

OLD TAPPAN PEDIATRICS

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ONE WEEK- Congratulations!

MILESTONES

Responds to sounds and voices
Moves arms, legs and head

NUTRITION

Breastfeeding or formula
On demand, about 2-4 ounces every 2-4 hours
Stools may come once a day, or as frequently as with each feeding.

VITAMINS

If breastfeeding, give an over the counter vitamin D supplement (ask if you have questions)
Please feel comfortable discussing with us any naturally health products (supplements, herbals) you are considering.

ANTICIPATORY GUIDANCE

Car seat in the back seat facing backwards to two years of age
Infant seat up to 20 pounds
Put baby on back to sleep
Smoke free environment
Fresh air (going for a walk) is good for your baby, but limit situations with strangers or crowds.
If temp is over 100 degrees F with rectal mercury thermometer, CALL US.
If it's flu season, make sure you and your baby's caretakers are vaccinated.

PARENTING

Expect increased fussiness during the evenings over the next few weeks. Your baby may need increased comforting (holding, swaddling, music).
Pacifiers are okay for soothing and may decrease the incidence of SIDS.
Tummy Time for your baby is important (when awake).

How's your mood mom? Close to 1 in 8 new moms experience some degree of post partum depression. It is not only common, but easily treatable. If you feel you may be affected, do not hesitate to discuss it with us or your obstetrician. You can also call 1-800-328-3838 or go online to www.njspeakup.gov

NEXT VISIT

1 month old