pediatrician
- Baby will be seen within 24 hours of birth
- Examined in the nursery
  - Better lighting, access to equipment & chart
- Vital signs, counting diapers, daily weights, length/amount of feeds

# Breastfeeding

- Mother nature's source of nutrition
- Promotes infant immunity
  - Decreases ear infections, respiratory infections, vomiting/diarrhea
- Decreases risk of childhood food allergies & asthma
- Potentially decreases risk of childhood obesity, leukemia, lymphoma, factors leading to heart disease, and diabetes
- Effect on cognitive function is still not clear

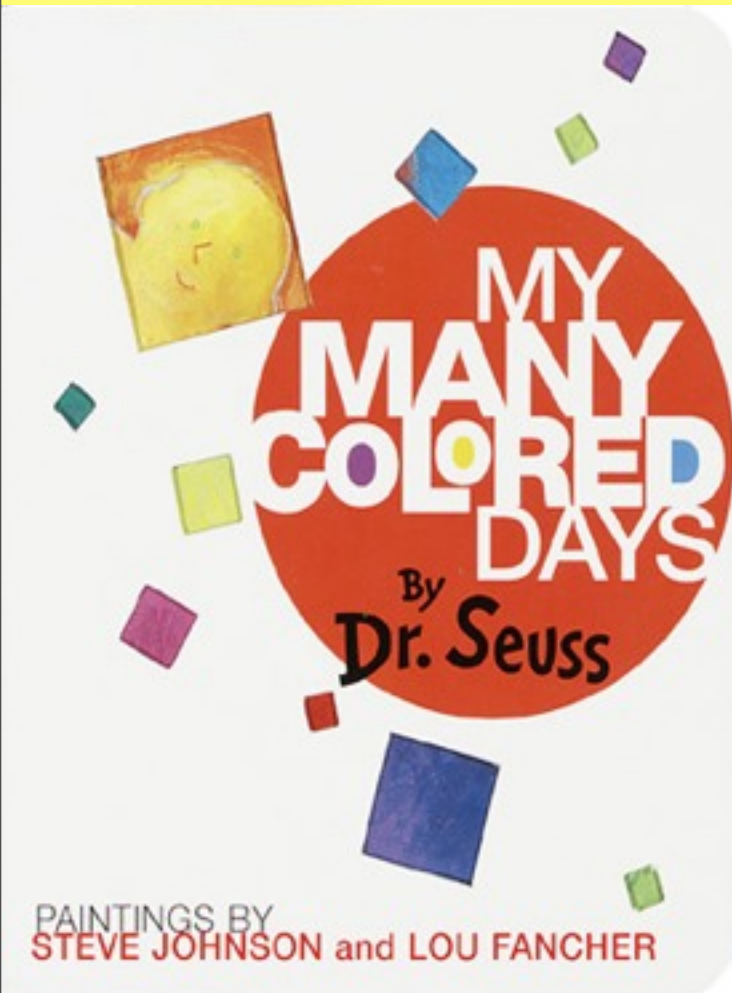
# Initiating Breastfeeding

- Initial nursing will take place in Labor & Delivery suite within first few hours after birth
- Colostrum – nutrient rich milk produced in first 3-4 days
- Use your support services in the hospital
  - Lactation consultant
  - Breast Pumps
- Aim to nurse every 3-4 hours while in the hospital

# Breastfeeding on the First Day @ Home

- Expect many challenges
- Have a list of contacts for breastfeeding support
  - Call your insurance to see if lactation services are covered and find local providers
  - Talk to friends or pediatrician for lactation consultant referrals
- Make sure you have plenty of extra hands
  - yours will be very busy with nursing the baby.

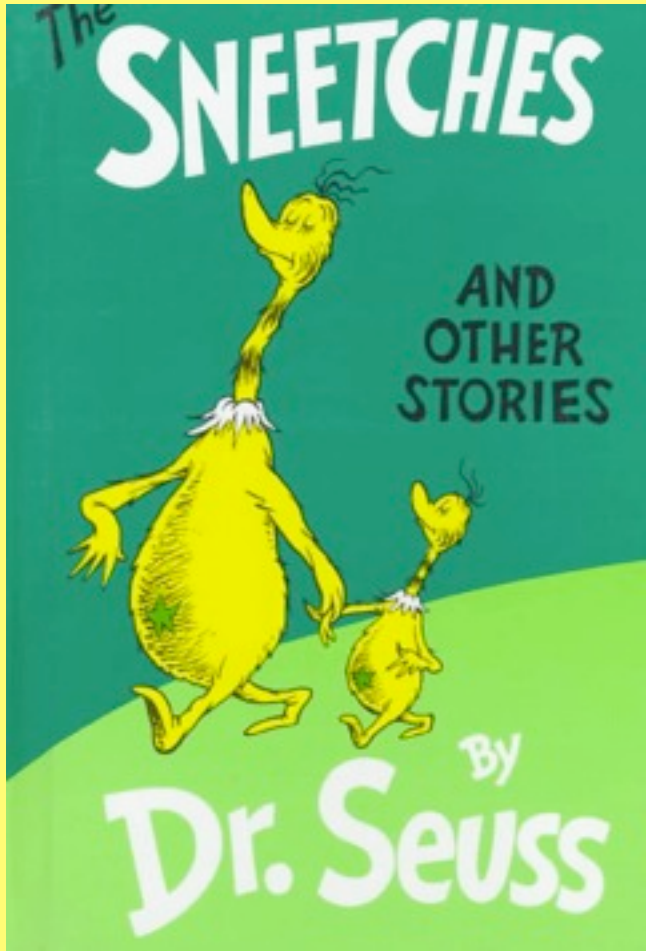
# Jaundice



- Yellowish color of baby's skin caused by increased level of bilirubin
- Bilirubin level checked on morning of discharge using transcutaneous device (i.e. through the skin)
- If higher than 75%, a blood sample is sent
- A treatable condition
  - Frequent feeding
  - Light therapy
- Follow-up with pediatrician in 48-72 hours



# Circumcision



- Very personal decision
  - Cultural, religious and familial reasons
- Benefits
  - Lowers risk of UTI by 3 to 12-fold
  - However, UTI is relatively UNCOMMON in infants
  - Also lowers risk of penile cancer, HIV, balanitis
- Risks
  - Poor cosmetic outcome
  - Infection
  - Bleeding
  - Pain

# To Circumcise

- Procedure is done by the obstetrician
  - Sign consent form reviewing risks and complications
- Infant must be examined by pediatrician to confirm normal anatomy
  - If there is any question, pediatrician will recommend delay circumcision and follow-up evaluation by pediatric urologist in first 2 weeks of life
- Pain control
  - Use Sweeties or local anesthesia
- Care of the penis
  - Keep covered with gauze and Vaseline or Neosporin until skin healed completely.

# Or Not...

- Foreskin is not retractable in newborns
- This will occur by age 3-5 in all boys
- Cleaning an uncircumcised penis is very straightforward – clean gently during bathtime

# Hearing Screen

- Universal screening for earlier detection & intervention
- Completed by audiologist
- Test called otoacoustic emissions measures presence of soundwaves in response to clicks
- Must be done in quiet environment
- 5-21% of infants fail initial exam, but significant loss occurs in 0.1% of infants
- Referred to outpatient audiologist for further exam



# State Newborn Screen

- Universal screening blood test
- Detects diseases that are present at time of birth, but not detectable by physical exam
- Requires small amount of blood from heelstick
- Sent to state lab
- Results mailed to pediatrician usually by 2-4 weeks of age

# Immunizations



- Hepatitis B
  - Blood borne viral illness of the liver
  - Transmission preventable through vaccine
  - Given on day of discharge or at 1<sup>st</sup> follow-up visit with pediatrician

# Well Baby/Child Checks

- Regularly scheduled visits to assess growth and development
- Review nutrition, sleep, developmental milestones
- Many, but not all, visits include immunizations
  - Ask pediatrician for a schedule
    - Newborn, 2wks, 1mo, 2mo, 4mo, 6mo, 9mo, 1yr, 15mo, 18mo, 2yr, etc.
- Both parents are encouraged to attend
- Bring list of questions

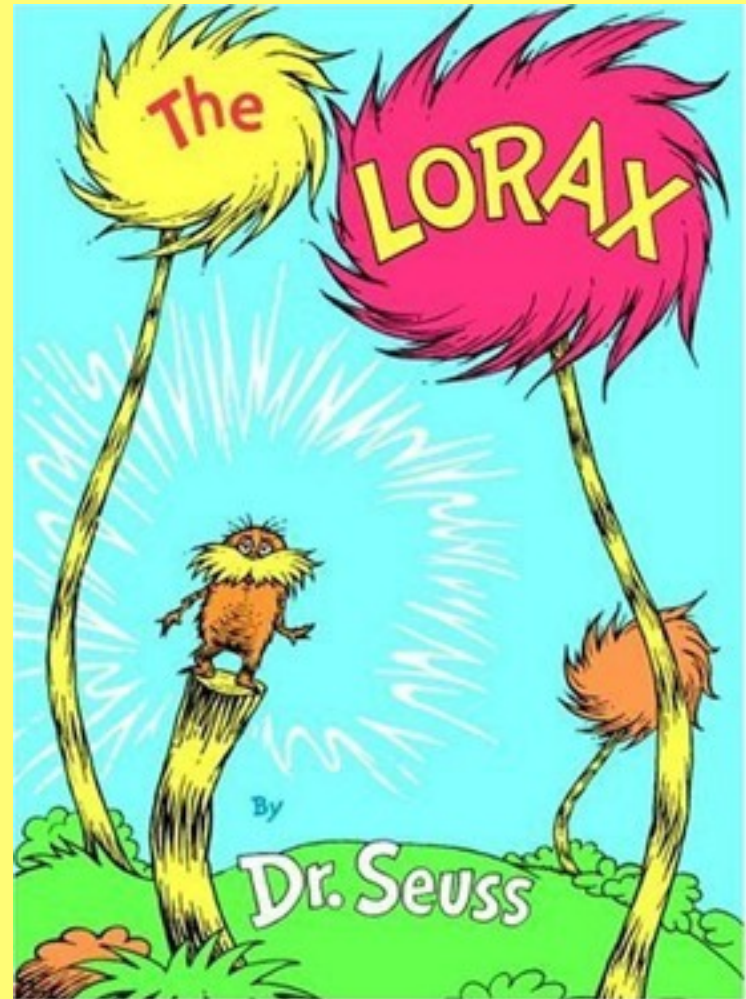
# When to call your doctor?

- For infants
  - Temperature  $\geq 100.4$  Rectally
  - Extreme fussiness
  - Poor sucking or feeding
  - Persistent rapid breathing
  - Difficult to arouse at normal times
  - Rash
  - Decreased number of wet or dirty diapers (less than 4-6 per day OR  $>8$  hours between diapers)



# Safety

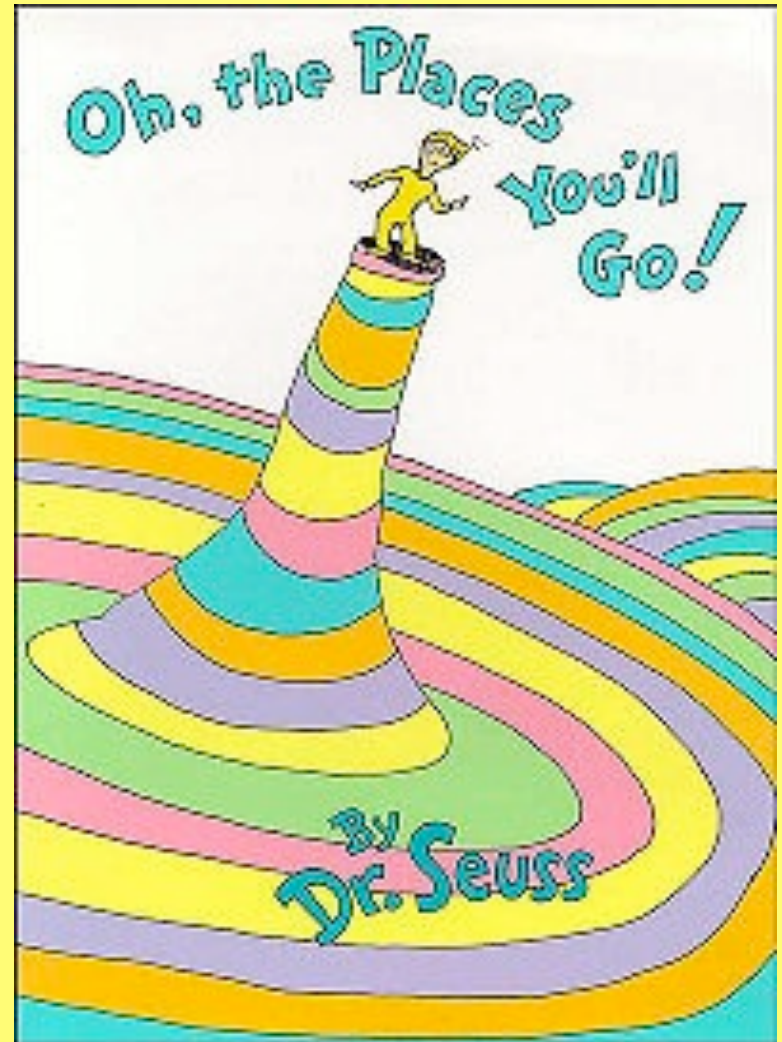
- Car seats
  - Must be available for discharge from hospital
  - Visit your local fire dept or police station to have it properly installed
  - [www.seatcheck.org](http://www.seatcheck.org)
  - [www.preventinjuriesva.com](http://www.preventinjuriesva.com)
- Sleeping arrangements
  - Bassinet v. crib v. co-sleeper
- Smoke detector
- Water temperature
  - Maximum 120 degrees
  - Install scald protector



# Emergencies

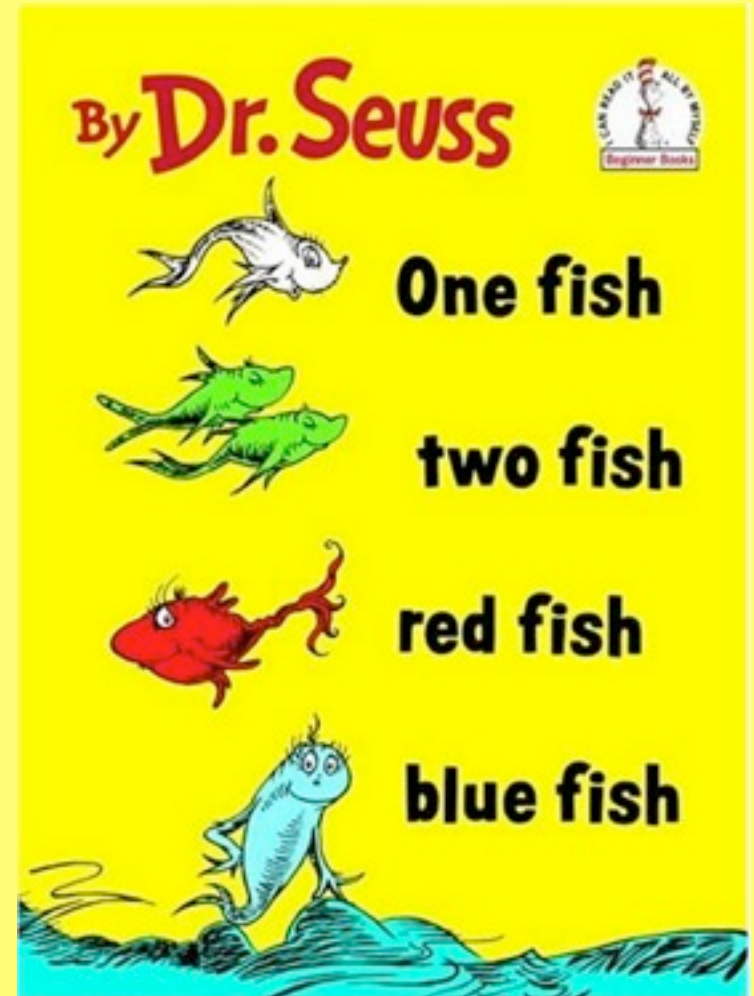
- CPR course
  - Available through Red Cross or local hospitals
- After hours calls to your doctor
- ER
- KidMed
  - Pediatric urgent care in Short Pump
  - [www.kidmedva.com](http://www.kidmedva.com)
- Patient First
- Poison Control
  - 1-800-222-1222

- Be prepared.
- Family & Friends are VERY important.
  - Take advantage of all the people that want to help you with your newborn.
- Expect to be emotional.
- Take pictures, write down stories and enjoy the memories.



# Insurance

- Confirm that pediatrician participates with your insurance
- Covered with Mom's insurance card through first 30 days of life
- Add the child by 30 days of life
- Understand what your co-pays will be for both sick visits and well child checks



# Tobacco

- Harmful to your child
  - Increased risk of asthma, pneumonia, ear infections, learning problems, and sudden infant death syndrome (SIDS)
- Indirect Exposure
  - Smoking outside or in another room still leads to elevated levels of cotinine, a nicotine byproduct, in the infant's blood
- Want to quit? Get help.
- We want you healthy to take of your child long into the future!